

Fit + Healthy 365

How to WIN Your Day, Even When It Feels Like You're Losing

An Employee Wellness Webinar



Disclaimer

The information and materials provided by Lydia Di Francesco and Fit + Healthy 365 is not intended to be a substitute for professional medical advice, diagnosis or treatment that can be provided by your own physician, nurse practitioner, physician assistant, therapist, counselor, mental health practitioner, licensed dietitian or nutritionist, or any other licensed or registered health care professional.

Always seek the advice of your own licensed or registered health care professional regarding any questions or concerns you have about your specific health.

AGENDA

Who Am I?

Breathing Meditation

Reframing Language

Comparison and Pressure

Practical Strategies to Feel Successful

Discussion

Who Am I?

Lydia Di Francesco, Wellness Specialist

- In wellness industry over 10 years
- Specialized in getting you strong and
- creating a balanced, healthy lifestyle
- Speaker and TV Expert
- Worked with hundreds of clients
- Skilled at helping people reframe mindset and start small habit changes that lead to large results







Maslow's Hierarchy of Needs



7.5 Billion People



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Practical Strategies to Feel Successful

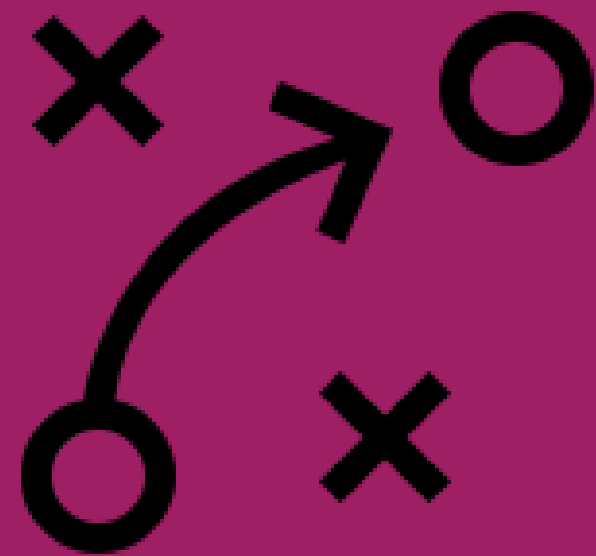


It starts the night before



Morning Routine

Practical Strategies to Feel Successful



Review Your Game Plan



Set Small Goals

Practical Strategies to Feel Successful



Laugh / Find Joy



Look for What Went Well



What do you need to say **NO** to?



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Discussion