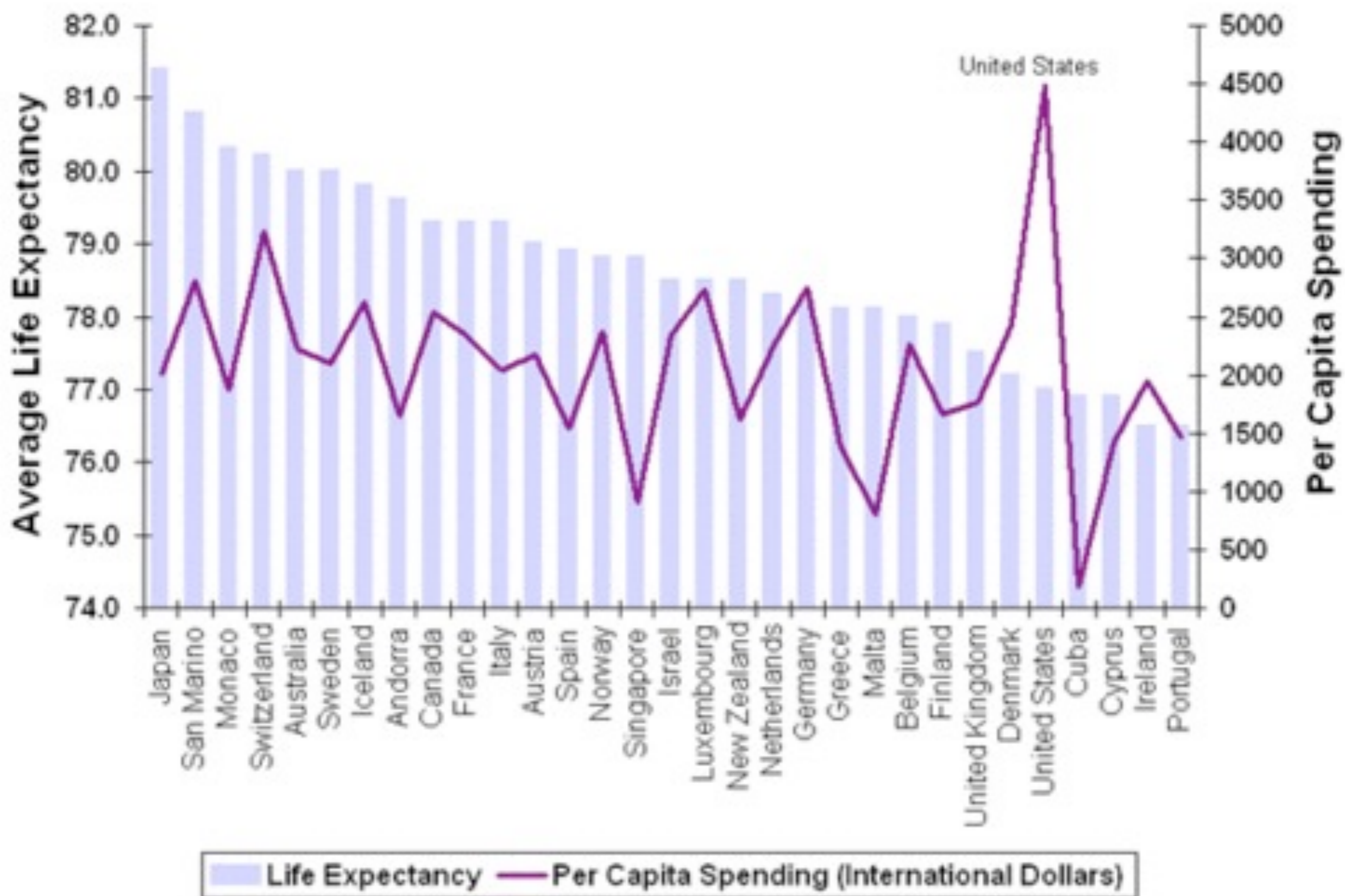


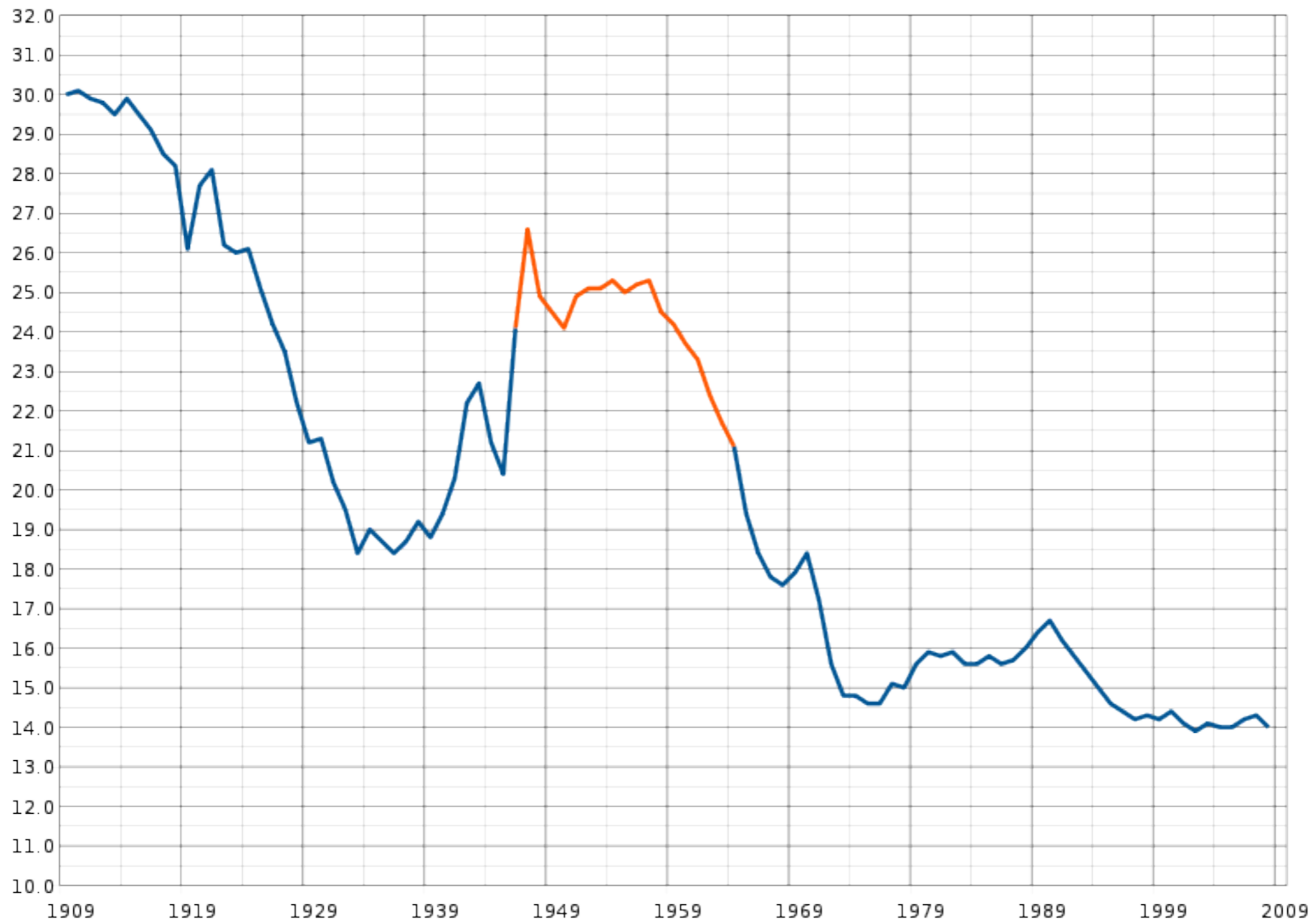
# SMARTliving

- 4 lectures in the series (mental, nutritional, physical, social fitness)
- ...a conversation on health
- a lot crammed into a little 18 to 4 to 1

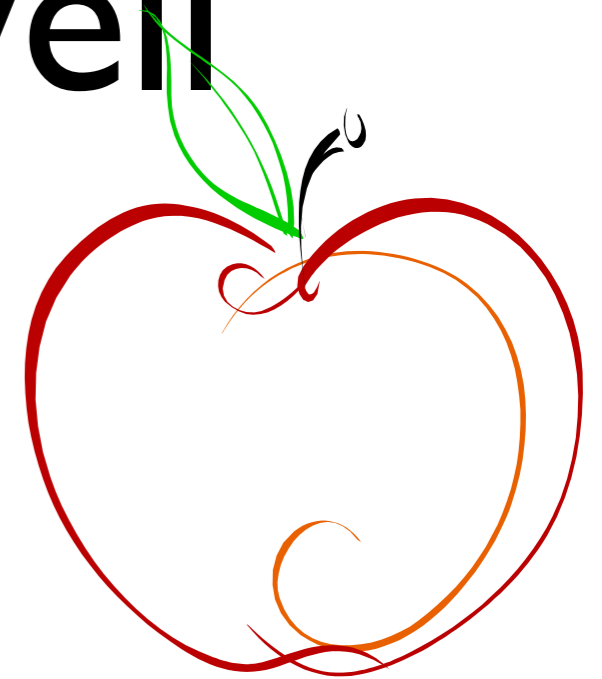
jblessman@me.com  
www.betterme.us “blog”

## The Cost of a Long Life





# On Becoming Well

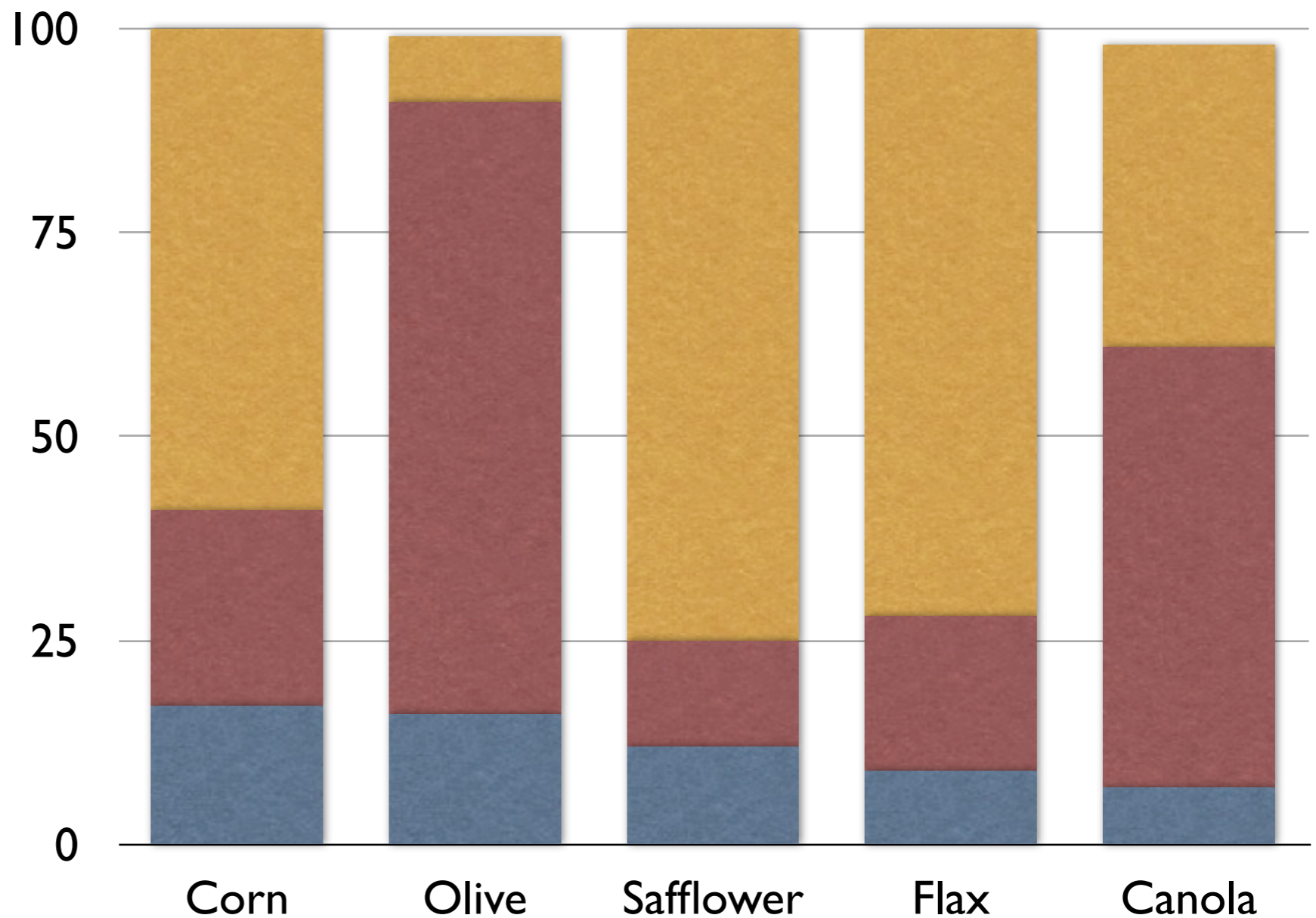


- Rest
  - 7-9 hours at night / no light
- Nutrition
  - Calories / Saturated Fats / Fiber-Omega 3-Vit D / H-Oils-Sugar-Flour / RAW
- Regular Physical Activity
  - 30 - 60 minutes non-continuous
  - High Intensity Interval Training (HIIT)
- Charity
  - Be removed from the center of the universe // illness - wellness

# The Best Fat???

Nutrition: avoid errors of commission and omission

Effect of Omega 3!



*to pay Mrs Twit back  
for the worms in his  
spaghetti Mr Twit thought  
up a really clever trick*

*To pay Mrs Twit back  
for the worms in his  
spagetti Mr Twit thought  
up a really clever trick*

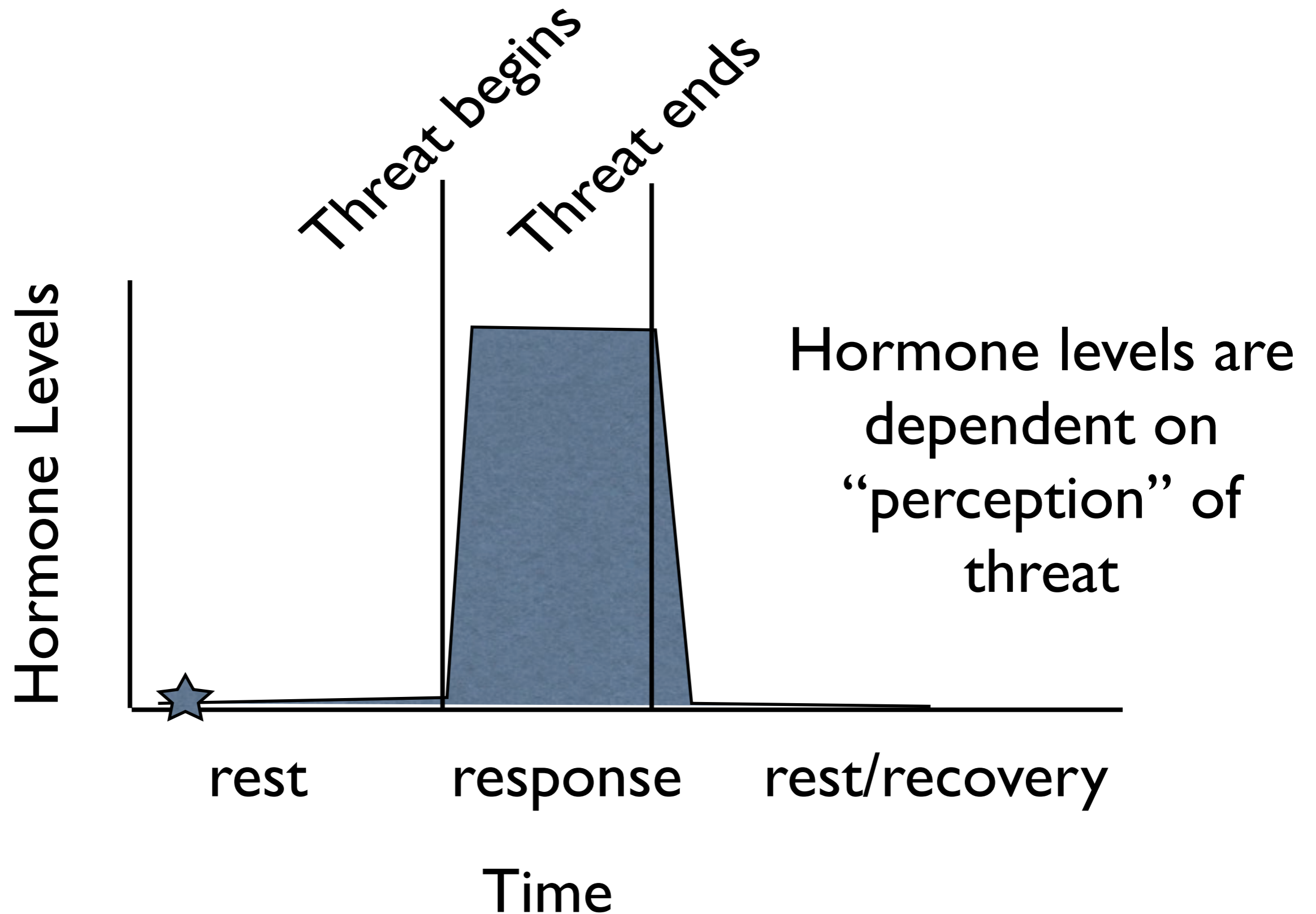
**Poly**  
**Mono**  
**Saturated**

# Benefits of Exercise...

- 8 months the sedentary mice were bald, fraying and dying, while those that exercised remained youthful
- At one year non of the exercising mice were dead
- “what you don’t use you loose”



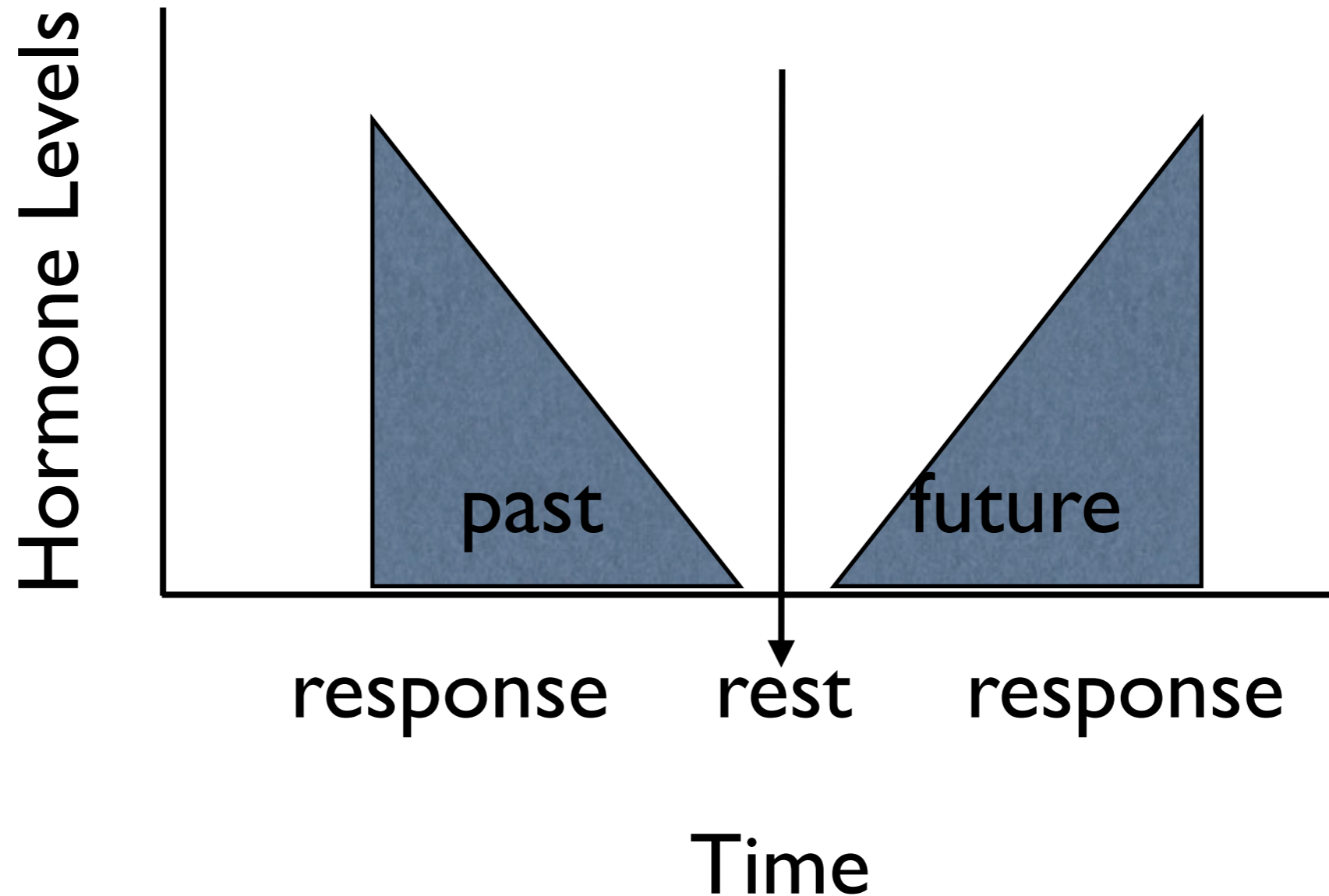
# “Stress 101”



# Stress 101

- 1 Bad Decisions
- 2 Redistribution / No Repair
- 3 No Rest / Burn Out

Now





# Why Yoga? in and out



- Decrease Supply
  - Breathing / Balance / Slow Movement
- Increase Demand/Consumption
  - Multiple Postures - Muscle Groups
- Portable
  - Anywhere, Anytime

# Recommendations

- Make your butterfly
- Master the “Hand”
- Get all A’s
- Realize that prosperity is meeting your needs in less time...

**Forgiveness**

What is the positive meaning in my life? What am I to learn?

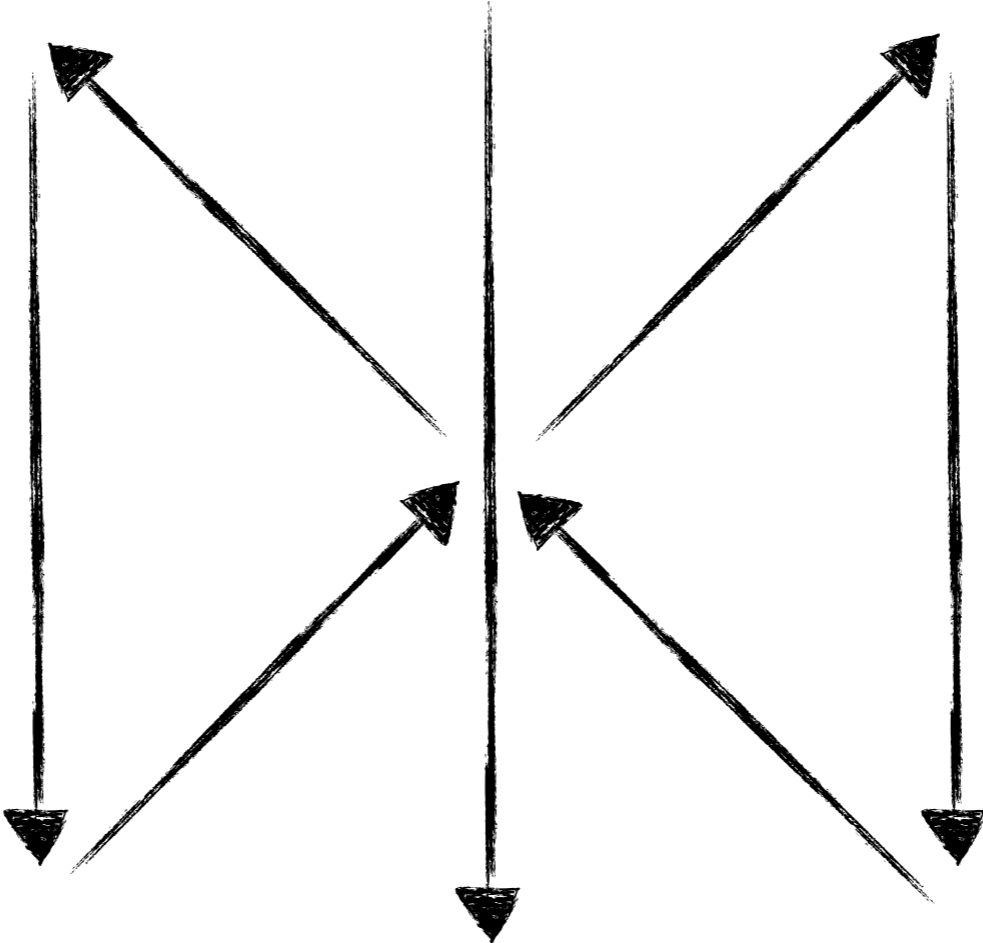
**Love**

**Hope**

what would it feel like to be without the fear?

**Courage**

**Peace, Wisdom, Power**





chaotic flight  
like life  
guided by  
wisdom

symbolic of  
transformation

spreads beauty with light touch that is hardly noticed

# Mastering the “Hand”

- Thumb: Vision Development
- Pointer Finger: Health
- Middle Finger: Financial Fitness
- Ring Finger: Time Management
- Baby Finger: Effective Communication



- Do you like to eat grasshoppers?
  - Why do you like what you like - culture
- Automaticity
  - unconscious intelligence
  - power of practice - “oreo”
- The Good and The Bad
  - making good easy
  - I have helpers everywhere
- Social Media
  - you can make your world (different in same house hold)



# Citizen Report Card

**Citizen Report Card - 2007**  
 In each column, circle number of responses that describe you the most in the top for a column score. Then add column scores to a total and divide by 15 for GPA.

**GPA - Total Score / 15**

<b>Personal</b>	<b>A+ 14+</b>	<b>A 13</b>	<b>B+ 12</b>	<b>B 11</b>	<b>A+ 14+</b>
<b>Family</b>	<b>A+ 14+</b>	<b>A 13</b>	<b>B+ 12</b>	<b>B 11</b>	<b>A+ 14+</b>
<b>Community</b>	<b>A+ 14+</b>	<b>A 13</b>	<b>B+ 12</b>	<b>B 11</b>	<b>A+ 14+</b>

**Personal**

- Weight gain (not on left side)
- Smoking 30+
- Alcohol 30+
- Non-Medical Dental Activity (dentures, Primary Care)
- Family Time for (not on left side) Environmental Health Financial Planning
- Family Decision
- Emergency Preparedness
- Environmental Issues
- Involved in Pastoral Development
- Politics
- Global Environmental Concerns Community Service (volunteer work)

**Family**

- One or more people in family are obese
- One or more people in family are smokers
- Family does not have a car
- Family does not have a computer
- Family does not have a TV
- Family does not have a phone
- Family does not have a car
- Family does not have a car
- Family does not have a car
- Family does not have a car

**Community**

- One or more people in family are obese
- One or more people in family are smokers
- Family does not have a car
- Family does not have a computer
- Family does not have a TV
- Family does not have a phone
- Family does not have a car
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- Family does not have a car

**Citizen Report Card**

Recognizing that we all have a responsibility in the community in which we live, this report card lists personal targets that would not only benefit you, but the community in which you live. Moving lives left to right, pick the category that best describes you. The goal over time is to move from red to green.

A community of A's will be a great place to live.

Targets to make our community a better place

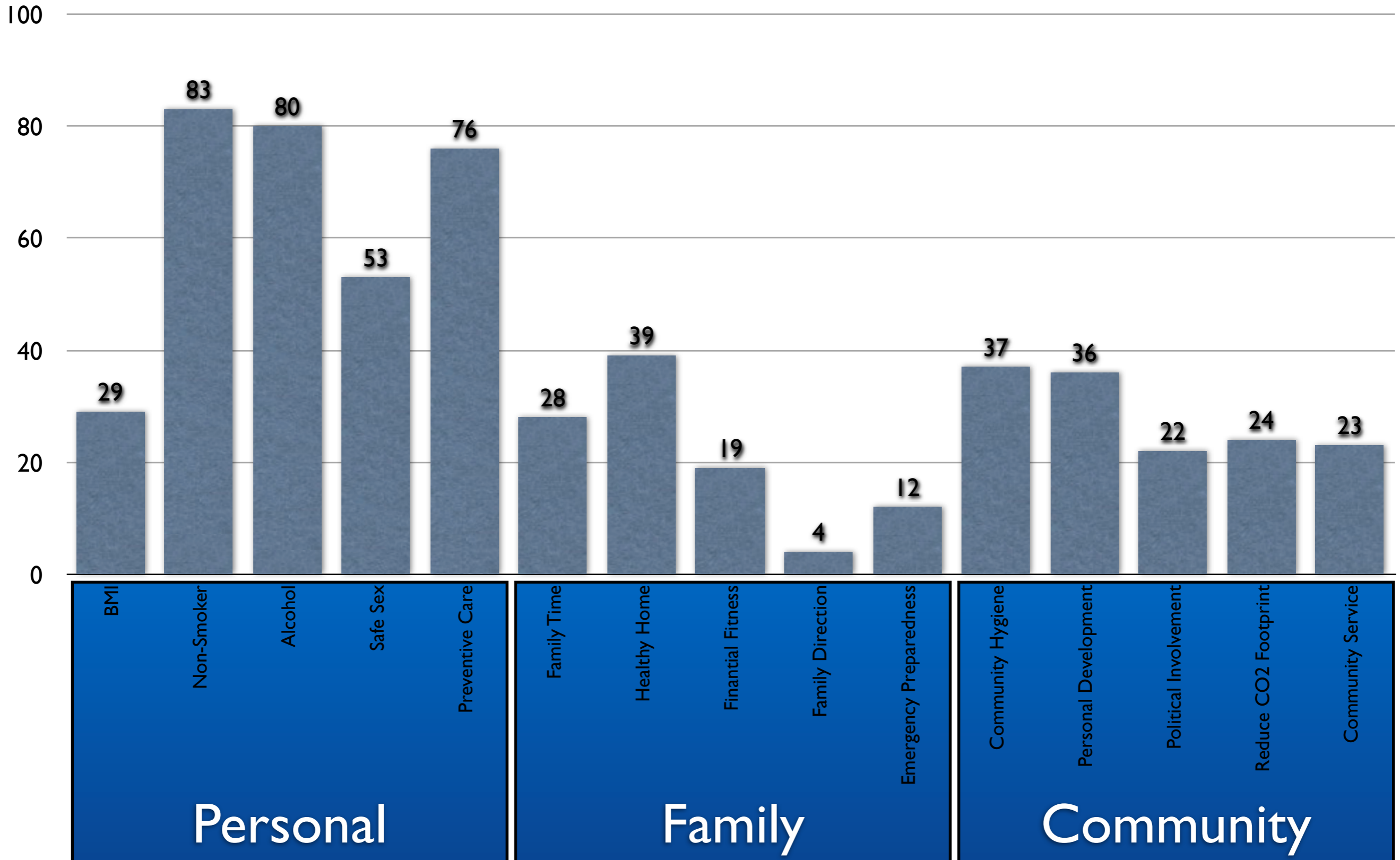
What's your GPA?

\_\_\_\_/15

A	4.00
A-	3.75-3.99
B+	3.50-3.74
B	3.25-3.49
B-	3.00-3.24
C+	2.75-2.99
C	2.50-2.74
C-	2.25-2.49
D	2.00-2.24

# 135 Surveys

■ Percent of the group that gets an “A”





# SMARTplace Process

- Create a SMARTcommittee
  - 3-7 people that meet monthly, collect, analyze, prioritize mission, and resource population
- Determine Community GPA and priorities
  - distribute, collect, and analyze report card quarterly
- Brainstorm on policy and infrastructure change for the year
  - review the list of brainstorming suggestions
- Process facilitated by SMARTliving lecture series (2 additional one hour session)

# S.M.A.R.T.place

## Brainstorming Ideas



Stress/Rest	Suggestion
Inter-personal	<ul style="list-style-type: none"> <li><input type="checkbox"/> Training on cognitive behavioral therapy</li> <li><input type="checkbox"/> Yoga/Tai Chi training</li> <li><input type="checkbox"/> Sleep assessment of group (Epworth Sleep Scale)</li> <li><input type="checkbox"/> Education on Sleep</li> </ul>
Intra-personal	<ul style="list-style-type: none"> <li><input type="checkbox"/> Development of buddy contracts surrounding health practices that would improve stress and rest</li> </ul>
Cultural	<ul style="list-style-type: none"> <li><input type="checkbox"/> Group Tai Chi, Yoga Training on site</li> <li><input type="checkbox"/> Development of a local resource map</li> <li><input type="checkbox"/> Participation in Twitter</li> <li><input type="checkbox"/> Publication of helpful internet resources</li> </ul>
Environmental	<ul style="list-style-type: none"> <li><input type="checkbox"/> Space for meditation on site</li> <li><input type="checkbox"/> signage/ imagery that encourages the desired behavior</li> </ul>
Policy	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review of health benefits concerning stress, depression</li> <li><input type="checkbox"/> Policy on extended work and shift work</li> </ul>

Nutrition	Suggestion
Inter-Personal	<ul style="list-style-type: none"> <li><input type="checkbox"/> Seminars on healthy eating, cooking</li> </ul>
Intra-Personal	<ul style="list-style-type: none"> <li><input type="checkbox"/> Buddy contracts on nutrition</li> <li><input type="checkbox"/> Contest to encourage healthy eating</li> </ul>
Cultural	<ul style="list-style-type: none"> <li><input type="checkbox"/> Publish a list of local resources</li> <li><input type="checkbox"/> Publish a list of helpful internet sites on nutrition</li> </ul>
Environment	<ul style="list-style-type: none"> <li><input type="checkbox"/> Healthy food choices available on site</li> <li><input type="checkbox"/> Water accessible on site</li> <li><input type="checkbox"/> Labeling of food choices</li> <li><input type="checkbox"/> Helpful imagery / signage</li> </ul>
Policy	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review of health plan benefits concerning nutrition counseling</li> </ul>

# S.M.A.R.T.place

## Brainstorming Ideas

Physical Activity	Suggestion
Inter-Personal	<ul style="list-style-type: none"> <li>☐ Educational programs on physical activity</li> </ul>
Intra-Personal	<ul style="list-style-type: none"> <li>☐ Contest to encourage physical activity</li> <li>☐ Buddy lists</li> </ul>
Cultural	<ul style="list-style-type: none"> <li>☐ Local resource list/maps</li> <li>☐ Publication of helpful internet sources surrounding physical activity, updated regularly</li> </ul>
Environment	<ul style="list-style-type: none"> <li>☐ Helpful images / signage to encourage physical activity</li> <li>☐ Furniture that promote movement over being sedentary</li> <li>☐ Bike racks on site</li> </ul>
Policy	<ul style="list-style-type: none"> <li>☐ Review of health benefits that might support physical activity, negotiate incentives</li> </ul>

Report Card	Suggestion
Inter-Personal	<ul style="list-style-type: none"> <li>☐ Educational content on the different sections of the report card</li> </ul>
Intra-Personal	<ul style="list-style-type: none"> <li>☐ Development of buddy contracts</li> <li>☐ Signage of the “Declaration of Interdependence”</li> </ul>
Cultural	<ul style="list-style-type: none"> <li>☐ Support of the use of social media such as Twitter to communicate</li> </ul>
Environment	<ul style="list-style-type: none"> <li>☐ Imagery to support the use of the Citizen Report Card total or any of the categories</li> </ul>
Policy	<ul style="list-style-type: none"> <li>☐</li> </ul>

# Robert Kennedy on GDP

"The gross national product includes the destruction of the redwoods and the death of Lake Superior. It grows with the production of napalm and missiles with nuclear warheads....

"And if the gross national product includes all this, there is much that it does not comprehend. It does not allow for the health of our families, the quality of their education, or the joy of their play. It is indifferent to the decency of our factories and the safety of streets alike. It does not include the beauty of our poetry or the strength of our marriages, the intelligence of our public debate or the integrity of our public officials....

"The gross national product measures neither our wit nor our courage, neither our wisdom nor our learning, neither our compassion nor our devotion to country. It measures everything, in short, except that which makes life worthwhile; and it can tell us everything about America except whether we are proud to be Americans.

# “Thoughts Become Things”

Thoughts

Beliefs

Emotions

Behavior

Life

“Words Create Worlds”

Conversations

# Getting to Prosperity

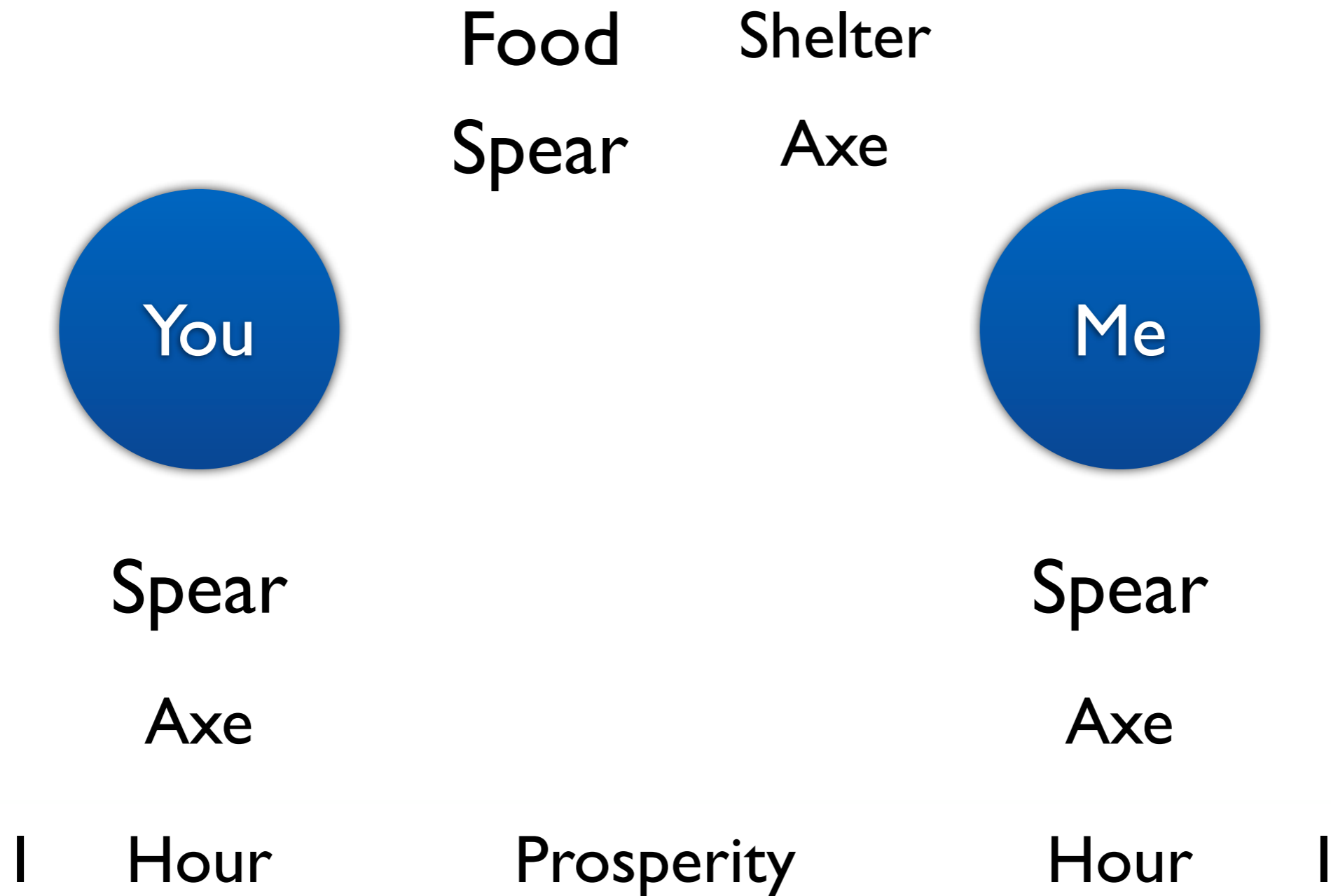
"Principle of Comparative Advantage"

*Economic Principle - David Ricardo*

*Why we need us*



Watch video posted on [www.betterme.us](http://www.betterme.us)



meeting your needs in less time

I have prosperity locked in you, and you  
have prosperity locked in me. What  
unlocks this prosperity specialization &  
cooperative trade

If I become sick and can't produce, you  
lose your hour of prosperity. Its worth  
at least an hour of your time to help me  
get back on my feet. If I lose you lose.

The better we get individually, the better  
we do collectively.

The more people we have, doing what  
they love and have a passion, the more  
we can all have and do.

and that why...

# We Need Us



## Declaration of Inter-Dependence

"We the People" find ourselves in very challenging times; high unemployment, rampant wars, every escalating healthcare cost with little apparent benefit as parents often bury their young, evermore marital I do's are becoming I don't, and the masses choosing to live in ways that destroy (drains) the very planet that was designed to sustain us, our Eden.

While it is hard for a drop to recognize it's contribution to the flood, I resist being a drop in the tsunami that is devastating our country, our world.

Too many deaths, too many wasted dreams. The grave is full ideas and solutions; seeds that were never able to take root, having been poisoned by criticism, self doubt, hatred, and other acts of foolishness, roads that truly need less travel.

Our country and our world is in trouble, and our leaders, those we look to for direction and resolve, seem to be in search of selfish rather than selfless solutions. These leaders dance in a theater of agendas that appear motionless, while those they profess to represent feel unheard (or better unloved). But it is unhelpful to convict when they are spiritually unconscious, a state of sleep that I too can be found in, and I tire at aimless pointing, so I look to myself.

I find it unhelpful to drink the poison of un-forgiveness expecting my transgressors to get ill, to rob myself of healing sleep doing things that help neither me nor those that I love. I'm saddened by eating in a manner that breaks me down, rather than build me up, and ashamed of leaving tasks undone that would help me, my family, and my community.

I say no more. Today, I draw a line in the sand, thrust a stake in the ground, and declare Interdependence Day. From this day forward, I constantly look for actions that I (yes I) can take, to better myself, my family, and my community. I give the energy of my attention to the good around me, away from wickedness that I am not empowered to address, and remain aware, present, and grateful for every breath that I take.

I may slip, and I may fall, but with each passing day's tender mercies I begin a new. And with God's grace I pray that I take yet another step forward. And when you see me, if you can, offer me words of encouragement. Because a better me makes a better we, and a better us makes for a better world.

Signed: "I" the People  
Global Citizen