

# Embrace a healthier mindful way of living for yourself



Select activities that strengthen your skills and capabilities for living a healthier and more mindful life. Take strides to improve your health with regular physical activity, a well-balanced diet, and better sleep. Learning to be more mindful can help with better health outcomes, prevent or manage chronic conditions such as diabetes, improve mood, and boost energy.

## How it works

The program is designed to help you:

- Identify ways to improve your health.
- Take action by tracking your physical activity, eating, and sleeping habits for better awareness.
- Practice mindfulness to cope with chronic conditions, reduce stress, and learn to live in the moment.

Complete all parts of the program to enable a healthier mindful way of living. It's that easy!



### Identify

Complete a health risk assessment that covers your health, exercise and sleep habits, and more. You'll receive a personalized action plan, suggestions for improving your health and helpful videos suggested just for you.



### Take action

Track health measures for physical activity, nutrition and sleep. You can connect a wearable device, such as a Fitbit or Apple Watch, or use an activity app to track your progress.



### Practice mindfulness

Bring more mindfulness and stay present during every step of your health journey to bring awareness. Purposefully focus your attention on what you're doing to better deal with the thoughts that come up.

## Practice mindfulness

Mindfulness, a mental state achieved by concentrating on the present moment, while calmly accepting the feelings and thoughts that come to you, will help in your health journey. When you live in the moment, you can better cope with chronic conditions such as diabetes, reduce stress, bring balance, and have effective health outcomes.

Participate in daily mindfulness sessions or sign up for a focused specialty program. Our mindfulness specialty programs support individuals with the tools to help build success in several areas. These include combating burnout and compassion fatigue in stressful healthcare environments, better living with diabetes, learning to stress less and live more, weight balance, smoking cessation, mindfulness for cancer recovery, and living well with chronic pain. These unique courses offer the skills, strategies, and training to help individuals manage each area successfully and how mindfulness practice can help.

## Support from WellSpark Health

Your wellness program includes **physical activity, nutrition, and sleep tracking**. Participating in these goals is great for your health and will help build awareness, increase your exercise, and promote better eating and sleeping habits. Connect your smart device to sync your health tracking data and help you stay motivated. WellSpark Health encourages you along the way with education on a variety of topics such as nutrition, physical health, mindfulness, and a comprehensive video library with over 130+ health and well-being videos.

Our program helps individuals find what will spark them to healthier habits and healthier lives. Visit [wellsparkhealth.com](http://wellsparkhealth.com) for personalized tips and information on ways to improve your health.

**For more information contact Rollin Schuster directly.**

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