

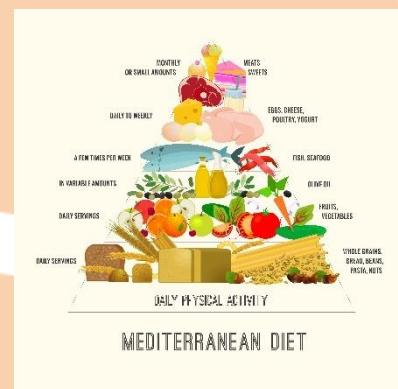
## WELLNESS

### Adding Wellness Into Your Workday Schedule: The Paradigm Shift to Change the Mindset of Wellbeing

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**Summary:**

- Change your mindset, own your wellness, and commit to small changes.
- Paradigm shift on wellness
  - Fundamental change in prevailing viewpoints and practices across social, scientific, technological, economic, and cultural domains.
- Wellness drives results in the workplace.
- Breathing techniques is one of the most powerful tools to use for wellness.
- Workplace wellness has higher numbers in North America but can do better.
- Chronic diseases leads to health disparities that affect us globally.
- Blue Zones- higher number of people live longer.
- N.E.A.T.- Non-Exercise Activity Thermogenesis.
- Movement in daily life is key.



**Resources:**

Rieck, T. (2022). *Moving More (and Sitting Less) with NEAT*.  
<https://connect.mayoclinic.org/blog/weight-management-1/newsfeed-post/moving-more-and-sitting-less-with-neat/>

Blue Zones. <https://www.bluezones.com/>