

Welcome Kickoff

Closing the Gap: Healthspan vs Lifespan Series



Optimal Wellness

A Proactive Approach ...

Julie Fitzpatrick, DPT Mom and Physical Therapist

Trail of Johnson County

October 2, 2025



Julie

PT over 30 years

Health & Wellness Advocate

Community Volunteer

United Way

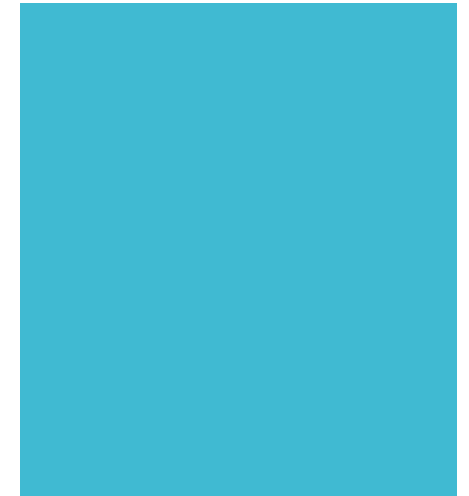
Coralville Food Pantry

Go Red for Women

Free Medical & Dental Clinic

Artist

Mom & Spouse



Julie Fitzpatrick, DPT Optimal Wellness PLLC

Our Kids & Their Passions

Janie 15 y/o
9th Grade



Jack 18 y/o
12th Grade



Hawkeye Family



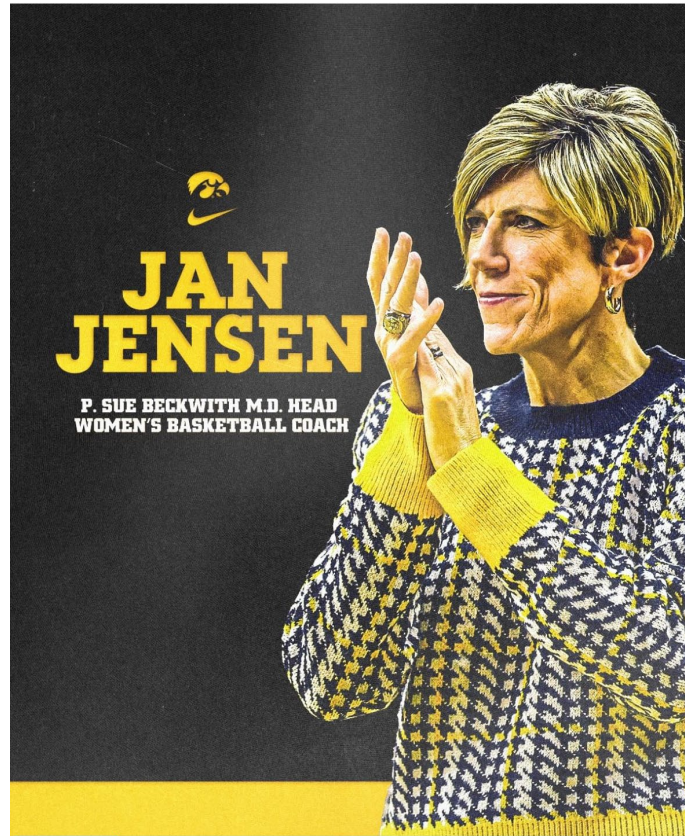
Iowa Women's Basketball

17h · 🌐



Introducing our next head coach, Jan Jensen.

#Hawkeyes



MY PASSION

Personal Life Balance
& Optimal Wellness

AND

Helping Others Find
Theirs



My Whys & A Shift in My Practice “Right of Center”

10 years ago

Changing Landscape of “Health
Care”

Patients Chronic Illness HH

Family
My Own Personal Health
My Mom Sunshine
Janie’s Story



Julie Fitzpatrick, DPT Optimal Wellness PLLC

Optimal Wellness PLLC

Julie Fitzpatrick, DPT
Founder & Owner

2018

<https://optimalwellnesspllc.com>



Shine. Inspire. Be Healthy.

OPTIMAL
Julie Fitzpatrick, PT **WELLNESS** PLLC

Physical Therapy

“The perfect profession to incorporate Lifestyle Medicine into our approach with patients.”

Julie Fitzpatrick, DPT



Get Healthy PT (GHPT)

Progressive Rehabilitation
Associates

Julie Fitzpatrick, DPT
Wellness Specialist

This program was initiated in January of 2018. It was born out of the idea that addressing our patient's lifestyle habits and overall wellness in conjunction with their specific PT needs could not only help improve their physical therapy outcomes but also help guide them on a path of better health in general.

Value Added program

Value Added Program

GHPT focuses on the power of healthy eating and the right types of exercise, along with wellness strategies such as: sleep, hydration, and mindfulness to help patients develop positive health habits that not only improve their rehab outcomes and prevent injury, but also help them gain a healthier lifestyle.



Go Red for Women Advocate

Empowering women on their heart health!



Julie Fitzpatrick, DPT Optimal Wellness PLLC

Today's Primary Objective

Bring light to the importance of self care along with positive lifestyle habits you can incorporate now to help you on your wellness journey.

Never too late to start!



An aerial photograph of a beach with turquoise water and white foam from waves crashing onto the sand. The image is used as a background for the slide.

Today's Goal

YOU Leave here:

- More knowledgeable

- Inspired

- With tools to enhance or start your wellness journey

Shine A Light On

Current State of Health & The Health Continuum

The Wellness Dimensions

Challenges & Motivators to living a life of “Well Being”

Lifestyle Medicine & How To Apply to Your Life

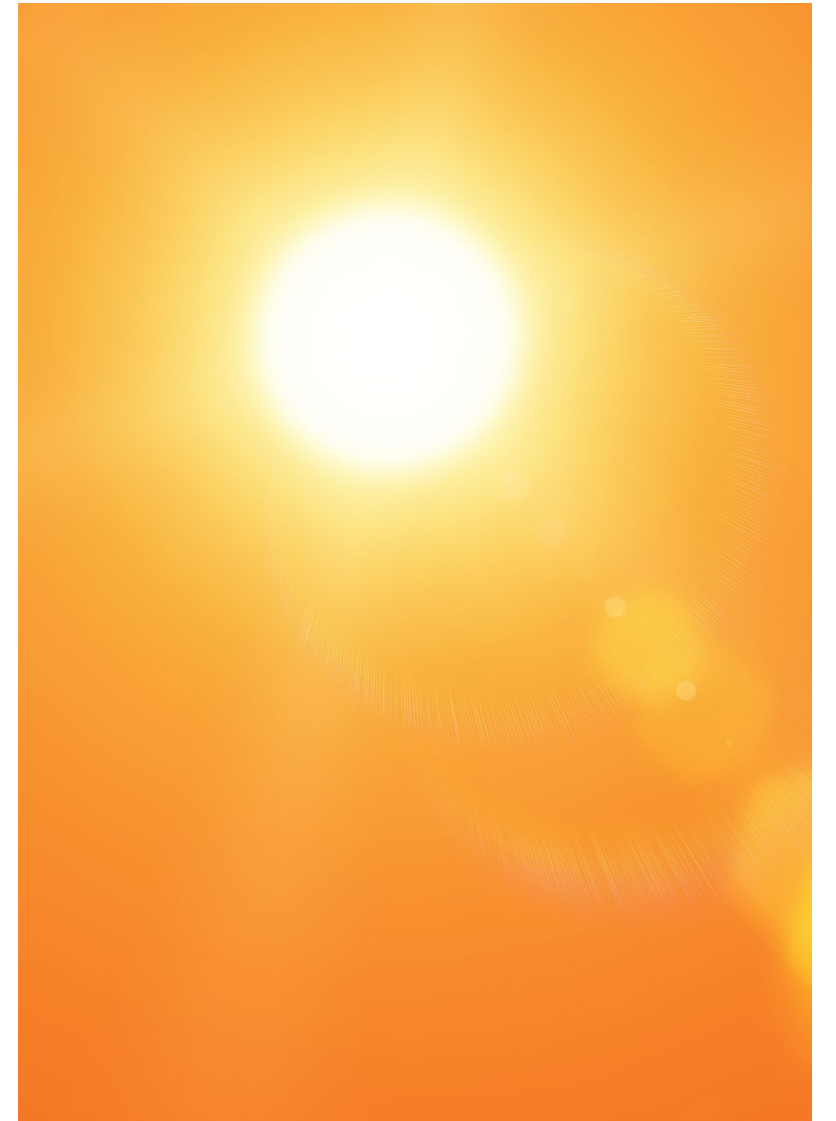
Prioritizing Your Health and Life Balance Through...

- Finding You Why

- ID Life Priorities

- Habit Formation

Julie’s 8 Habits to Health & How to Get Started



Current State of Health

Drivers for Change Professionally and Personally

- **Chronic Illness Epidemic**
 - Leading cause of death in US
 - Almost ½ of US population (133 million Americans) are living with one chronic condition
 - 40% suffer from 2 or more
 - Obesity More than one-third (36.5%) of U.S. adults
 - Type 2 Diabetes 29.1 million (9.3%) of the US population
 - 1.4 million Americans are diagnosed with Type 2 Diabetes every year
 - Heart Disease is the #1 cause of death for both women and men taking 1 in 3 lives
- **Chronic disease is this century's greatest challenge and medicine must adapt to meet it. \$47 Trillion estimated**
 - Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine

Why is this Important?

Much can be done to help prevent and improve our health through lifestyle changes and positive daily habits!

It starts with understanding where we are and where we can go....





The Health Continuum

Health and wellness are dynamic, shifting

At the center is conventional medicine's description of health –
Health is the absence of disease

Left of center is symptoms, sickness, chronic conditions
ending with death

Right of center is the potential for health and wellness
with no end point

Chronic Illness can be prevented and at times reversed with Lifestyle Medicine

- The leading sources of morbidity, premature mortality, and high costs of care in developed countries around the world- the so called chronic, non-communicable diseases- persist and progress despite the best conventional treatments, but are **eminently preventable**, and at times reversible, with lifestyle as medicine.
 - David Katz, MD, President, American College of Lifestyle Medicine.

Wellness

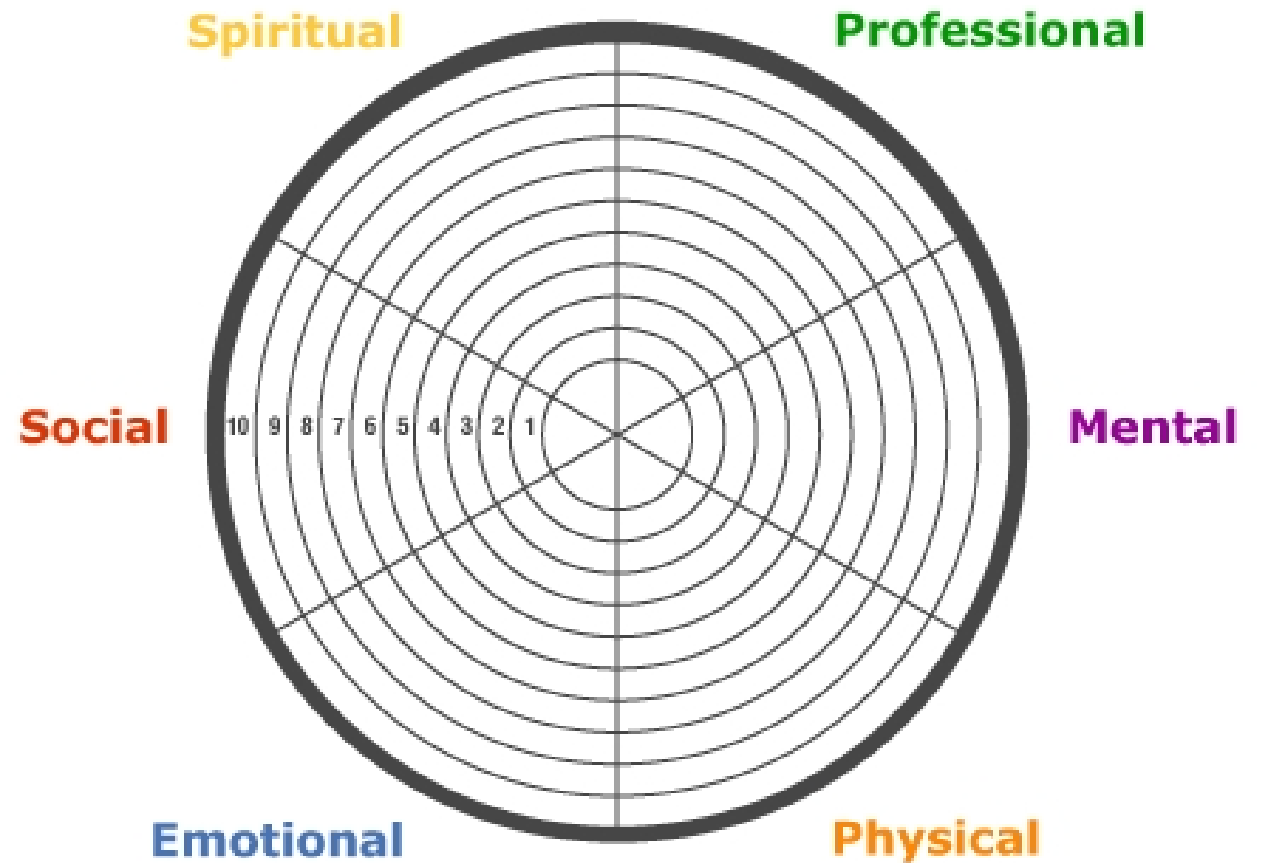
- *Wellness is an active process through which people become **aware** of, and **make choices** toward, a more successful existence.*
 - *National Wellness Institute*

6 Dimensions of Wellness

Developed by Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI).

Interdependent model, that integrates six dimensions of wellness and could be used as a guideline for attaining a whole and complete life.

Dr. Hettler states in his hypothesis that, in order to lead a vital, fulfilling, well rounded and balanced life, certain lifestyle dimensions need to be met. When one or more dimensions is missing or falls short, the imbalance sets off an effect that throws off the entire equilibrium and poise to one's life.



Wellness IS



Multi-dimensional

Dynamic

Interdependent

Socio-ecological perspective of health

Blue Zones an approach for overall wellness and
quality of life

Emotional

The emotional dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress.



Mental/Intellectual

The intellectual dimension recognizes one's creative, stimulating mental activities. A well person expands his or her knowledge and skills while discovering the potential for sharing his or her gifts with others.

- Learning new hobbies & skills
- Attending workshops
- The pursuit of knowledge



Professional/Occupational

The occupational dimension recognizes personal satisfaction and enrichment in one's life through work. At the center of occupational wellness is the premise that occupational development is related to one's attitude about one's work.



Spiritual

The spiritual dimension recognizes our search for meaning and purpose in human existence. It includes the development of a deep appreciation for the depth and expanse of life and natural forces that exist in the universe.



Social

The social dimension encourages contributing to one's environment and community. It emphasizes the interdependence between others and nature.



Physical

Physical wellness is met through the combination of exercise and good eating habits. It entails personal responsibility and care.

Physical wellness follows these tenets:

- It is better to consume foods and beverages that enhance good health rather than those which impair it...

NUTRITION

- It is better to be physically fit than out of shape..
- ## EXERCISE



Blue Zones

Dan Buettner

“Live to 100 Secrets of the Blue Zones”
-Netflix Documentary

The Blue Zones:

- Okinawa, Japan
- Ikaria, Greece
- Sardinia, Italy
- Nicoya Peninsula, Costa Rica
- Loma Linda, CA, USA



How can you live to 100?



Move naturally



Have purpose



Down shift daily



Belong



Put family first



Eat to 80% full



Find your moai



Drink wine in moderation (and



Eat mostly plants

Challenges Before us!

Obstacles are for real!

- Limited time
- Lack of support
- Not Knowing Where to Start
- Feeling exhausted
- Not Wanting to Cook
- Managing stressors of work and family
- Putting everyone's needs above our own
- Standard American Way of life does not promote healthy living
 - Drive Everywhere
 - Work Long Days
 - Eat Out
 - Portions Sizes double what they should be
 - Fast Food Restaurants at every corner
 - Soda Machines everywhere we go

Why Bring Light to These Challenges?

Not to Discourage...

But Rather VALIDATE and establish the challenges before us!

ENCOURAGE and Motivate you to find ways to overcome...

AND recognize it can be done and starts with YOU...

1 small change at a time

Lifestyle Medicine

A branch of medicine focused on preventive healthcare and self care dealing with prevention, research, education, and treatment of disorders caused by lifestyle factors and preventable causes of death such as nutrition, physical inactivity, chronic stress, and self-destructive behaviors such as substance abuse.



The Pillars of Lifestyle Medicine

American College of Lifestyle Medicine





What if we look at “health care” through a different lens?

Lifestyle

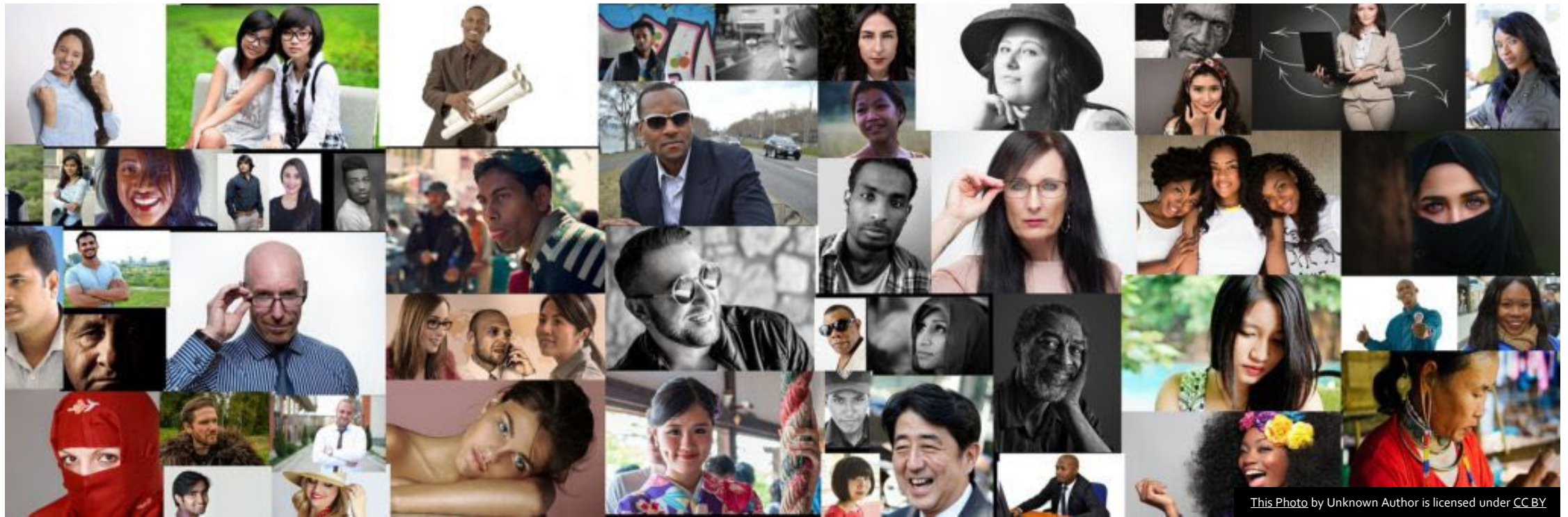
Key to Success!

- What if what we did EVERYDAY created a life of health and wellness?
- Not a program, or a fad , or a quick fix...
- But rather a Lifestyle
- A Lifestyle that focuses on the following 6 areas of wellness to improve health.....
 - Healthful Eating
 - Physical Activity
 - Improved Sleep
 - Stress Management
 - Relationships
 - Avoidance of Risky Substances

Prioritizing Health & Life Balance

Motivators

- Adopting a lifestyle that focuses on consistent small changes can ultimately lead to lasting change over time
- Finding Your Why
- ID Life Priorities- Drivers of Health
- Habit Formation
- Just Get Started



Finding Your Why

Julie Fitzpatrick, DPT Optimal Wellness PLLC

What is **YOUR** Why?

An older adult striving to age gracefully with mobility and overall health.

A parent wanting to be fit enough to play outside with their kids.

A grandparent wanting to be strong enough to lift and hold their grandkids.

A traveler wanting to be able to hike and climb a mountain.

A retiree wanting to be able to engage in social and physical activities such as pickle ball or golf with friends.

An older adult wanting to be able to manage stairs in their lifelong home.

A spouse wanting to be able to take care of a loved one.

An athlete wanting to perform at their peak.

ID Life Priorities

Promote self
wellness

Bring balance in the
Whirlwind

Family First

- Kids
- Spouse
- Supporting Everyone's Passions including mine

Engaging in Meaningful Work

- My Story & My Why
- PT Practice mirrors my daily practice- Optimal Wellness
- Volunteerism

Healthy Daily Lifestyle Practices

- Gratitude & Devotional Time
- Stress Management
- Annual Check Ups
- Nutrition & Hydration
- Sleep
- Exercise
- Connection

Habit Formation

Hear 7 times

Do 21 – 66 days

1 single habit can make a positive impact on your health journey over time.

Simple change over time can have compounding effects

Julie's Habits to Health

Daily lifestyle practices that promote health

<https://optimalwellnesspllc.com/blog>

Eat Real Food

Color Your Plate

Eat The Cake & Enjoy Life's Celebrations

Know Your Health Numbers

Never Stop Moving

Get Your Sleep

"WAT"er You Drinking

Managing Stress

Live Well

Good News!!

Lifestyle Factors such as Nutrition & Exercise have a SIGNIFICANT impact on our:

Physical Health and Rehabilitation

Brain Health

Emotional Health

When done in the right way it can be TRANSFORMATIVE physically, mentally and emotionally

*Eat Real Food

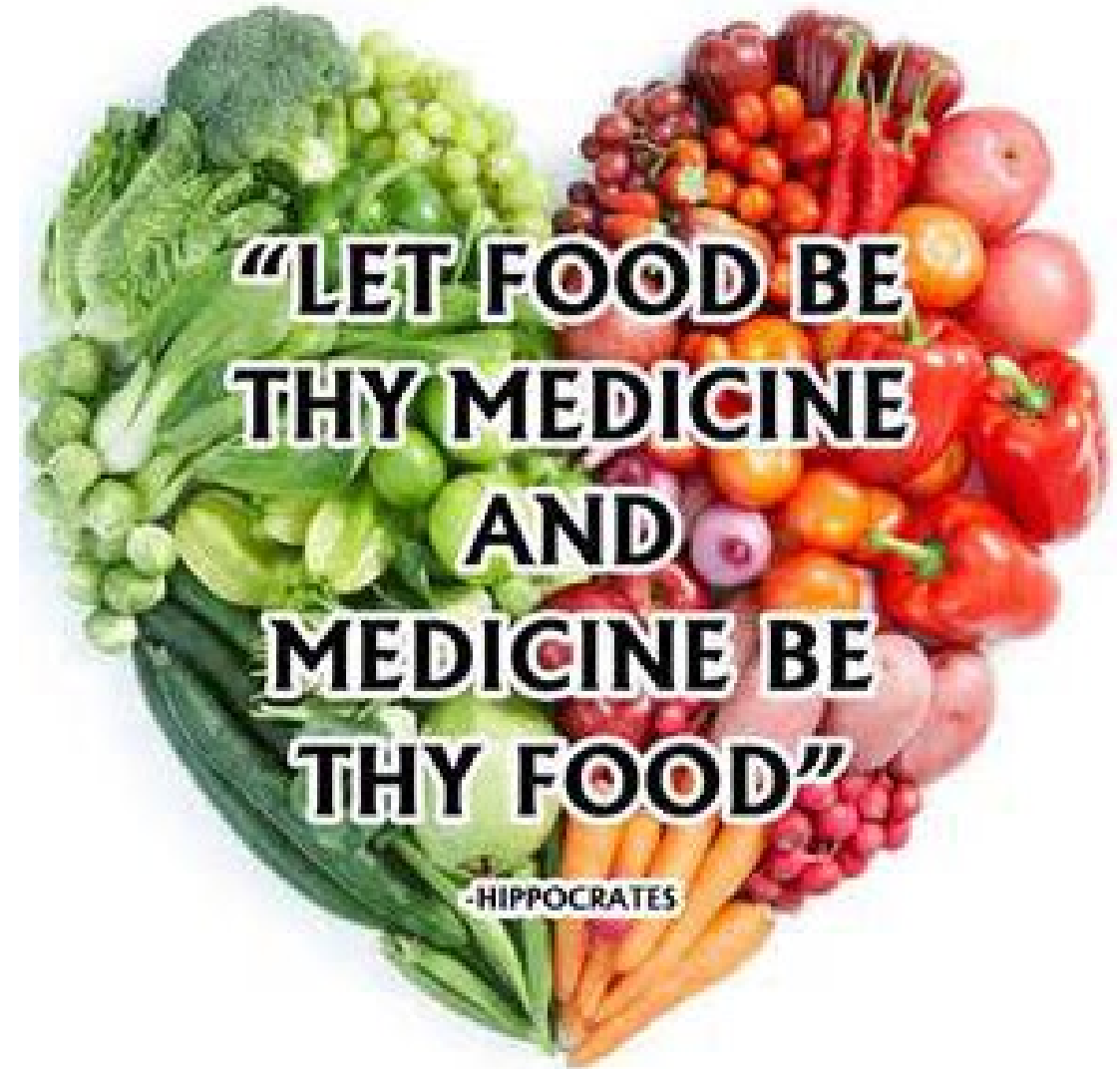
Simplest definition: Food that is as close to its natural and original state as possible. Real food is not produced in a factory, it is not engineered in a lab, nor is it full of artificial colors, sweeteners, or flavors

READ Ingredient Labels

If there are more than 5 ingredients listed and you can't pronounce them... IT IS LIKELY NOT REAL FOOD!

Shop the PEREMITER of the store!

80/20 Rule!



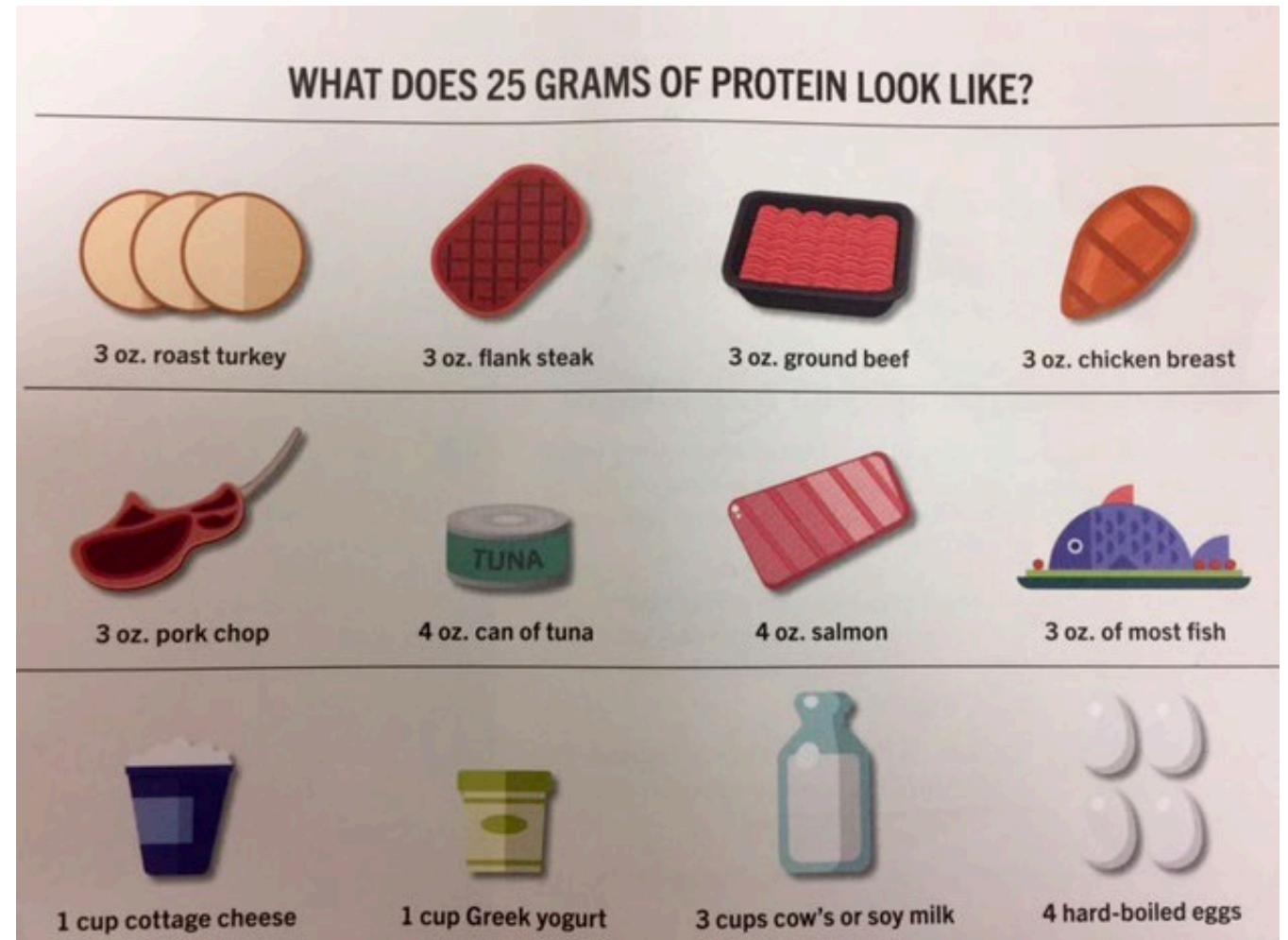
Protein

Organic hormone free, antibiotic free, free-range and grassfed sources

Protein helps balance blood sugar, and provides necessary building blocks for brain health

Protein builds lean muscle mass which becomes an issue as we age

Good Goal- Increase protein grams to $\frac{1}{2}$ your body weight per day. Or shoot for 25-30 grams per meal



Healthy Carbs=Smart Carbs

What are smart carbohydrates?

Carbohydrates are divided in 2 categories

Simple=high glycemic index, cause blood sugar levels to spike

White bread, white pasta, white rice

Complex= lower glycemic index, digested more slowly, are accompanied with other nutrients and are higher in fiber

Vegetables, fruits, whole grains

Choose high fiber foods! Many positive benefits!

weight loss

brain health

balancing cholesterol

keeping digestive tract moving

reducing HBP

reduce the risk of cancer

SMART CARBS = COMPLEX CARBS

Healthy Carbs

Vegetables



Fruits



Whole Grains



Seeds



Nuts



Beans



Healthy Fats

Fat is not the enemy!

Good fats are essential to our health!

Brain is 60 percent fat once water removed

Focus on healthy fats especially those with omega 3 fatty acids!

Salmon

Avocados

Walnuts

Almonds

Years ago, the Medical Establishment recommended we remove fat from our diets. We were in a "Fat Free" craze

The End Result... We became heavier! And our food became less nutritious!



*Color Your Plate

Each color of the rainbow has associated phytonutrients that provide health benefits. Here are a few examples of the phytonutrients, vitamins and minerals that are found in your fruits and vegetables and the health benefits associated.



30 Plants per Week

- Theory derived from the American Gut Project
- Discovered that participants who ate 30 or more different types of plants per week had the most diverse gut microbiomes and the healthiest gut.
- Wholegrains
 - Brown rice, oats, barley, quinoa
- Vegetables
- Fruits
- Legumes
 - Lentils, chickpeas, beans
- Nuts
- Seed
- Herbs & Spices

Cookbooks Recipe Ideas

- [100 Days of Real Food](#)
- [American Heart Association Recipes](#)
- [The Defined Dish](#)
- [Julie's Favorite Recipe Ideas](#)

*Enjoy Life's Celebrations while being mindful

Recommended Daily Amounts Added Sugars:

Adults 6-9 tsp (24-36 g/day)

Sodium: 1500- 2300 mg/day

Caffeine: Less than 400 mg/day

80/20 Rule!

Work on being in tune with your bodies and how you feel.



Added Sugars

- Excessive **added sugars** intake is linked to many chronic diseases including obesity, type 2 diabetes, and cardiovascular disease; as well as other conditions such as high blood pressure, inflammation, and fatty liver disease. Here are a few staggering statistics you should know.
- *The average American consumes around **22 tsp (88 grams)** of added sugars per day! That is 2-3 times the RDA!*
- *The average American consumes more than **40 lbs** of high fructose corn syrup per year!*

Rethink Your Drink!

- On average Americans **drink 450 calories a day!**
This is 2xs as many calories as we drank 30 years ago.
These extra calories can result in 23 lbs of extra fat per year!



Added Sugars Add Up!

Espresso 10-40g
Soda 40g
Lemonade 25g
Protein Bar 15g

RDA 24-36g
1 tsp= 4 g

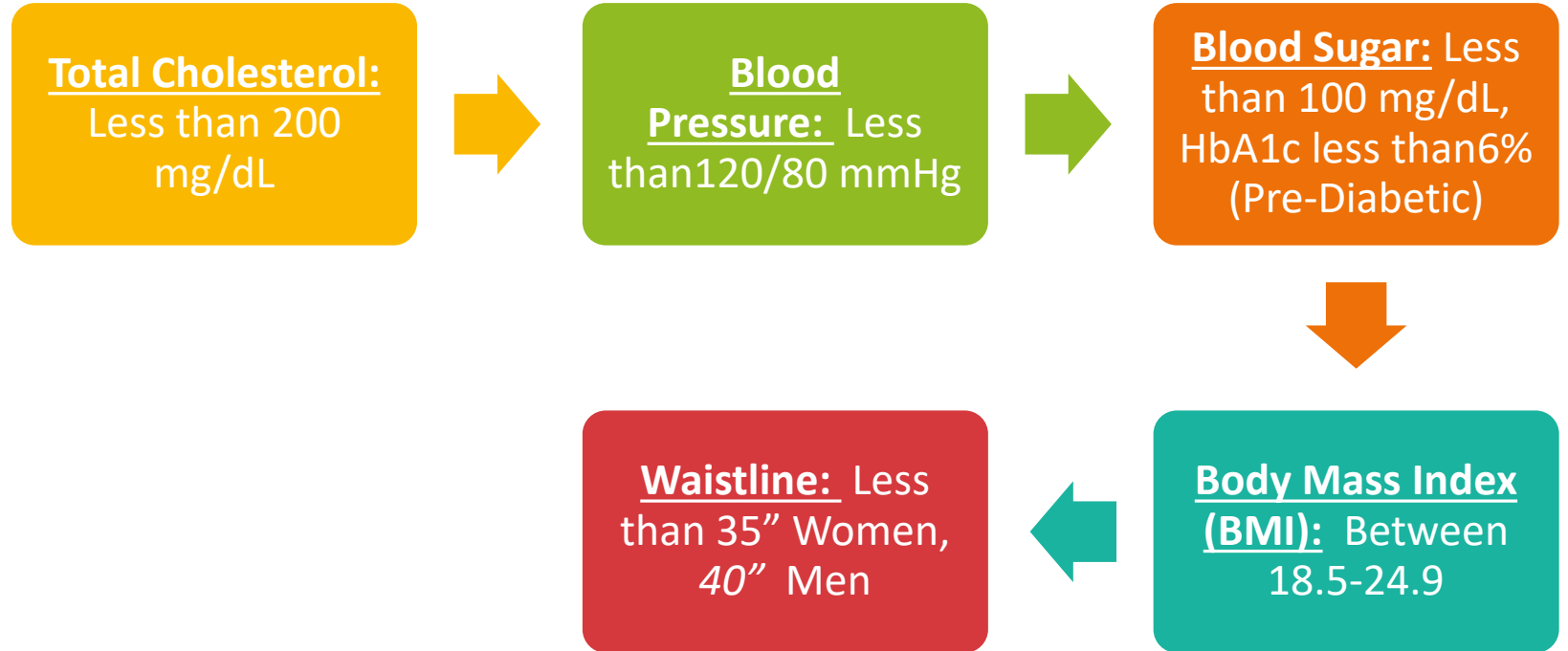


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*Know Your Baseline Health Numbers

Value and Honor
Your Health

Annual Medical
Check Ups





Can I Impact these Numbers?

YES!!

Lifestyle ... daily habits and choices **CAN** make a difference!

Improve Your Health Numbers

- **Water Intake:** 8 glasses/day
- **Added Sugar:** Adults 6-9 tsp (24-36 gms)/day
- **Sodium:** 1500- 2300 mg/day
- **Caffeine:** Less than 400 mg/day
- **Sleep:** 7.5-8 hours/night
- **Physical Activity:** Minimum of 150 minutes of moderate intensity exercise Minimum of 2 days of strength training to major muscle groups/week

*Never Stop Moving

Exercise...
“Motion Is Lotion”

- ***Exercise....***
- Reduces the risk of heart disease
- Helps the body manage blood sugar and insulin levels
- Improves mental health and mood
- Strengthens bones and muscles
- Improves coordination & flexibility
- Reduces risk of falls
- Improves sleep
- Boosts energy
- Combats chronic illness
- Slows the aging process

Never Stop Moving

Importance of Exercise to Reduce and Prevent Adverse Effects of Aging

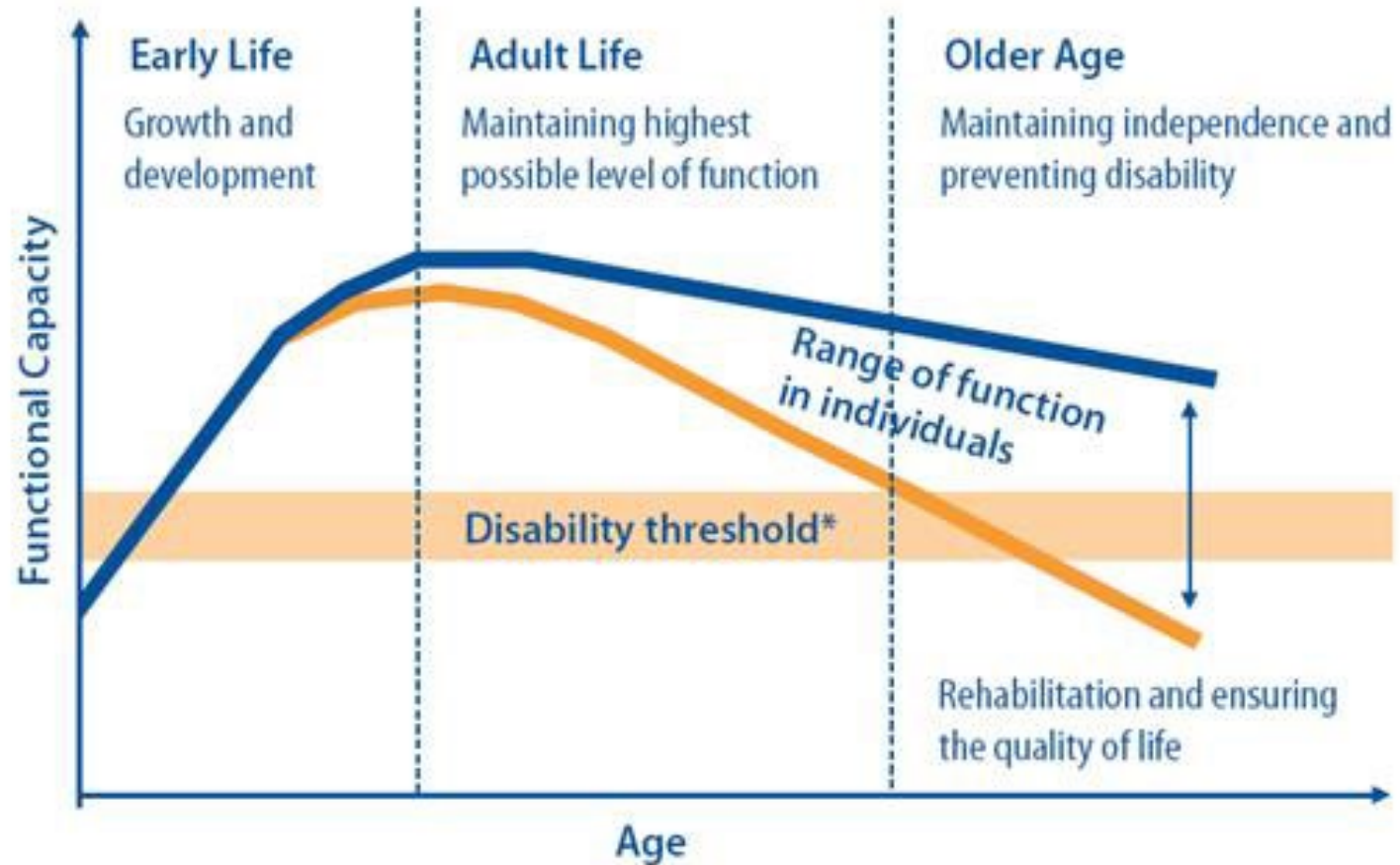
After age 30, basic physical functions start to decline at rate of about 2%/year

Exercise can slow this decline to a rate of about one-half percent/year

People with no physical activity will lose 70% of their functional ability by the time they reach age 90

People who engage in physical activity will lose only 30% of their functional ability by age 90

Figure 4. Maintaining functional capacity over the life course



Source: Kalache and Kickbusch, 1999



American Heart Association Rec on Exercise:

For Overall Cardiovascular Health:

At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150

OR

At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of moderate- and vigorous-intensity aerobic activity

AND

Moderate- to high-intensity muscle-strengthening activity at least 2 days per week for additional health benefits.

For Lowering Blood Pressure and Cholesterol

An average 40 minutes of moderate- to vigorous-intensity aerobic activity 3 or 4 times per week



U.S. National Physical Activity Guidelines, 2008

Aerobic:

Minimum of 150 minutes/week (2 ½ hours)

5 hours/week for substantial health benefits

Variety of activity: running, jogging, swimming, cycling, walking

Strength:

2 – 3 days/week strength training of large muscles

Small weights, resistive bands, planks

Flexibility:

3 days/week

Stretching. Ideal to perform after muscles are warmed up. Allows freedom of movement in every day activity

Agility:

Daily

Ability to change the body's position efficiently. Integration of isolated movement skills using a combination of balance, coordination, speed, reflexes, strength and endurance. Red fall risk

Ladder, tai chi, hurdles

Balance (Stability):

Daily

Ability to maintain equilibrium when stationary or moving. Dependent on eyes ears and proprioception

Get Up Every 30 Minutes During the Day

Exercise Tips

- Do something you ENJOY!
- Just GET STARTED
- Find an ACCOUNTABILITY PARTNER
- Focus on IMMEDIATE BENEFITS
- Move 3 min for every 30 min sedentary
- Strive for 150 min a week and 2 days strength training
- When starting SEEK ADVICE OF AN EXPERT

Sitting is the New Smoking

One of the best things you can do for yourself is move more and sit less!

Sit less, move more



The average adult spends **more than half** of their day sitting. Here's how the time can add up:



Move 3 for
every 30

Activity Breaks Have Value

- Total sitting time correlated highly with all causes of mortality
- Adults who interrupted sedentary time with movement at least every 30 minutes had the lowest mortality risk.

Diaz et al 2017. *Annals of Internal Medicine*

1 in 10 deaths worldwide is caused by people not engaging in physical activity. The number of deaths is similar to those caused by smoking.

Source: The Lancet

Types of Exercise


Light Activity – Functional activities throughout your day

Cardiovascular Exercise

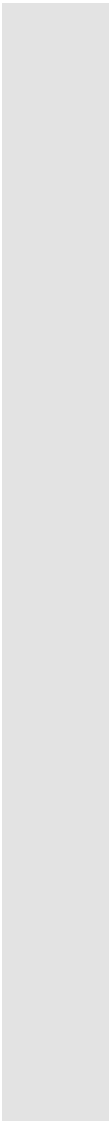
Resistive Training (Strengthening)

Balance Exercises

Posture and Flexibility Exercises



Functional Activities you can work into your day:

- Stretch or walk on treadmill while watching TV
 - Walk while talking on the phone
 - Take the stairs when and if able
 - Take a walk during your lunch break
 - Use a standing desk at your workstation
 - Park a little farther from your destination and walk
 - While watching a sporting event walk around the field or court
- 

Cardiovascular Exercise

- Has the greatest impact on your overall health
- Increases heart rate
- Increases energy expenditure to burn more calories
- Goal= moderately intense level 5-7days a week (12-13 on the Borg scale)
- Examples
 - Brisk walking
 - Jogging
 - Bicycling
 - Swimming
 - Rowing
 - Skiing
 - Dancing

Rating of Perceived Exertion Borg RPE Scale

6		How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
7	Very, very light	
8		
9	Very light	
10		
11	Fairly light	
12		Target range: How you should feel with exercise or activity.
13	Somewhat hard	
14		
15	Hard	
16		
17	Very hard	How you felt with the hardest work you have ever done.
18		
19	Very, very hard	Don't work this hard!
20	Maximum exertion	

Resistance (Strength) Training

Increases lean body mass and helps burn calories

Improve blood sugar levels

Reduces body fat and waist circumference

May benefit cognitive function

Having moderate or high strength is associated with lower risk of premature death compared to low strength

Resistance (Strength) Training

- Various equipment can be used:
 - Resistance bands
 - Dumbbells
 - Weight machines
 - Your own body weight
 - Upper Body (examples)
 - Push ups Bench press Chest press Biceps curls
 - Lower body (examples)
 - Squats Leg press Bridges Lunges
 - Core strengthening critical (abdominal muscles and back muscles)
 - Planks Side planks Sit ups Pilates

Balance Exercises

- Balance decreases as we age placing an increased risk in falls
- Home Exercises
- Classes- Tai Chi, Yoga, Pilates
- Static Balance Exercises (30-45 seconds each)
 - Feet together eyes closed
 - Stand on one foot eyes open (or weight shift to one foot)
 - Stand on one foot with eyes closed
 - Stand on one foot eyes open and turn head side to side
 - Stand with one foot directly in front of the other eyes open then eyes closed
- Dynamic Balance Exercises
 - the ability to maintain postural stability and orientation with center of mass over the base of support while the body parts are in motion.

Posture & flexibility

- Flexibility Exercises
 - Improve range of motion
 - Enhance performance during physical activity
 - Decrease risk of injury
 - Enable muscles to work effectively
- Posture Exercises
 - Decrease forward head position
 - Improve core
 - Yoga
 - Pilates

*Get Your Sleep



- We know healthy eating and exercise are important to our overall health, but did you know that adequate sleep is also a vital component to a healthy lifestyle?
- Without it, our brain function suffers, memory becomes poorer, reactions are slowed, mood fluctuates more than normal, and our physical health may be at risk.
- Poor sleep has been linked to increased risk of heart disease and stroke, glucose metabolism and type 2 diabetes, decreased immunity and increased inflammation.



According to the [National Institute of Health](#), sleep problems constitute a global epidemic that threatens health and quality of life for up to 45% of the world's population.



Making sleep a priority is one of the best things you can do for your health. Individuals who get good sleep decrease their risk of obesity, heart disease and stroke, depression and diabetes.



A good nights sleep also helps improves immune function, decreases inflammation, and improves mental concentration and productivity. ***For adults, 7-9 hours of sleep is recommended.***

Tips for A Better Nights Sleep & Improved Health

Keep in sync with your body's natural sleep-wake cycle.

- Try to go to sleep and get up at the same time every day.
- Be smart about napping. Limit naps to 15-20 minutes in the early afternoon.

Control your exposure to light. Melatonin is a naturally occurring hormone controlled by light that helps regulate your sleep cycle. Your brain secretes more at night making you more sleepy and less during the day making you more alert.

- Expose your self to bright sunlight and natural during the day.
- Avoid bright screens within 1-2 hours of bed-time.

Exercise during the day.

- The more vigorous you exercise, the more powerful the sleep benefits.
- For better sleep, time your exercise right. Finish moderate to vigorous workouts at least 3 hours before bedtime.



Be smart about what you eat and drink.

- Limit caffeine and nicotine. Avoid drinking caffeine in the evenings. While caffeine affects everyone differently, most people do best when they stop drinking caffeinated beverages at least a few hours before they start winding down for the evening.
- Avoid big meals at night.
- Avoid alcohol before bed.
- Cut back on sugary foods and refined carbs.

Wind down and clear your head.

- Practice relaxation techniques or take a warm bath before bed.
- Avoid checking your phone, email or social media before bed to help quiet your brain.
- Turn off your devices. In addition to capturing your attention, they also stimulate your brain, keeping you awake when you should be winding down for the night. Turn off devices at least thirty minutes before you go to bed so you can fall asleep more easily.



6. Improve your sleep environment.

- Keep noise down.
- Keep your room cooler. A recommended temperature is 65 deg F
- Minimize distractions such as light, noise and electronic devices.

7. Learn ways too get back to sleep if you awaken in the night.

- Practice deep breathing or relaxation techniques such as visualization, progressive muscle relaxation or meditation.
- Make relaxation your goal, not sleep.
- Keep your lights off and avoid getting on your phone or devices and avoid looking at the clock.
- Use a “sleep” App that offers relaxing stories, music, or sounds.
- Listen to relaxing music.
- Keep a notebook by your bed and if your mind is racing about stressors or things you need to do, write them down including some actions you can do to address them. This will help release worries from your mind and find ways to relieve your stress.

*"WAT"er You Drinking?

- Strive for 8 glasses/day
 - *Our bodies are $\frac{2}{3}$ water by weight!*
 - *Drinking water helps boost metabolic rate, digest food, and can elevate mood.*
 - *It also helps with heart health and allows the heart to more easily pump blood through the blood vessel to the muscles making them more efficient.*
- *Water is Life Giving!*



Benefits to Drinking Water

- **Aids in digestion**
- **Normalizes blood pressure**
- **Cushions joints**
- **Flushes bacteria from your bladder**
- **Regulates body temperature**
- **Maintains electrolytes (sodium) balance**
- **Reduces appetite.** *Studies show that drinking 16.9 fluid ounces of water before meals can reduce appetite and promote weight loss.*
- **Reduces intensity and duration of headaches.** *Studies show that adding 50.7 fluid ounces of water to your daily diet may reduce the intensity and duration of headaches.*
- **Improves mood.** *Even mild dehydration has been shown to negatively impact mood.*



20% of your
intake can
come from
water rich
foods

- watermelon
- strawberries
- cantaloupe
- grapefruit
- oranges
- peaches
- raspberries
- cranberries
- apricots
- cucumbers
- celery
- greens
- tomatoes
- bell peppers

Water isn't
your thing? Try
these...

1. Green Smoothy
2. Watermelon Juice
3. Coconut Water
4. Cucumber Juice
5. Bone Broth
6. Milk
7. Hot Tea & Iced Tea
8. Sparkling Water without added sugars or sweeteners

Daily Tips to Increase Water Intake

1. Keep a reusable water bottle with you throughout the day. It will serve as a visual reminder, and you can take it everywhere you go.
2. Replace other drinks such as sugar filled sodas and sports drinks with water.
3. Drink 1 glass of water when you wake up in the morning and before each meal.
4. Flavor your water using a fruit infuser. Popular flavors include lemon, cucumber-lime, strawberry-kiwi, and basil with any fruit.
5. Reduce alcohol intake. Alcohol is a diuretic that can dehydrate you. [The American Heart Association](#) recommends if you drink alcohol to limit consumption to no more than 2 drinks per day.

*Stress Management

- When it comes to our health, stress management, mindfulness and social connection are all lifestyle strategies that can improve our overall health & wellness for both our mind and body.
- Your mental health and ability to manage stress is a critical component to your overall health and wellness.

Stress



We know that stress is a part of life and that there is good stress and bad stress.



Good stress can be helpful in accomplishing goals, meeting deadlines, being laser focused for an exam or public speaking.



Negative or bad stress on the other hand, is the type of stress that can cause short- or long-term anxiety, decrease performance and lead to poor mental and physical health.



You may think a headache, stomachache, sleeping troubles or difficulty focusing is caused by an illness when in actuality it is caused by stress.



Stress affects every part of us including our body, our thoughts and feelings, and our behavior.



When not dealt with, it can lead to multiple chronic health problems such as heart disease, stroke, high blood pressure, obesity and diabetes.

Ways to Manage Stress

Positive Social Connections

Be cognizant of Using Social Media to Support Social Connections

Get involved in activities & hobbies

Engage in exercise, dance meditation, yoga

Keep a gratitude journal

Take care of spiritual needs

Make time to laugh

Avoid high amounts of caffeine and alcohol

Try deep breathing techniques

Get a massage

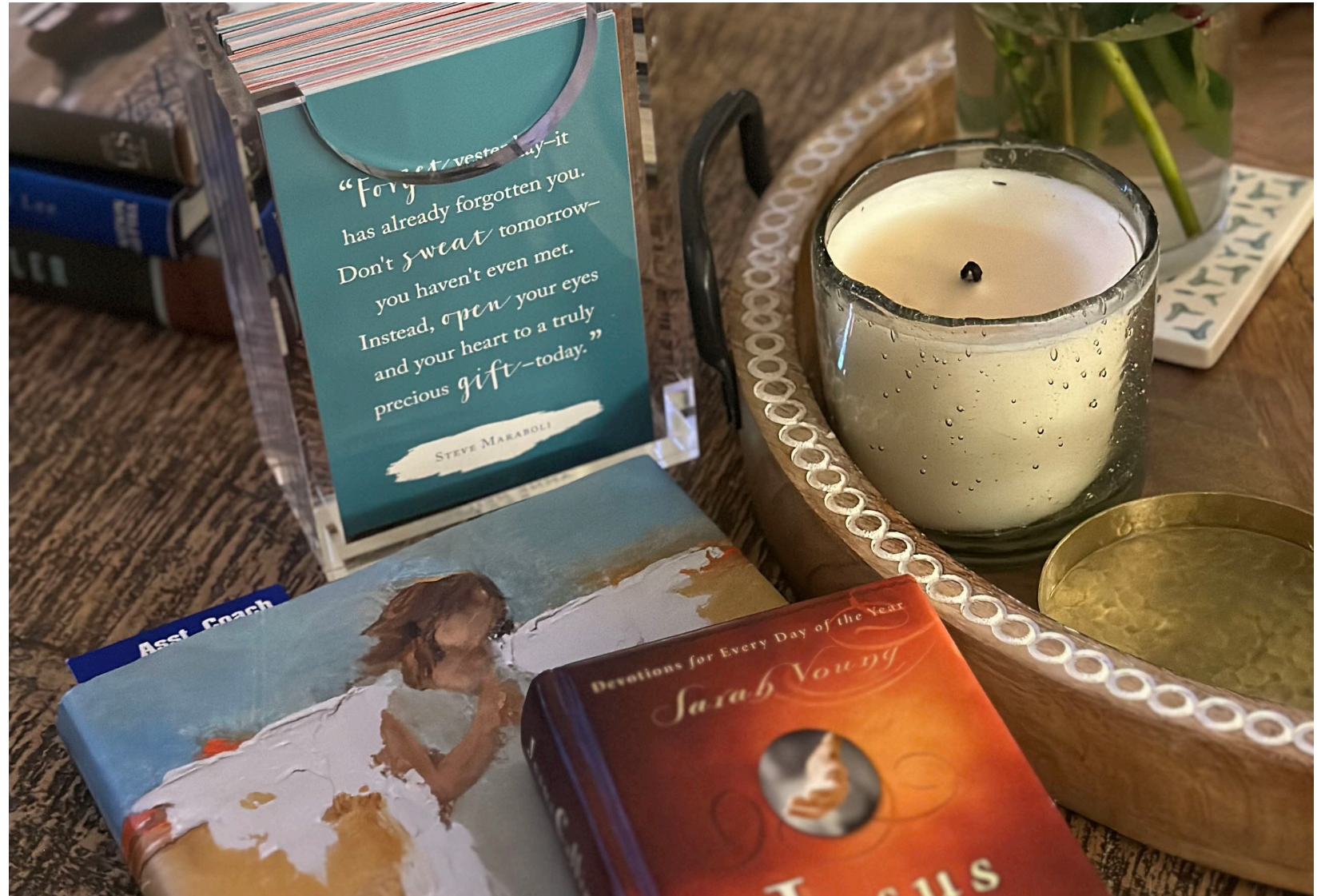
Engage in Mindfulness

Start to The Day

Devotions

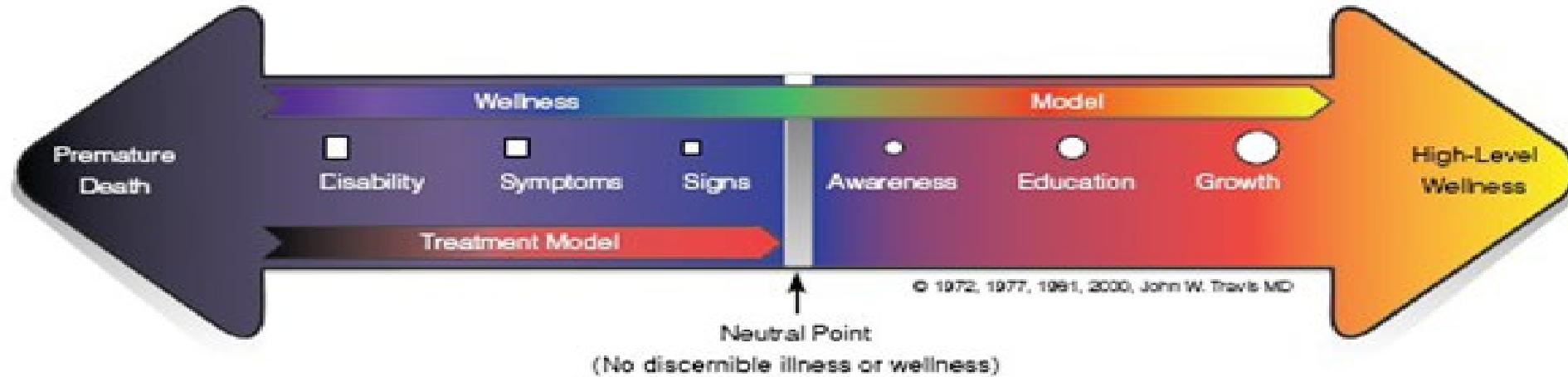
Gratitude

Journaling



*Live Well





Travi's Health-Illness Continuum

High levels of wellness begin with awareness, attitude, knowledge, skill which eventually leads to behavior change which leads to health outcomes.

Healthy Habits= Healthy Lifestyle

- Nutrition
 - Think of food as fuel
 - Small meals throughout the day
 - Protein focused with low glycemic carbs
- Hydration
 - Critical
- Regular Exercise – Keep Moving!
- Sleep 7-8 hours
- Surround yourself with health minded people
- Wellness is multidimensional

How to Succeed

1. Focus on one area at a time
2. Set realistic, specific goals
3. Don't wait until the New Year to make resolutions. Focus on lifestyle year-round!
4. Take small steps
5. Have an accountability buddy
6. Celebrate your success between milestones
7. Focus your thinking on new behaviors and thought patterns
8. Focus on the present
9. Be mindful... 80/20 good rule to follow
10. Small changes have compounding effects

“The first wealth is health”

Ralph Waldo Emerson 1860

“The greatest wealth is health”

Roman Poet Virgil 2000 years ago

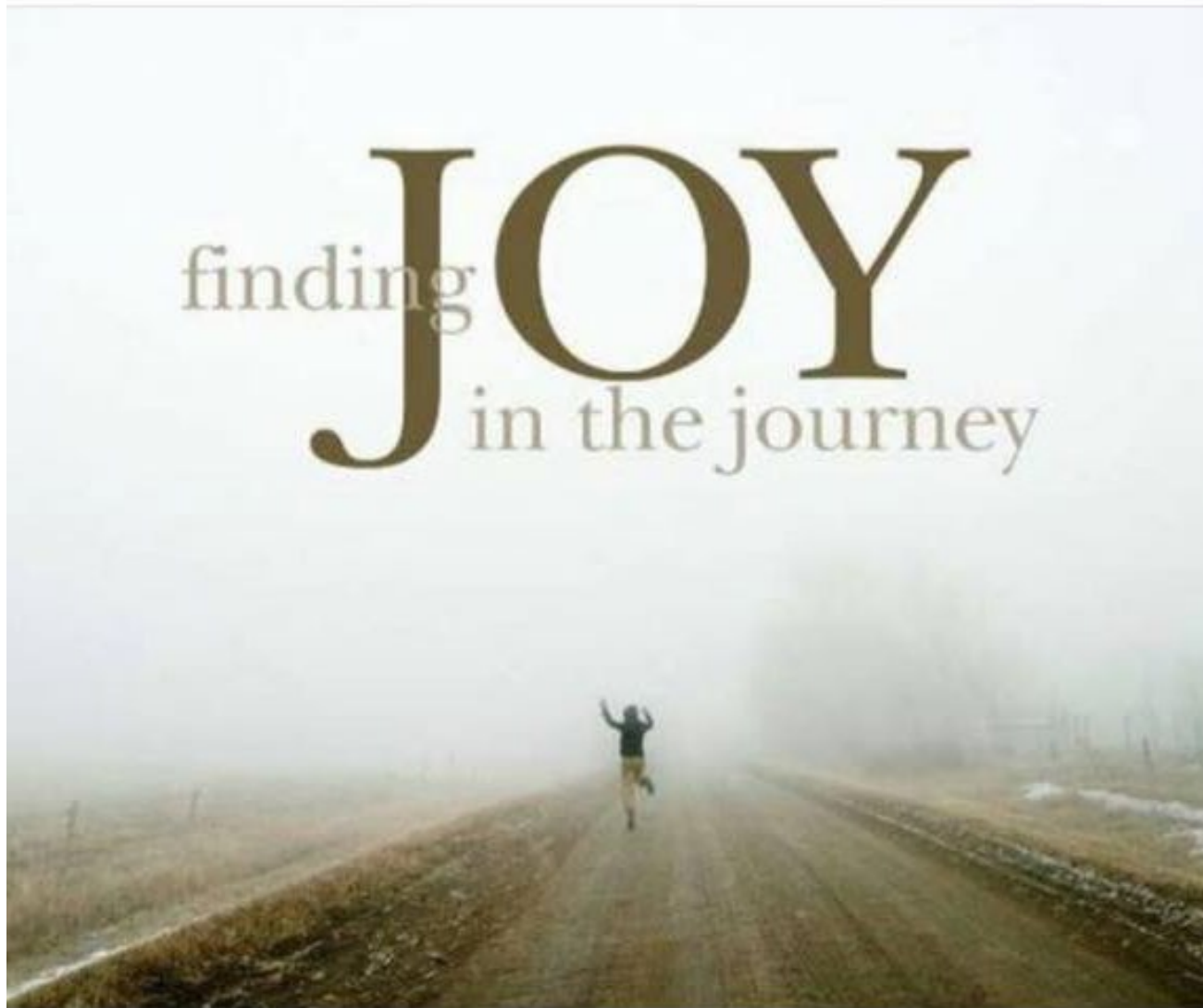
“Health is the greatest of human blessings”

Hippocrates



Julie Fitzpatrick, DPT Optimal Wellness PLLC

finding **JOY**
in the journey



Thank you
for your
time today!

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