

*Healthy
Human
Habits*



NEWAYGO NETWORKS

Mission Statement

To provide useful resources and knowledge to active members of the community so our audience can enjoy healthier, happier and more fulfilling experiences in life.

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Limited Liability Company

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Affirmations Worksheet

What is an affirmation?

→ A present, positive statement referring to your own individual characteristics.

Examples:

→ I am always on time.

→ I have complete control over my focus.

Say your affirmations to yourself, out loud or silently, on a regular basis. (recommended daily)

*When creating your own affirmations list focus on who you desire to become. You will convince your subconscious mind that you actually possess your ideal personality traits.

Positive self talk will lead you to your idea of success.

[illegible]

Daily Challenge

1. Write in daily goals for yourself.
2. Assign points for completing each individual daily goal.

Include even the most routine daily actions such as:

- ☐ Make bed
- ☐ Brush teeth

3. Reward yourself when you complete your daily challenges or when you get to a certain amount of points.

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

My Ideal Day Worksheet

> Fill in what you desire to do on a daily basis

12:00am:

1:00am:

2:00am:

3:00am:

4:00am:

5:00am:

6:00am:

7:00am:

8:00am:

9:00am:

10:00am:

11:00am:

12:00pm:

1:00pm:

2:00pm:

3:00pm:

4:00pm:

5:00pm:

6:00pm:

7:00pm:

8:00pm:

9:00pm:

10:00pm:

11:00pm:

My Life List Worksheet

Think as if you had all the capital and resources in the world. There are no limits!

Think BIG. Even the most outrageous desires can come true. Be as specific as possible.

Put a date (including year) next to each life goal. This will create urgency and you are more likely to complete a goal with a deadline.

*Special challenge: If you can, think of 100+ life list goals.

To Have:

To Be:

To Do:

To Give:

My Dreamboard

Utilize your Life List to build your Dreamboard.
This is a visual of your Life List.

Find visuals that represent each life goal of yours. Cut & paste your visuals onto a poster board or sturdy board that you can hang on, or be attached to, a wall.

Look at the Dreamboard on a regular basis. Your conscious mind, and feelings associated with your dreams, will convince your subconscious mind that you are already in possession of what you desire.

Enjoy seeing your Dreamboard goals begin to become reality in your life.





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Directory of 5K Races in July

Date	Start time	Location
Sat, July 2nd	9:00 AM	Lakefront Park
Sat, July 2nd	11:00 AM	Declaration Brewing
Sat, July 2nd	8:30 AM	219 S. Sunset Ave
Sat, July 2nd	9:00 AM	Global Village Academy
Sat, July 2nd	9:00 AM	The Old Gallery
Mon, July 4th	8:00 AM	Boulder Reservoir
Mon, July 4th	7:00 AM	Clem DuFour Park in Dacono
Mon, July 4th	7:25 AM	City Park
Mon, July 4th	8:00 AM	Evergreen Middle School
Mon, July 4th	8:00 AM	9352 Dorchester St
Mon, July 4th	7:00 AM	Monument Valley Park
Mon, July 4th	8:00 AM	Arrowhead Park
Mon, July 4th	8:30 AM	Harrison Ave & West Sixth St
Mon, July 4th	7:45 AM	Louisville Recreation and Senior Center
Mon, July 4th	6:00 AM	Sandstone Ranch Park
Mon, July 4th	8:00 AM	623 Denver Ave
Mon, July 4th	7:15 AM	15th St and 10th Ave
Mon, July 4th	7:30 AM	Downtown Plaza Lawn
Tues July 5th	5:45 PM	Frisco Day Lodge
Fri July 8th	6:00 PM	300 Second St
Fri, July 8th	7:30 PM	Boston Ave
Sat July 9th	11:00 AM	Grandma's House
Sat July 9th	8:30 AM	National Western Complex
Sat July 9th	8:00 AM	Sloan's Lake Park
Sat July 9th	7:00 AM	Denver's Central Park at Stapleton
Sat July 9th	10:00 AM	Bear Creek Park
Mon July 11th	6:00 PM	Lake's Avon Performance Pavilion
Tues, July 12th	5:45 PM	Frisco Day Lodge
Sat, July 16th	6:00 AM	Aspen Wagner Park, W/J Ranch
Woody Creek, Basalt	Lions Park	
Sat, July 16th	11:00 AM	Former Future Brewing Co
Sat, July 16th	7:30 AM	Walmart Shopping Center
Sat, July 16th	8:00 AM	America the Beautiful Park

City

Race Distance

Grand Lake, CO	5K
Denver, CO	5K
Rangely, CO	5K
Colorado Springs, CO	5K
Allenspark, CO	5K
Boulder, CO	5K, 10K
Firestone, CO	5K, 10K
Fort Collins, CO	5K, Kids run
Evergreen, CO	5K
Highlands Ranch, CO	5K
Colorado Springs, CO	5K, Half Marathon
Indian Hills, CO	5K
Leadville, CO	5K
Louisville, CO	5K, 10K, Kids run
Longmont, CO	5K, Half Marathon
Loveland, CO	5K, Kids run
Greeley, CO	5K
Meeker, CO	5K
Frisco, CO	Kids Run = 5K, 1.5M, 0.5M
Castle Rock, CO	5K, 10K
Longmont, CO	5K
Denver, CO	5K
Denver, CO	5K
Denver, CO	5K, Kids run
Denver, CO	5K, 10K, Half Marathon
Colorado Springs, CO	5K
Avon, CO	5K, Aquathon
Frisco, CO	Kids Run = 5K, 1.5M, 0.5M
Aspen, CO	Marathon, Half Marathon, 5K
Denver, CO	5K
Falcon, CO	5K
Colorado Springs, CO	5K

Directory of 5K Races in July

continued

Date	Start time	Location
Sat, July 16th	9:45 AM	Clement Park
Sat, July 16th	9:00 AM	Salisbury North
Sat, July 16th	10:00 AM	Boulder Beer Co
Sun, July 17th	8:00 AM	Washington Park
Sun, July 17th	8:00 AM	Beaver Creek Resort
Tue, July 19th	5:45 PM	Frisco Day Lodge
Thurs, July 21st	6:30 PM	Westminster City Park
Sat, July 23rd	7:00 AM	Westminster City Park
Sat, July 23rd	8:00 AM	Great Lawn Park
Sat, July 23rd	11:00 AM	Tivoli Brewing Co
Sat, July 23rd	6:00 PM	Memorial Park
Sat, July 23rd	8:30 AM	Denver City Park
Sat, July 23rd	10:00 AM	Marco's Pizza
Sat, July 23rd	10:00 AM	Left Hand Brewing
Sat, July 23rd	8:00 AM	Dempsey Park
Sat, July 23rd	6:15 AM	Castle View High School
Sat, July 23rd	8:00 AM	Spring Creek Reservoir
Mon July 25th	6:00 PM	Lake's Avon Performance Pavilion
Tues July 26th	5:45 PM	Frisco Day Lodge
Fri, July 29th	6:00 PM	Pinon Valley Park
Sat, July 30th	4:30 PM	Front Range Airport
Sat, July 30th	7:30 AM	West Jeff Elementary School
Sat, July 30th	6:00 AM	Boulder County Fairgrounds
Sat, July 30th	9:00 AM	Granby Town Hall
Sat, July 30th	7:30 AM	Civic Center Park
Sat, July 30th	9:00 AM	Road Runner Sports
Sat, July 30th	9:00 AM	Cornerstone Park
Sat, July 30th	9:00 AM	Tahosa Boy Scout Camp
Sat, July 30th	9:00 AM	Memorial Park

City	Race distance
Littleton, CO	5K, 1K
Parker, CO	5K Mud run
Boulder, CO	5K
Denver, CO	5K
Avon, CO	5K, 10K, 20K
Frisco, CO	Kids Run = 5K, 1.5M, 0.5M
Westminster, CO	5K
Westminster, CO	5K, 10K, Half Marathon
Denver, CO	5K
Denver, CO	5K
Colorado Springs, CO	5K
Denver, CO	5K, 1M
Colorado Springs, CO	5K, Kids run
Longmont, CO	5K
Manassa, CO	5K
Castle Rock, CO	5K, 10K, Half Marathon, Kids run
Steamboat Springs, CO	5K, 9M
Avon, CO	5K, Aquathon
Frisco, CO	Kids Run = 5K, 1.5M, 0.5M
Colorado Springs, CO	5K, 8K, Kids run
Watkins, CO	5K, 1K
Conifer, CO	5K, Kids run
Longmont, CO	5K
Granby, CO	5K
Fort Collins, CO	5K, 10K, Half Marathon, Kids run
Westminster, CO	5K
Littleton, CO	5K
Ward, CO	5K, 10K
Colorado Springs, CO	5K, Kids run

15 Keys to Resilience

1. Show Gratitude
 - a. 3 pleasant moments of your day before bed and 3 things you are grateful for when you wake up.
2. Read Affirmations
3. Staying active
4. Communicating properly with family and friends
5. Talking to a psychologist
6. Fake your happiness until you make your happiness
7. Do your hobbies
8. Be positive and look at the bright side in every situation
9. Don't be bitter, be better!
10. Give yourself pep talks for motivation
11. Focus only on what you have control over
12. Find a team to help support you
13. Give back to others (serve the world)
14. Reinvent yourself (accept your environment and adapt to it)
15. Forgive but don't necessarily forget

The Four Agreements

(A Toltec Wisdom Book by Don Miguel Ruiz)

1. Be impeccable with your word
 - a. Speak with integrity
 - b. Say only what you mean
 - c. Use the power of your word in the direction of Truth and Love
2. Don't take anything personally
 - a. Nothing others do is because of you
 - b. When you are immune to opinions and actions of others you won't be the victim of needless suffering
3. Don't make assumptions
 - a. Find the courage to ask questions and to express what you really want
 - b. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama
4. Always do your best
 - a. Your best is going to change from moment to moment
 - b. Under any circumstance, simply do your best and you will avoid self-judgment, self-abuse and regret



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A new way to go.



The Importance of Health within the Workplace

Written by: Blake Urquhart

It is no secret that Americas' waistband has and continues to grow with no slow down in sight. It is clear that poor eating habits combined with binge television watching in this Netflix generation has contributed to this obesity epidemic.

However, a new silent killer is lurking in the shadows that are contributing to obesity. This problem is, arguably, more problematic than diet alone and it occurs in the workplace. The average worker today spends 5 hours and 41 minutes per day sitting at their desk.

In addition, the average working American watches another five hours of television a day, which normally occurs in a sedentary fashion. In defining what sedentary work looks like, it most simply means a sit-down job that requires two hours or less of standing in a typical workday.

As a result, research has pointed that perhaps the employee workstation could be the most important factor in a healthy workplace. Studies have found that the amount of time spent in sedentary behaviors has been independently associated with:

- lower levels of physical-activity energy expenditure
- increased risk of weight gain
- increased risk of metabolic syndrome, diabetes, and heart disease

For too long, health care professionals included have focused on eating habits and physical activity spent outside of work as the key contributors to obesity. However, new findings suggest a need by employers to pay much closer attention to health in the workplace. Too often we take a reactive approach when it comes to our own health and fitness and sacrifice our own well-being until, eventually, we become sick.

Ralph Waldo Emerson once said that, "the first wealth is health". With an array of distractions outside of work from kids sports, play dates, school functions and all that comes with being an adult or having a family, the importance of health is often neglected.

Dr. Timothy S. Church, a noted exercise researcher at the Pennington Biomedical Research Center in Baton Rouge, Louisiana said, "If we're going to try to get to the root of what's causing the obesity epidemic, work-related physical activity needs to be in the discussion," (Less Active at Work, Americans Have Packed on Pounds).

When it comes to a majority of employers it is not that they do not want to create a healthy work environment and are not concerned with their employees health and well being, they are just not educated on what needs to be done to not only make them more productive in the workplace, but less stressed, more empowered and have a higher morale and self image.

It has been found that some of the added benefits to a healthy workplace include:

- less turnover
- better ability to cope with stress
- improved morale
- increased productivity
- job satisfaction
- fewer injuries
- increased retention and recruitment
- improved company image and culture

ceived lack of time or resources, it does not take much to take steps in the right direction towards health.

Some of the most effective and simple wellness programs can provide a long lasting impact on the workforce. Finding time to develop a desk exercise routine can help not only reduce stress and get the blood flowing, but provide an alternative to monotony of just sitting and replying to emails or doing paperwork. Many companies around the country have encouraged employees to get up and move with a few exercises and stretches that they can do at their desks after prolonged sedentary behavior.

Furthermore, employers can opt to remove old vending machines that typically provide nothing more than processed and fatty foods in favor for more healthy alternatives. This can also be done by opting for more fruits and vegetables in common areas instead of donuts or bagels and installing a water cooler instead of encouraging soda and caffeine based beverages.

In addition, having a sponsor team or some sort of competition amongst the workplace to see who can achieve a set goal can be a great way to not only build team bonding, but also promote employee engagement and encourage healthy habits.

And finally, discussing Wellness Programs during new hire orientation and offering employee assistance programs will create a shift in the company's brand and culture as well as provide support and increase interest in participating in the wellness programs.

While not all companies are created equal and not everyone will have access to the same resources mentioned, any employee can do a better job of placing an importance on health in the workforce as well as encouraging employees and creating ways to make simple strides towards health and better overall well being.

Daily habits can include:

- Making healthy eating choices
- Staying hydrated
- Taking short breaks throughout the day
- Going on a walk by yourself or with a co-worker
- Completing a series of exercises and stretches

These habits will provide the fundamentals needed to create a healthier and less obese America within, as well as outside the workplace.

Reference:

Matthews, C. E., Chen, K. Y., Freedson, P. S., Buchowski, M. S., Beech, B. M., Pate, R. R., & Troiano, R. P. (2008). Amount of Time Spent in Sedentary Behaviors in the United States, 2003–2004. *American Journal of Epidemiology*, 167(7), 875–881. <http://doi.org/10.1093/aje/kwm390>

Parker-Pope, T. (n.d.). Less Active at Work, Americans Have Packed on Pounds. Retrieved June 14, 2016, from http://well.blogs.nytimes.com/2011/05/25/less-active-at-work-americans-have-packed-on-pounds/?_r=0

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The New Science of Gratitude

Dr. Robert Emmons, UC Davis

Gratitude Journals:

In an experimental comparison, those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events.

Goals:

A related benefit was observed in the realm of personal goal attainment: Participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based).

Mindset:

A daily gratitude intervention (self-guided exercises) with young adults resulted in higher reported levels of the positive states of alertness, enthusiasm, determination, attentiveness and energy.

Giving:

Participants in the daily gratitude condition were more likely to report having helped someone with a personal problem or having offered emotional support to another.

Health:

In a sample of adults with neuromuscular disease, a 21-day gratitude intervention resulted in greater amounts of high energy positive moods, a greater sense of feeling connected to others, more optimistic ratings of one's life, and better sleep duration and sleep quality, relative to a control group.

WellBeing

Grateful people report higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress. The disposition toward gratitude appears to enhance pleasant feeling states more than it diminishes unpleasant emotions. Grateful people do not deny or ignore the negative aspects of life.

Social

People with a strong disposition toward gratitude have the capacity to be empathic and to take the perspective of others. They are rated as more generous and more helpful by people in their social networks.

Spirituality

Those who regularly attend religious services and engage in religious activities such as prayer reading religious material are more likely to be grateful. Grateful people are more likely to acknowledge a belief in the interconnectedness of all life and a commitment to and responsibility to others. Gratitude does not require religious faith, but faith enhances the ability to be grateful.

Materialism

Grateful individuals place less importance on material goods; they are less likely to judge their own and others success in terms of possessions accumulated; they are less envious of others; and are more likely to share their possessions with others relative to less grateful persons.

Letter from Publisher

Written by: Mark Newman

The first time I tried to run 7 5ks in 7 days I didn't make it past day one. The second time I tried, well, it's actually starting today. Today will be the next time I try to achieve my challenge of running on 7 days in a row. I'm taking it one day at a time.

This is going to be a monumental accomplishment in my path towards success. If I can't complete my task of giving an effort for 7 days in a row, then how can I possibly expect to fulfill my dreams of acquiring my ideal life? What I'm saying is this, everything takes effort and energy in order to complete our goals. If we're not willing to put in the extra time and effort to experience delayed satisfaction, then our self-discipline will not be strong enough to get through the low times. This guideline is so important because it is a major contributor to a person's eventual successes.

There must be sacrifice before there is new success. This is one of hundreds, if not thousands of Nature's Laws. In other words, if we give we will eventually receive.

After several years of dreaming and learning, I find that in order to receive, I must give first. In order to get what we want, we must first give something of equal weight in exchange. This is called the Law of Reciprocity.

I have also found that "The key to effective giving is to stay open to receiving" (The Go-Giver book). This is called the Law of Receptivity. So, if we want the rotation of giving to continue, then we must let it continue by being able to receive.

If I run 7 5ks in 7 days then that is proof of my commitment to success and greatness. Also, if I give my time, energy and effort for the sake of my body, then I have a good feeling that my body will give me good thoughts, good feelings and good health in return. That sounds like a fair tradeoff to me.

Let's use the Laws of Reciprocity and Receptivity to our advantage and begin to take action on our goals so that we can create our ideal lives. That's what this publication is all about.

*Due to one of Nature's most established laws, I have decided to create this free publication as my gift to you. And in order to continue to receive this publication we must know where to drop it off. If you fill out your contact information at the following webpage you will begin to receive your free subscription for this publication into the future: healthy-humanhabits.org

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