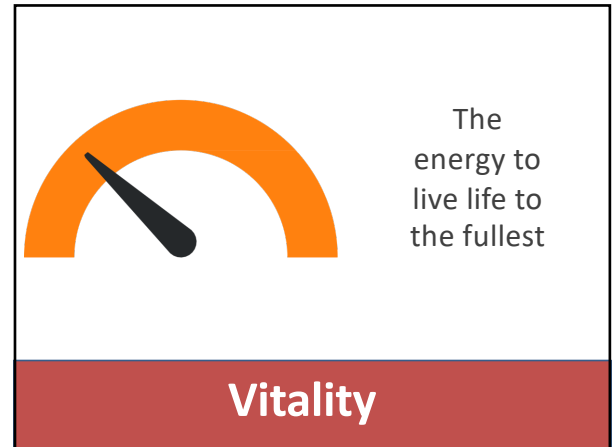
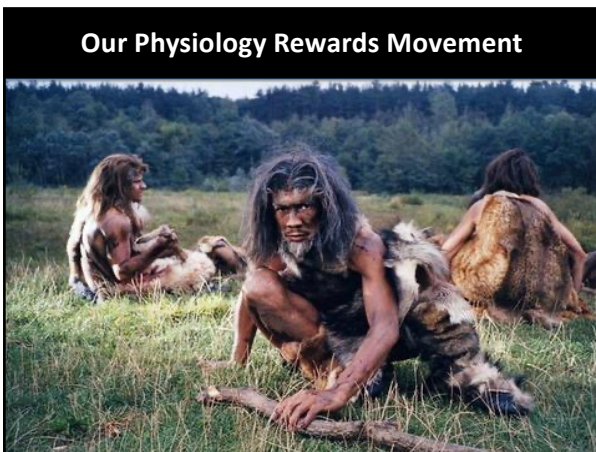




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Keystone Habit

Keystone Habits lead to the development of multiple good habits. They start a **chain reaction** in your life that produces a number of positive outcomes.



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What's your relationship to exercise?

9

Physical Benefits



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Mental Benefits



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Not exercising is like taking a depressant



Babiyak, M., Blumenthal, J. A., Herman, S., Khatri, P., Doraiswamy, M., Moore, K., et al. (2000). Exercise treatment for major depression: Maintenance of therapeutic benefit at 10 months. *Psychosomatic Medicine*, 62, 633-638.

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Evidence shows active people have lower rates of

- All-cause mortality
- Type 2 diabetes
- Coronary heart disease
- Stroke
- High blood pressure
- Breast cancer
- Colon cancer
- Osteoporosis
- Obesity
- Depression



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Exercise & Stress Reduction



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Completes the Stress Cycle



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*'When we know
what we know,
why do we do
what we do?'*

Chris Peterson



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Strategies for Success

- Mindset Matters
- Consider NEAT
- Eliminate Perfectionism
- The Power of 1% Gains
- Create Joyful Movement
- The 7 Minute Rule
- Measuring Makes You Move
- Be Compassionate yet Firm
- Move Early for Mood Boost



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Your Wellbeing Toolkit

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If I am really committed to my Wellbeing
what is one thing I need to;

1. *Stop doing....*
2. *Start doing....*
3. *Continue....*



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Thank You!



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