

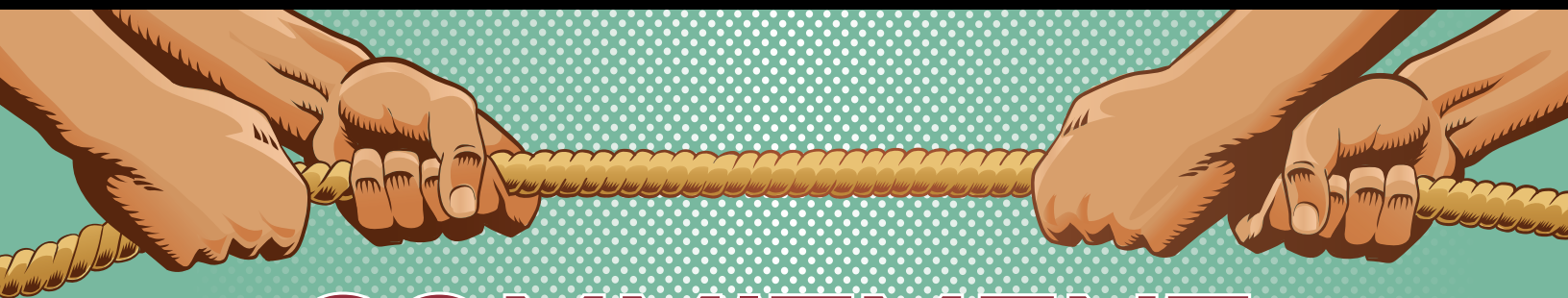
BACK²NORMAL

beresponsible.™

MONTHLY TOPIC



February 2017



COMMITMENT:

YOU ARE WORTH THE INCONVENIENCE

Commitment is the degree to which you will inconvenience yourself for something. To become healthy, fit and successful in life, we must commit to certain things, regardless of the inconvenience.

One of your greatest health challenges as you excel within your professional career is to commit to your personal well-being. After all, your plate is full with the demands of work, responsibilities of family, and dedication to friends and community. There simply doesn't seem to be any time to **commit to oneself**.

Consider these questions about your health:

- *Is it convenient to drink 8 glasses of water a day?*
- *Is it convenient to get up by 5:30am to exercise?*
- *Is it convenient to eat a healthy breakfast when surrounded by donuts at the office?*

The answers: No...No...No!

Contemplate these ramifications of becoming sick:

- *Is it convenient to wait your turn in the doctor's office?*
- *Is it convenient to take insulin injections daily?*
- *Is it convenient to recover from open heart surgery?*

While taking the necessary steps to living a healthy life is inconvenient, so too are the consequences of living an unhealthy life.

So how do you choose to be inconvenienced? Would you rather be inconvenienced by fighting the detriments of an unhealthy life filled with sickness or by working harder to achieve a healthy life filled with infinite rewards?



HEALTH SMART ACTION STEPS:

1. Make a list of the things for which you inconvenience yourself in life, family, work, etc.
2. Write down the reasons why your health and success are worth sacrificing for.
3. Write down a list of 3-6 things/actions you have been procrastinating relative to your health.
4. Select one of those per week that you deem worthy of your time investment.
5. Reach out to friends or local professionals to build a critical support system.
6. Commit to just one Healthy Action Step per week that will enhance your own personal well-being.

As always, the choice is yours. **You have the power to drive your own health smart destiny!**

Contributed by Ilene Gershberg, ACSM Certified & Pilates trained is a former NBC executive that transformed from FAT to FIT. As a member of the National Speakers Association, Ilene keynoted at conferences nationwide. She consults organizations, educating teams on fitness and enhanced vitality to maximize performance within the workplace. Ilene is a Performance/Health Coach and Pilates Instructor here at Back 2 Normal.

Healing for the body. Performance for *life*

Introducing H·e·l·o XL

productofthemonth

Go Red for Women and Heart Health! In honor of our heart health we are featuring the new Helo XL, world's first most advanced health and life monitoring wearable device on the planet.

Anyone you run into these days is wearing a Fitbit, Apple watch, Garmin, Jawbone or other wearable device that monitors their exercise and daily health habits. But look no further than at Back 2 Normal if you want the latest and greatest technology that can really impact your health and wellbeing. Helo is not just any wearable device, check out all its features:

- Measures important vital signs that really impact your health such as blood pressure, heart rate, breathe rate and does a 2 lead EKG. Even cardiologists are recommending the Helo to their patients.
- Monitors sleep, mood, energy, steps and calories.
- Tracks the health and wellbeing of family members and sends you alerts and updates so you can better monitor those in need.
- SOS panic button alerts you if a loved one is in trouble with GPS notification on their location.
- Offers regular health reports you can share with your doctor, physical therapist or fitness trainer.
- Helo comes with attachable minerals such as Germanium, Hematite and Himalayan Salts that enhance your health and wellbeing.



Health Smart Action Steps:

Don't let inconvenience get in our way any further, order your Helo today at: <https://my.worldgn.com/store/back2normalpt> and take your health to the next level.

