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BARNES & NOBLE

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“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”

what is being image,
anyway?

beginning being

being entangled

bolster your being image

build your brand



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bodyFACTS™

What the **Health & Fitness Experts** Don't tell you.

Wellness Programs <small>typically cater to already active, younger employees</small>	← WHILE →	Non-Athletes <small>and aging employees are excluded</small>
Workplace Wellness Programs <small>are still considered "perks" by most companies</small>	← WHILE →	Most Americans <small>spend over half of their waking hours at work</small>
<small>Americans Spend</small> \$40 Billion / Year <small>on weight-loss programs and products</small>	← WHILE →	OBESITY <small>is still considered an epidemic by health officials.</small>
66% <small>of Americans are overweight</small>	← WHILE →	<small>The health and fitness industry boasts</small> \$27 Billion / Year <small>in total revenue</small>

FACT:
Successful workplace wellness programs
create culture shifts to produce healthier, happier employees who are more energetic, productive and profitable for their company.

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TEAM BEING

TOP 10 TRAITS OF MVP PERFORMERS

1. TALENTED, YET TEACHABLE
2. CONFIDENT, YET HUMBLE
3. UNIQUE, YET SIMILAR
4. CREATIVE, YET COMPLIANT
5. A LEADER, YET A FOLLOWER
6. SEASONED, YET YEARNING
7. VISIONARY, YET ALIGNED
8. STRUCTURED, YET ADAPTABLE
9. ENTREPRENEURIAL, YET COMPANY-FOCUSED
10. INDEPENDENT, YET GROUP-ORIENTED

INDIVIDUAL TEAM MEMBERS WANT:

TO KNOW EXPECTATIONS

OPPORTUNITIES TO CONTRIBUTE

TO FEEL IMPORTANCE IN THEIR WORK

TO FEEL EMOTIONALLY SAFE

TO GROW PROFESSIONALLY AND PERSONALLY

ACKNOWLEDGMENT FOR THEIR CONTRIBUTIONS

Establish Trust with Management

PRINCIPLE	ACTION
Noble Oversight	Guidelines, Clarification
Working Feedback	Support, Mentorship
Genuine Recognition	Acknowledgement, Celebration

Solidify Ownership with Leadership

PRINCIPLE	ACTION
Inform	Expectation, Grouping
Involve	Inclusion, Engagement
Value	Advocacy, Empowerment