



How to Create Generational Wellness

Raymond Achille



How to Create Generational Wellness

Today you will...

Objective #1: Understand what generational wellness is and the impact it can have on your family and community.

Objective #2: Learn a framework for optimizing your health and creating generational wellness.

Objective #3: Recieve the key to catalyzing positive behavior change in the people you get to serve.



About Me

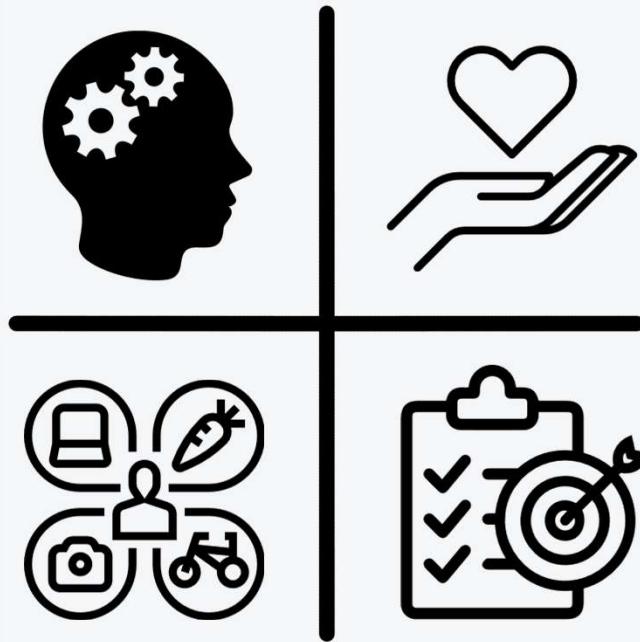
- The youngest of 6 children
- Degree in Kinesiology from Indiana University
- My favorite food is pizza
- Listening to audiobooks is my favorite way to consume content
- Recently completed a 50K Ultramarathon
- I have a 2.5-year-old Goldendoodle named Milo

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Mindful Moment

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Generational Wellness refers to healthy habits that are passed down and/or exchanged between one generation and another.



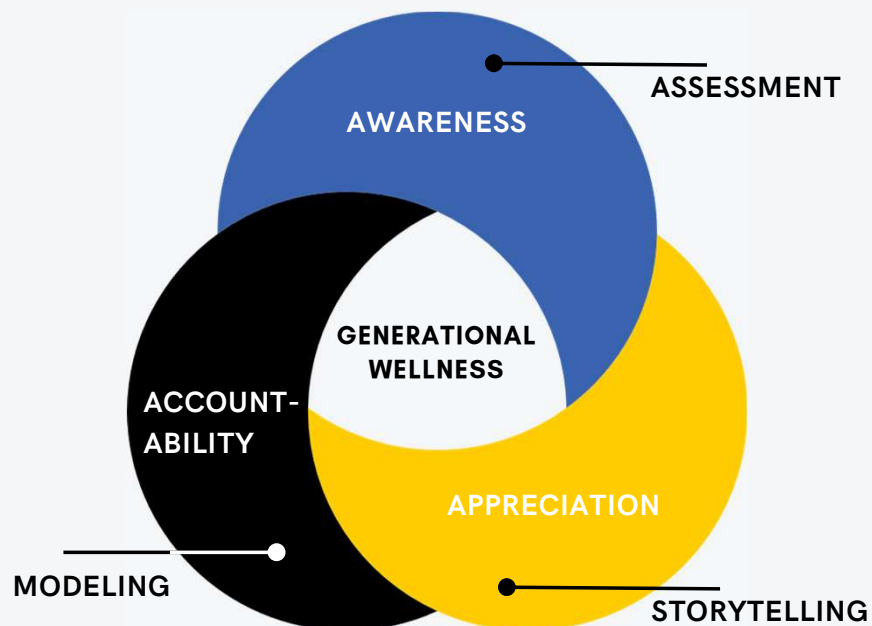
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Partner Activity

- Who in my life do I influence?
- What impact have I made so far?
- What is one area of improvement?

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Awareness [Assessment]

Where to expand your awareness:

#1: What's happening in your **mind** and **body** [bloodwork, journal, wearables]

#2: How you spend your **time** and **energy** [habits, routines]

#3: How you **respond** to what you experience [alignment with values]

#4: Quality of what you **consume** [eat, drink, watch, read, listen]

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Accountability [Modeling]

6 Sustainable Self-Care Habits

Consistent sleep - going to bed and waking up at the same time each day

Move your body - walk, stretch, exercise, play... just move!

Get natural light - get outside and get in the sun

Drink enough water - 8x8 is recommended but know yourself

Mindfulness - observe the present moment with curiosity and compassion

Connect with loved ones - call or text someone you care about and check-in

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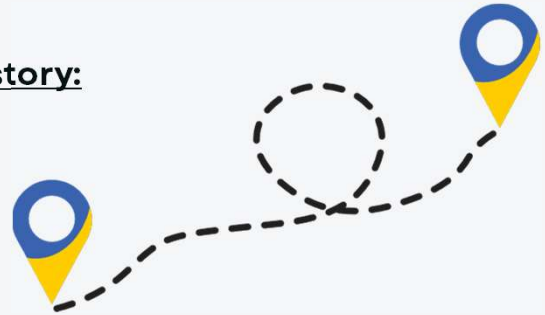


Appreciation [Storytelling]

Sharing the **story** of your personal health journey serves as the **catalyst** for inspiring positive behavior change in others.

Things to remember when sharing your story:

- Be authentic and create a connection
- Be empathetic and make it relatable
- Seek to motivate and inspire
- Share practical guidance and tips



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Questions?

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We Appreciate Your Feedback





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Thank you!

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