

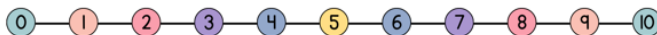
# Better Health Means A Better You Workshop



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## Movement

On a scale from 0 to 10, how would you rate your movement/exercise/activity?"



### What's a 10?

What does a 10 look like? In terms of behaviors or habits related to movement, what does a 10 look like for you?

## Self Accountability

Pick one item you wrote down in each pillar.

### Stress Mgmt

### Movement

What would you have to put in place to consistently do these 2 things?

ESTABLISHING  
BOUNDARIES

SETTING  
EXPECTATIONS

KEEPING  
COMMITMENTS

## Team Accountability

How could you foster a culture of accountability with your staff to support prioritizing their physical and mental wellbeing?"

Thank you for your time and participation. If you commit to yourself to prioritize a few ideas that we talked about here today, it will have a tremendous return on your investment. You pour into your coaches, staff, athletes, administration, and community every day. It's important to take the time to replenish your energy reserve because you can't pour from an empty cup.



Together the four pillars of health work in harmony for optimal health to reduce the risk of chronic illnesses like high blood pressure, heart disease, obesity, diabetes and mental health issues like depression and anxiety. When the four pillars are prioritized, it's the ticket for increased energy, less stress, and insurance for long term health.

**Because better health means a better you.**



### Expert Resources

If you'd like to learn more about the four pillars of health, check out the page on my website with books, podcasts, articles, and videos from experts. Scan the QR code and submit your e-mail address for access to these free resources.

To bring the full Wellness Workshop to your coaches and staff, let's chat!

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