



Be the CEO of your health: Achieve the health benefits you desire

AUMA Convention 2016 Connect. Lead. Inspire

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The Common factors

Aging is inevitable – the rate of aging is not!

- Accelerated Metabolic Aging
- Major hormones
 - Insulin
 - Adrenaline
 - Cortisol



Health in general

- Cause of death
 - 50+ years
 - stroke
 - heart attack
 - cancer of the colon
 - 40+ years
 - suicide



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Self-assessment

- Body composition
- Level of exercise
- Quality of nutrition
- Dental care
- Sleep patterns
- Stress levels
- Capacity for leisure
- Mental state
- Substance use





Cardiovascular Risk Assessment

What is your height in inches?

What is you waist size in inches?

Is your waist size greater than half your height?

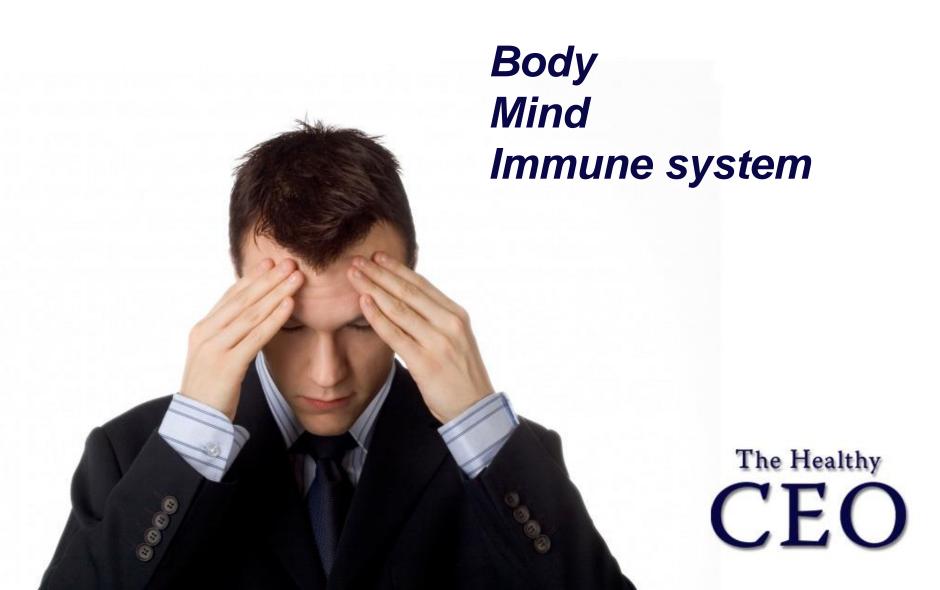
Physical wellness risk

- Health problems associated with body weight
 - Type II diabetes
 - High cholesterol and Triglycerides
 - High blood pressure
 - Coronary heart disease
 - Gallbladder disease
 - Obstructive sleep apnea
 - Certain cancers





Stress levels affect the:



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Stress

- Good Stress
- Perception
 - Threatening
 - Unmanageable
- Fight/ flight hormone
- Insulin
- Cortisol

- Bad Stress
- Stress not resolved
- Persistent cortisol
- Response
 - Poor sleep
 - Obesity
 - Immune system
 - Memory
 - Mood



Dealing with stress

Anticipate
Manage the influence
Emotional Mastery
Mental Toughness

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Dealing with Stress

Anticipate

- Organize your life
- Find your pattern
- Take your supplements

Manage the influence

- Walk or work out.
- Clean up your diet.
- Pets





Dealing with stress

- Emotional Mastery
 - Self-awareness/regulation
 - Move your body
 - Reframe
- Mental Toughness
 - Results focused
 - Examine your belief system



What do you see?

IAMNOWHERE

I AM NO WHERE

I AM NOW HERE



Dealing with stress

Emotional Mastery

- Self-awareness/regulation
- Move your body
- Reframe

Mental Toughness

- Results focused
 - Examine your belief system
- Positivity Ratio
- Gratitude



A framework to de-stress

- Vision/meaning
- Sense of control
- Sense of progress
- Connectedness
- Four questions





Knowledge
Attitude
Preparation
Action
Evaluation

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