

The healthcare crisis
isn't about HEALTHCARE.

IT'S ABOUT
HABITS



InspireHealth[®]
CONSULTING & TOOLS

THE **7** HABITS
of Healthy People[®]

75% - 90% of all illness and disease is caused by:

LACK OF ACTIVITY



70% OF ADULTS ARE SEDENTARY

POOR NUTRITION



75% OF ADULTS DON'T EAT ENOUGH FRUITS AND VEGETABLES

RISK BEHAVIORS



46.6 MILLION ADULTS STILL SMOKE

These aren't clinical issues.
We simply need to **CHANGE OUR BEHAVIORS.**

but, CHANGE IS HARD.

In a study spanning almost 3 decades, Johns Hopkins University followed heart bypass patients that were told by their doctors that although they'd had surgery, if they didn't change their behaviors they would die. **Only 10% changed.** If change was so hard for these patients, no wonder it's hard for the rest of us.

We know what to do. We just don't do it.

We deserve a
new strategy.

THE **7**HABITS
of Healthy People®

Through a partnership with FranklinCovey, InspireHealth created a life-changing wellness program based on the timeless principles of The 7 Habits of Highly Effective People®. The 7 Habits has motivated millions of people, organizations, and even nations to create and sustain profound change, and continues to help even more people improve their life and health through The 7 Habits of Healthy People®.

This is the **POWER** of The 7 Habits of Healthy People®

An unprecedented percentage of participants have shared healthy behaviors they've incorporated into their lives:



WEIGHT LOSS 50%



INCREASED ACTIVITY LEVELS 66%



IMPROVED PORTION SIZES 80%



INCREASED FRUIT INTAKE 66%



INCREASED VEGETABLE INTAKE 76%



REDUCED SUGAR INTAKE 50%
(INCLUDING SWEETENED DRINKS)



INCREASED WATER INTAKE 73%



IMPROVED SLEEP 46%

But health is not the end-game.

LIFE is.

Participants also report feeling:

- less stressed
- more energetic
- happier
- more confident
- a greater sense of purpose

TESTIMONIALS

Fantastic! LIFE-CHANGING!

I feel BLESSED to have been able to participate.

I'm leaving this program a BETTER husband, father, and employee.

I'm AMAZED at how much better I feel.

This is the first time I have felt like my organization really CARED about me.

This program taught me to NOT GIVE UP.

This is a LIFESTYLE, and not just a week or month program.

The 7 Habits as a foundation provides the MOTIVATION to start & follow through.

“The 7 Habits of Healthy People® has assisted our team members with better understanding the life-long impact of a healthy lifestyle. The results have been amazing. We should have implemented this initiative earlier.”

- Paul J. Ballard -

CEO of Nashville MTA and Regional Transportation Authority of Middle Tennessee

“We have been extremely impressed with the program. The feedback from our employees has been great.”

- Robert Baulsir -

General Manager of Administration, Nashville MTA



EMPOWER YOUR EMPLOYEES TO **BE VICTORIOUS.**

Discover how The 7 Habits of Healthy People® will inspire your employees to lead extraordinary lives through better health.

‘Every action we take, everything we do, is either a victory or defeat in the struggle to become what we want to be.’

- Anne Byrhhe -



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