



"How-To" Breakout Session

3rd Annual Crow Wing Energized Health & Wellness Summit | January 29 from 7am - 1pm
Lakewood Evangelical Free Church, 6284 Fairview Road, Baxter, MN

Subject: Add Activity into Your Everyday

Presenter(s): Samantha Linhart

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Who should be involved? You and your calendar—Get to know it and LOVE it. Calendar examples: outlook, google, on your phone!

Partnership Opportunities (contact information): If you and your business are looking for a specific activity program run at your place of business contact the Hallett Center

Resources Needed:

1. Phone
2. Appointment Book
3. Calendar
4. Good Shoes
5. _____

Timeline: 30—90 minutes each day

Budget: \$0 -- \$50 a month

Tips for Success: 1.) Develop a "move more" mindset. 2.) Make a commitment. 3.) Find an exercise or activity that you love and have fun doing. 4. Focus on your health not the scale 5. Put yourself first 7. Group Exercise 8. Journal your health and wellness journey 9. Look to the future 10. Avoid STOP START syndrome 11. Remind yourself WHY each day

How to Sustain Efforts: 1. Add Strength Training 2. Stretch everyday 3. Try new things 4. Make friends with those that have similar goals