



Special Thanks To Our Valued Speakers and Sponsors

Dr. Michelle Zetoony, Do Sleep Solutions Inc

Jessica Davenport, PSCU Credit Ministries Union

Janice East, Morton Plant Mease Health Care

Dr. Diohn Brancaleoni, Psychotherapy & Life Coaching

Kristi Bracewell, Totasola Wellness, LLC

Lynn Heckler, PSCU Credit Union

Katherine McKay, Psychologist

Debra Hansen, All Children's John Hopkins

Bari Ruck, Moffitt Cancer Center



Healthy Company
ALLIANCE



3rd Annual Health & Wellness Conference

“Small Changes Equals Big Results in Mind, Body, & Spirit”

Hilton St. Petersburg Carillon Park



You will never change your life until you change something you do daily. The secret to your success is in your daily routine.

-John C. Maxwell

Small Changes Ahead... Big Results Will Follow!

“Choices Count. You can make decisions today that will give you more energy tomorrow. The right choices over time improve greatly improve your odds of a long and healthy life. No matter how healthy you are today, you can take specific actions to have more energy and love longer. Small decisions about how you eat, move, and sleep each day-count more than you think.” –Tom Rath

The following resources are provided to give you additional information for how making small changes can lead to big results in mind, body and spirit.

- **Eat, Move Sleep: How Small Choices Lead To Big Changes-**
<http://www.eatmovesleep.org>
- **Cigna, Mind-Body Connection -**
<http://www.cigna.com/healthwellness/hw/medical-topics/mind-body-wellness-mente>
- **The 3 R's of Habit Change-**<http://jamesclear.com/three-steps-habit-change>
- **How Much Sleep Do you Really Need-**
<http://sleepfoundation.org>
- **7 Steps To A Better Sleep-**
<http://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/sleep/art-20048379>
- **15 Simple Tips to Balance Your Mind, Body & Spirit -**
<http://www.mindbodygreen.com/0-5411/15-Simple-Tips-to-Balance-Your-Mind-Body-Soul.html>
- **The Power of Habit-** <http://charlesduhigg.com/the-power-of-habit/>
- **Mind Body & Spirit Center-**
http://www.eatingwell.com/nutrition_health/mind_body_spirit_center

Same Old Way- Or Something New?

In an article published by researcher and writer John Clear, he refers to the ***“3 R's of Habit Change,”*** (previously noted in the book entitled “The Power of Habit” written by Charles Duhiggs) which once identified are key to starting a new habit and making it last. This 3-step framework is part of a habit formation process that can make it easier to maintain habits that will improve your health, your work and the overall quality of life. Clear writes that all habits, good or bad, follow the same 3-step pattern.

1-Reminder

The prompt that initiates behavior

2- Routine

The behavior or action itself

3- Reward

The benefit gained from doing the behavior

If the reward is positive then you will have a desire to repeat the action again. Eventually, this repetition will form a new habit.



***“We are what we repeatedly do.
Excellence then, is not an act, but a habit.” –Aristotle***



TAMPA BAY
HEALTHCARE
COLLABORATIVE

www.TampaBayHealth.org



www.WellCounciltb.org