Prioritizing Your Health

Where to start

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Introduction – Prioritizing Your Health

Learning Outcomes

- Understand why prioritizing your health is essential for long-term success
- Learn how to prioritize your health and build realistic habits that fit your lifestyle
- Identify key pillars of everyday wellness—sleep, movement, and nutrition—and learn how to protect and simplify them for lasting impact
- Build an action plan to start putting it all into practice immediately

Why you need to prioritize your health

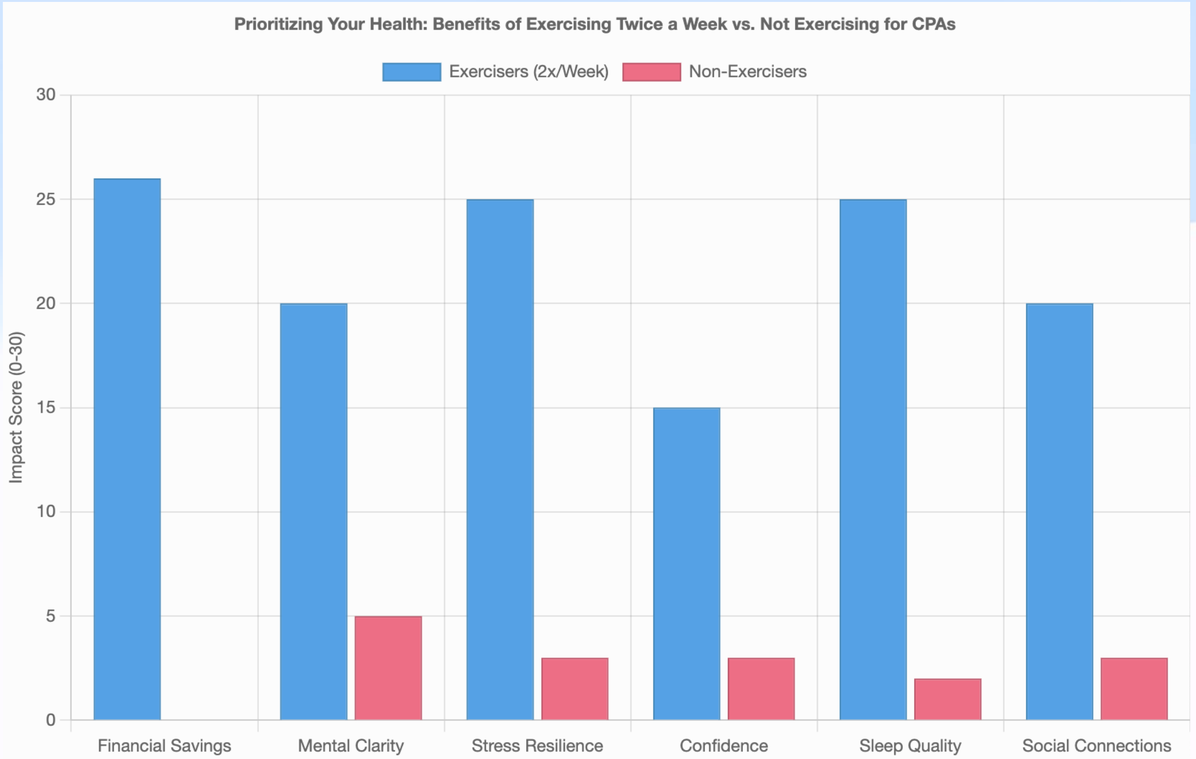
The Benefits

- Reduce Mortality Risk and Extend Lifespan
- Maintain Independence in Later Years
- Prevent Chronic Diseases and Complications
- Allows You to Lead a Happier, Fuller Life

Understanding the Return on Investment

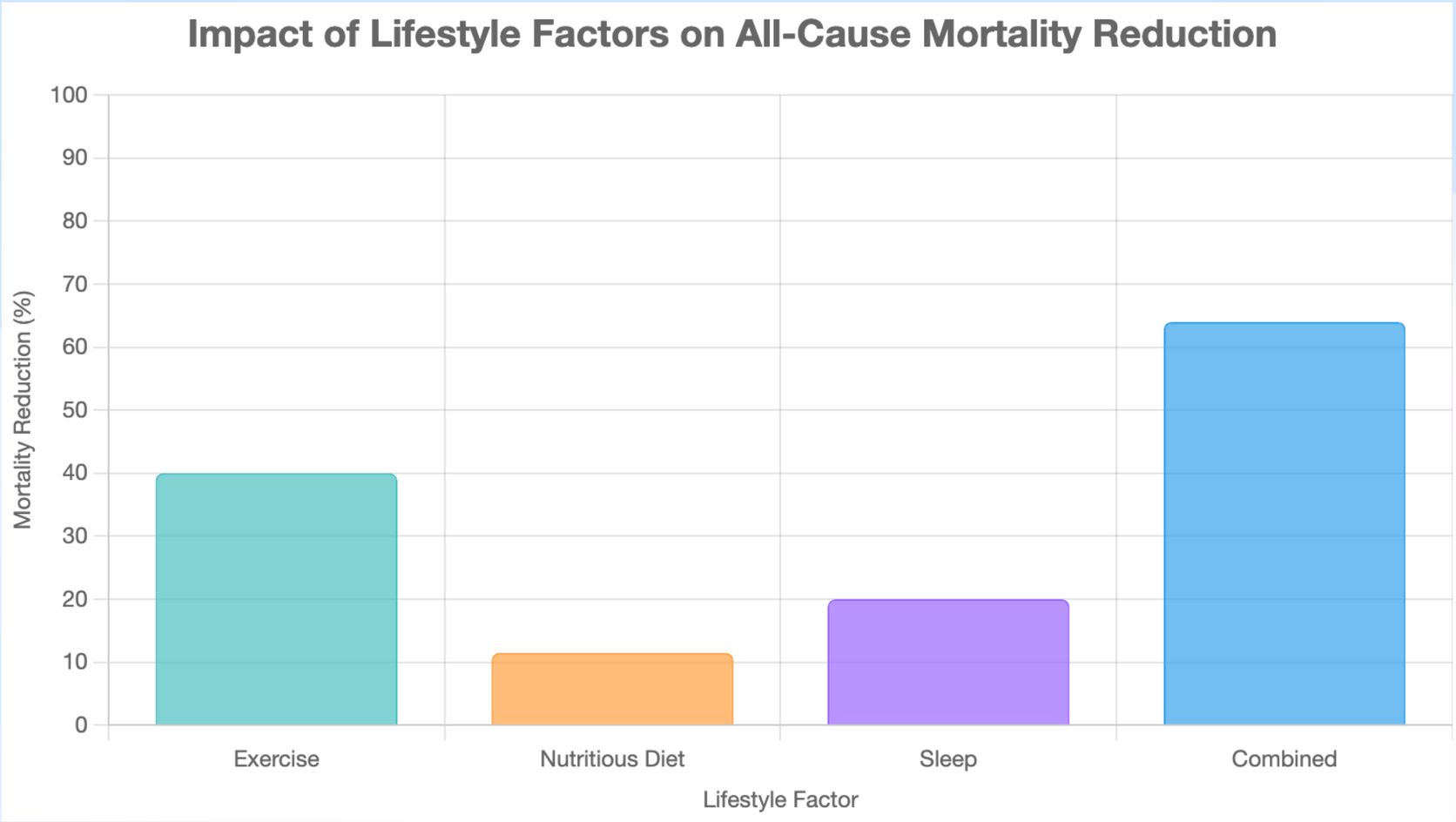
Exercising Twice A Week

- **Tangible Benefits**: $10,254/year ($600 health expenses, $7,500 productivity, $1,000 mental health, $1,154 absenteeism).
- **Intangible Benefits**: Mental clarity (20% boost), stress resilience (25%), confidence (15%), sleep quality (25%), social connections (20%).
- **Increased Productivity**



Impact of Lifestyle Factors on Mortality

Prioritizing Your Health Can Save Your Life

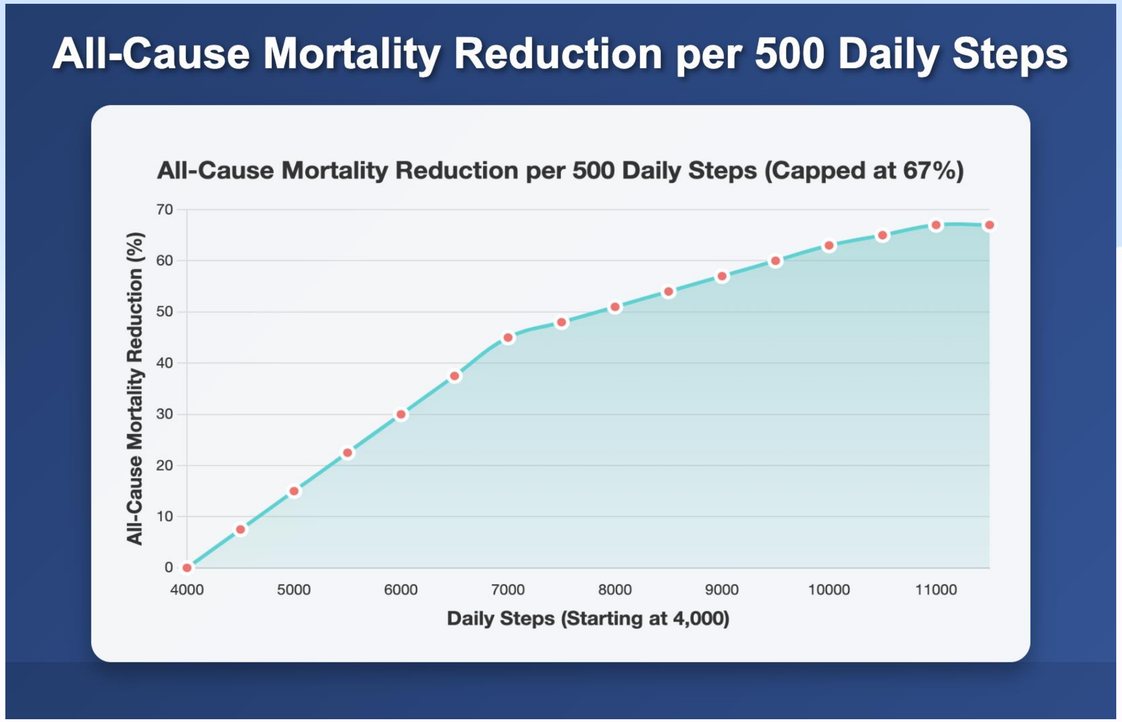


- Statistics Canada (2018) on physical activity and longevity.

Why You Need to Prioritize Your Health

The Investment: Exercise

1. 150-300 minutes of moderate-intensity activity per week can reduce the risk of early death from any cause by up to 40%.
2. Regular physical activity overall can increase life expectancy by up to 6 years compared to inactive individuals.
3. Achieving 7,000-11,500 steps/day is tied to 48-67% lower all-cause mortality and 49-77% lower cardiovascular mortality.



1. Yu, R., Duncombe, S. L., Nemoto, Y., Araujo, R. H. O., Chung, H.-F., & Mielke, G. I. (Year). Physical activity trajectories and accumulation over adulthood and their associations with all-cause and cause-specific mortality: A systematic review and meta-analysis. Journal Name, Volume(Issue), Page range.
2. Reimers CD, Knapp G, Reimers AK. Does physical activity increase life expectancy? A review of the literature. J Aging Res. 2012;2012:243958. doi: 10.1155/2012/243958. Epub 2012 Jul 1. PMID: 22811911; PMCID: PMC3395188.
3. European Journal of Preventive Cardiology, Volume 30, Issue 18, December 2023, Pages 1975–1985, https://doi.org/10.1093/eurjpc/zwad229

Why you need to prioritize your health

The Investment: Nutrition

1. **Nutrient-Dense Foods:** Consuming high amounts = 15-30% reduction in all-cause and cardiovascular mortality per 10g/day increase
2. **Incorporate Whole Grains:** Whole grains lower cardiovascular mortality by up to 20-30%.
3. **Consume Nuts and Seeds:** Eating a handful of nuts daily is associated with a 20-25% reduction in cardiovascular mortality
4. **Reducing intake of sugary drinks and ultra-processed items** by 25% or more can decrease cardiovascular disease mortality risk by 6-13%

1. Reynolds et al. (2019). "Carbohydrate quality and human health: a series of systematic reviews and meta-analyses." The Lancet. Available at: https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)31809-9/fulltext
2. https://www.ahajournals.org/doi/10.1161/cir.0000000000001031
3. https://www.sciencedirect.com/science/article/abs/pii/S0953620521003290
4. https://www.sciencedirect.com/science/article/pii/S0022316622166307

Why you need to prioritize your health

The Investment: Sleep

1. Optimal Sleep Duration: Sleeping 7-8 hours per night is associated with the lowest all-cause mortality risk.
2. Cardiovascular Health:
   - Short sleep (<6 hours) increases cardiovascular mortality by 26%.
   - Long sleep (>9 hours) reduces it by 33%.
   - Adequate sleep (7-8 hours) reduces the incidence of heart disease and stroke by 15-20%.
3. Sleep Quality: 10-15% higher risk of all-cause mortality and 20% higher risk of cardiovascular mortality.

1. Shen et al. (2016). "Nighttime sleep duration, 24-hour sleep duration and risk of all-cause mortality among adults: a meta-analysis of prospective cohort studies." Scientific Reports. Available at: https://www.nature.com/articles/srep21480
2. Kwok et al. (2018). "Self-Reported Sleep Duration and Quality and Cardiovascular Disease and Mortality: A Dose-Response Meta-Analysis." Journal of the American Heart Association. Available at: https://www.ahajournals.org/doi/10.1161/JAHA.118.008552
3. Gallicchio & Kalesan (2009). "Sleep duration and mortality: a systematic review and meta-analysis." Journal of Sleep Research. Available at: https://onlinelibrary.wiley.com/doi/10.1111/j.1365-2869.2008.00732.x

Impact of Lifestyle Factors on Mortality

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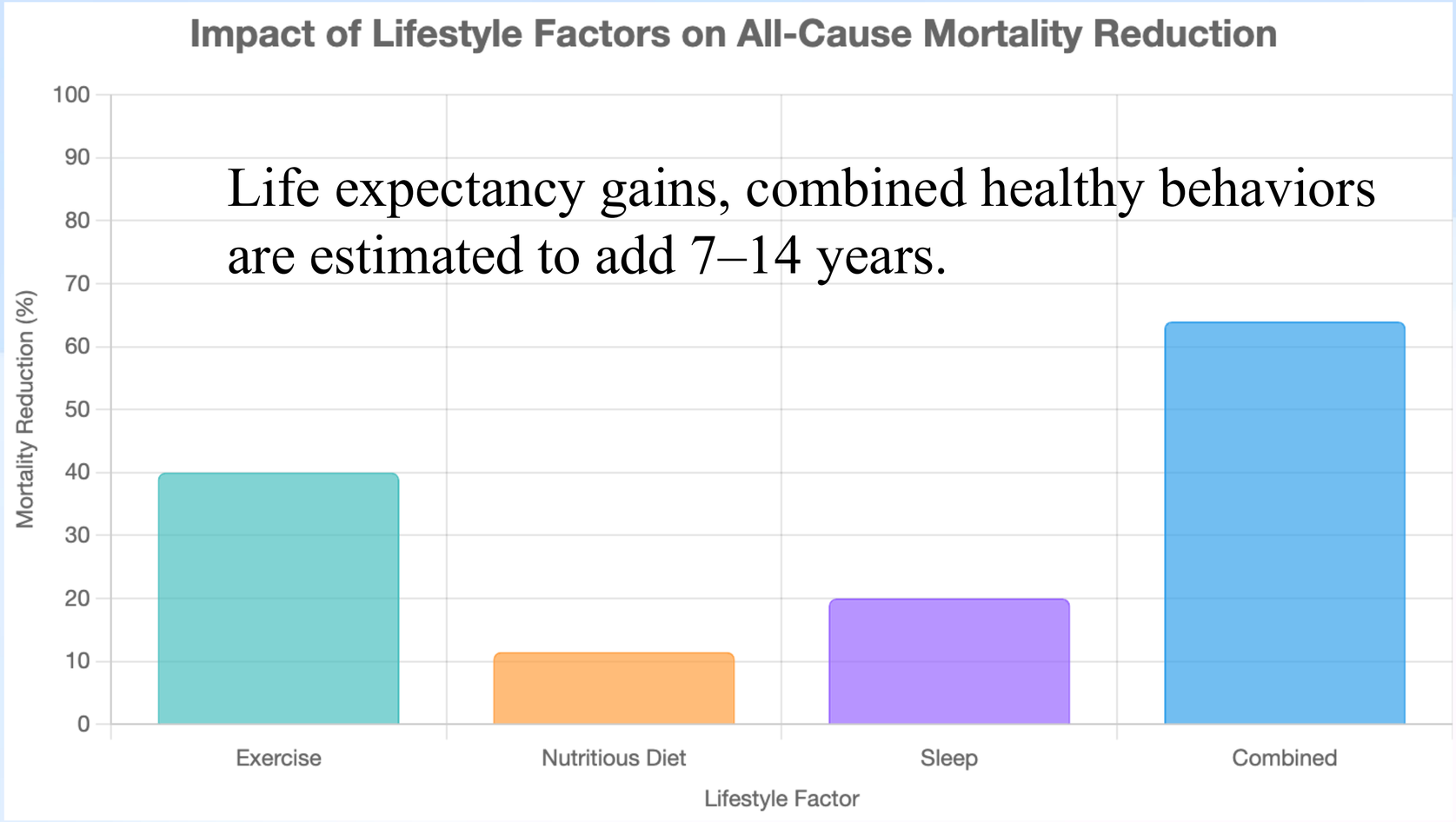


- Guasch-Ferré M, Li Y, Bhupathiraju SN, Huang T, Drouin-Chartier JP, Manson JE, Sun Q, Rimm EB, Rexrode KM, Willett WC, Stampfer MJ, Hu FB. Healthy Lifestyle Score Including Sleep Duration and Cardiovascular Disease Risk. Am J Prev Med. 2022 Jul;63(1):33-42. doi: 10.1016/j.amepre.2022.01.027. Epub 2022 Mar 28. PMID: 35361505; PMCID: PMC9232953.

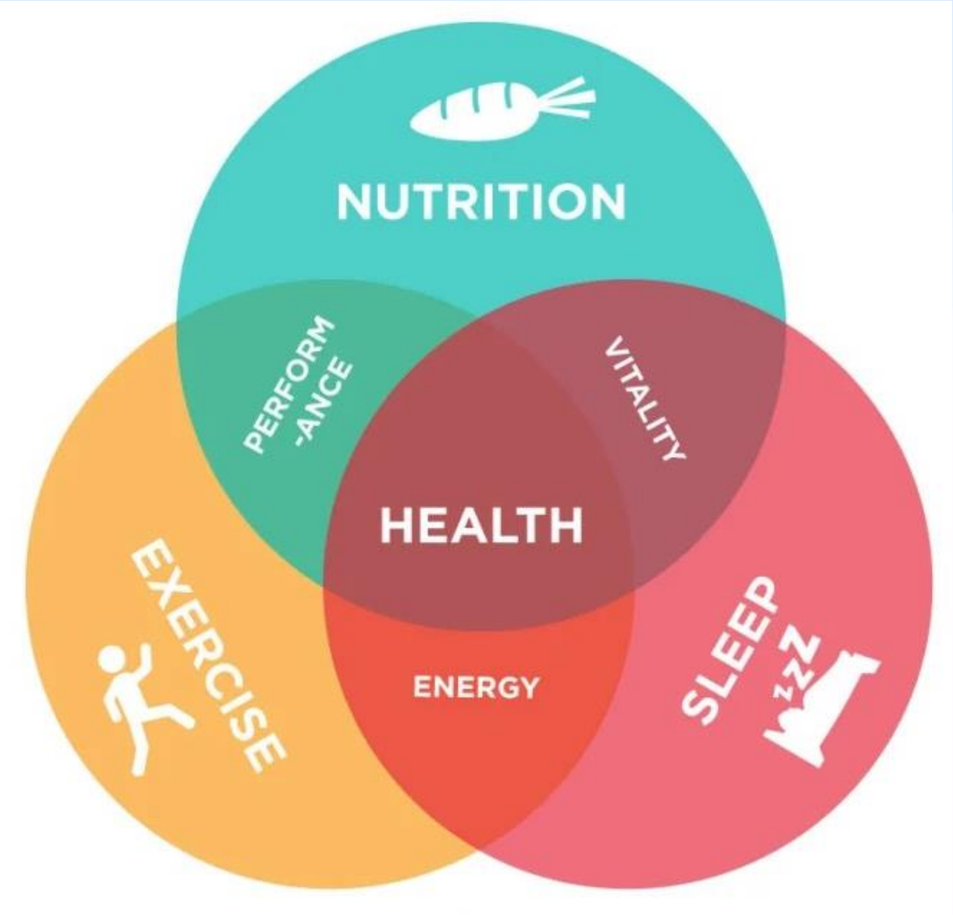
How to Prioritize Your Health

The Framework

1. Start small
2. Create achievable goals
3. Focus on building habits
4. Adress limiting factors
5. Create a “why”

Key Pillars of Everyday Wellness

1. Exercise
2. Sleep
3. Nutrition



Exercise

Where to start

Two Categories

- Resistance/strength training
- Cardiovascular training

Exercise

Start Small

Beginner

- Cardio – 15-minute walk 3x/week
- Strength – 15-minute bodyweight routine 2x/week
- Lunges, squats, push-ups, sit-ups, Plank

Intermediate

- Cardio – 15-minute jog 3x/week
- Strength – 45-minute strength session in the gym 2x/week

Advanced

- Cardio – 30-minute run 2-3x/week
- Strength - 1-hour strength session in the gym 3x/week

Exercise

Address Limiting Factors

- Time/Convenience
- Accountability
- Finances: Exercises doesn’t have to cost anything. Price breakdown of possible expenses:
  - 1 on 1 training - $80-120/session - $600-$1,300 monthly
  - Group training (2-4 people) - $30-$60/session - $200-$600 monthly
  - Semi-private training - $20-$40/session - $160-$300 monthly
  - Classes - $10-$25/class - $50-$200 monthly
  - Online Coaching - $150 - $300 monthly
  - Online Program - $50-$200
  - Phone App - $5-$20 monthly
  - Home workout: Free!
- Education

Exercise

Setting Yourself Up for Success

- Start with something you enjoy
- Pick a convenient time
- Involve friends (social accountability)

Nutrition

Stages of Nutrition Improvement

1. Track your calories
2. Reduce caloric intake - take in less than you’re expending.
3. Cut out processed foods
4. Replace with healthier options

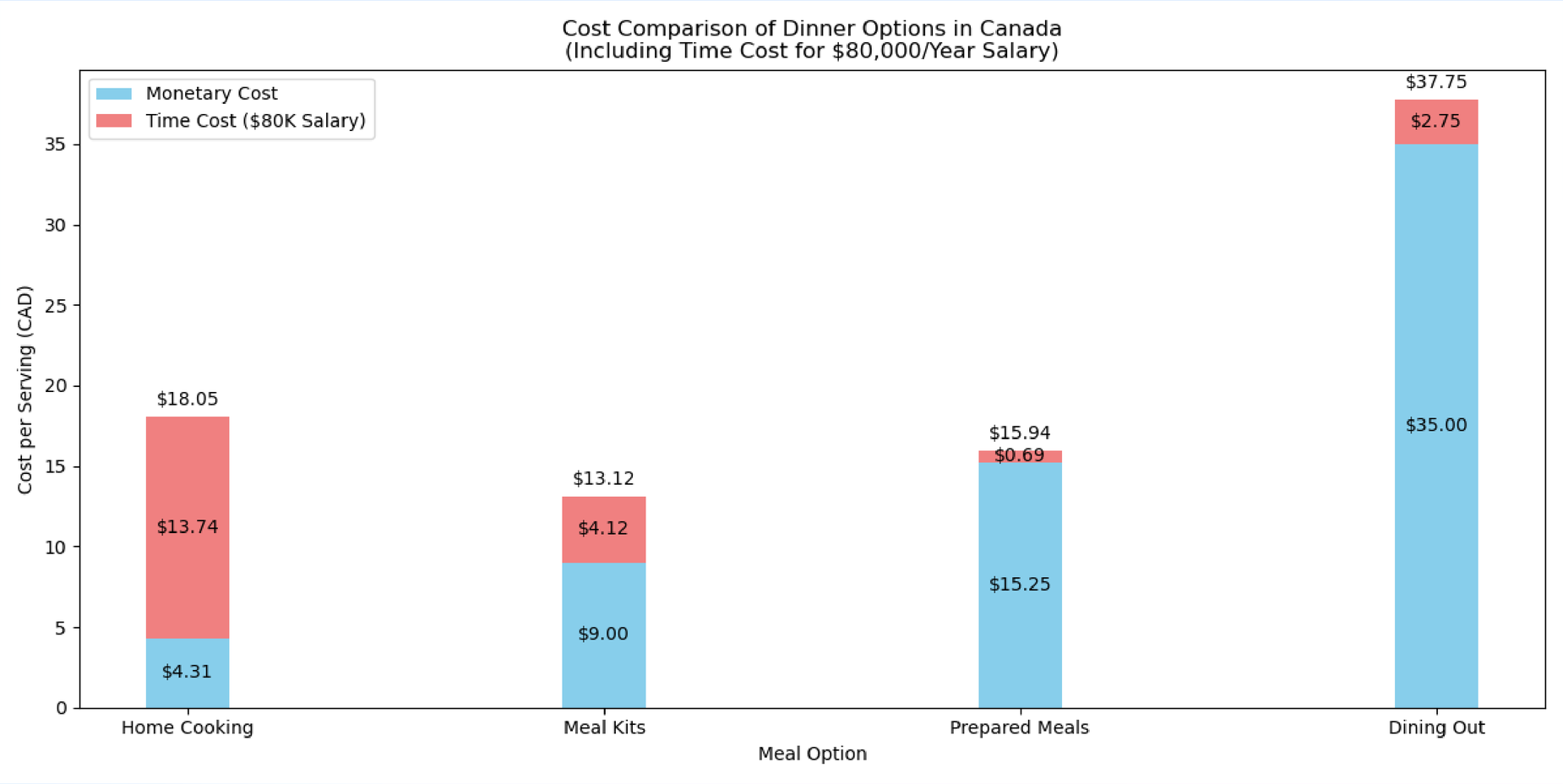
Nutrition

Address Limiting Factors

- Time/Convenience: Fail to prepare, prepare to fail
- Accountability
- Finances: next slide
- Education

Nutrition

Cost Comparison



Nutrition

Start Small

- Change one thing at all
- Create a habit
- Change the next thing
- Aim to make a full change in 4-8 weeks

Sleep

Setting Yourself Up for Success

Sleep Hygiene: No screens 1 hour before bed to reduce blue light disruption.

8 Hours in Bed: Aim for 8 hours to ensure 7–8 hours of actual sleep.

Avoid Food 2 Hours Before Bed: Prevents digestion-related sleep issues.

No Exercise 2 Hours Before Sleep: Avoids adrenaline spikes (Harvard, 2017).

Dark Room: Use blackout curtains for deeper sleep.

Low Temp: Keep the bedroom at 16–20°C for optimal rest.

Putting It Into Practice

- Create a goal
- Write out a plan
- Review it daily
- Track progress

Thank You

Book your two fitness consultations through CPA Assist