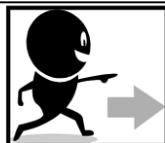




### **Defensive Mood App: Mental Shield**

Visualize shielding yourself against any person that is annoying or hurting you. In your mind, you are strong and invulnerable. You hold up a shield in your mind anytime that person is insulting, condescending, or doing the 3 Negative C's (Criticize, Condemn, and Complain). Avoid these Password: "Red Flag" people when you can, but if you're stuck in a room or conversation with them, use App: Mental Shield. This App reminds you that these are only words, and you should not let words hurt you, make you feel guilty, angry nor afraid. You can take control of your reactions by using your strong, personal "mental shield and armor".

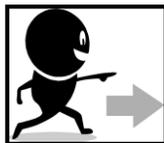
*Seko was having lunch with a co-worker, Lee, who asked him if he'd lost some weight lately. Seko said, "Yes, I've lost about fifteen kilos since last summer." His friend was interested in fitness and was curious. "How'd you do it, Seko?" he asked. "Did you follow a plan?" Seko shrugged as he replied, "I used Password: 4-40-4." Now Lee was really confused. "What?" So Seko explained, "You see, my Password 4-40-4 helps me remember my plan: Four times per week, I must exercise and sweat my body for forty minutes. Plus four times per week I eat mostly vegetables. That's it. My Password: 4-40-4 plan is easy – and its working for me."*



### **Action App: Increase Daily Motion**

You must endeavor to be in motion as much as possible. You will not consider this exercise. This is the kind of thing you would normally do each day. Be looking for ways to move around. Sitting will kill you. "Sitting is the new smoking."

Look for ways to use the stairs. Visit someone at work (don't call or email so much). Walk at a faster pace. Move around. Look for ways to keep moving. Never allow yourself to sit continuously for over an hour. Get up at least once each hour. Go to the powder room. Get water. Sharpen a pencil. You cannot allow yourself to sit for too long. Your daily pattern of activity must continue to increase. Even small activities can burn calories. Climb. Build. Carry. Move around when speaking on the phone. Did you know that standing while working is better for your health than sitting? Move naturally. No sweat.



### **Action App: Brief, Intense Exercise Resets Your System**

If you exercise regularly, it's likely something you enjoy and will keep doing, but many do not find the time or motivation for exercise. For busy people, it is useful to find quicker ways to improve health. One way is an all-out, maximum exertion effort for sixty seconds. That's right – one minute. You must push your muscles to the absolute limit of your ability. Sprint (run, bicycle, do stairs, or swim) at your maximum for sixty seconds at least three times per week. Add a few short, intense bursts of energy during each week and it can make a difference. Surely, even a busy person can give up a few minutes per week for good health. For some, this intensive workout shifts glucose and insulin metabolism to a more positive response. Try it to finish off a regular, normal paced workout. Join a friend to coach each other and push it to the limit. **CAUTION:** Be sure you consult your health provider to make sure that you're ready to undertake such vigorous activity.

**→ A healthy body will energize your mind ←**

This App reminds you to access both sides of your brain to make good choices.



### **Mental App: Left + Right = Choice**

Consult both your left brain (analytical and judgmental) and your right brain (emotional, creative, and intuitive), and then commit to your choice. Use your left brain for mental comparisons and right brain to check gut instincts consistent with your core values and intuition. This way, you consider both your right- and left-brain hemispheres.

#### Left-Brain Considerations

What are risks versus benefits?

What are the pros and cons?

What are the possibilities?

#### Right Brain Considerations

Does this choice feel right?

What does my gut intuition tell me?

What do I feel is the right thing to do?

**→ Does your right-brain intuition agree with your left-brain analysis? ←**