



RISE

together



A 7 minute method

To heal your body...



A 7 minute method

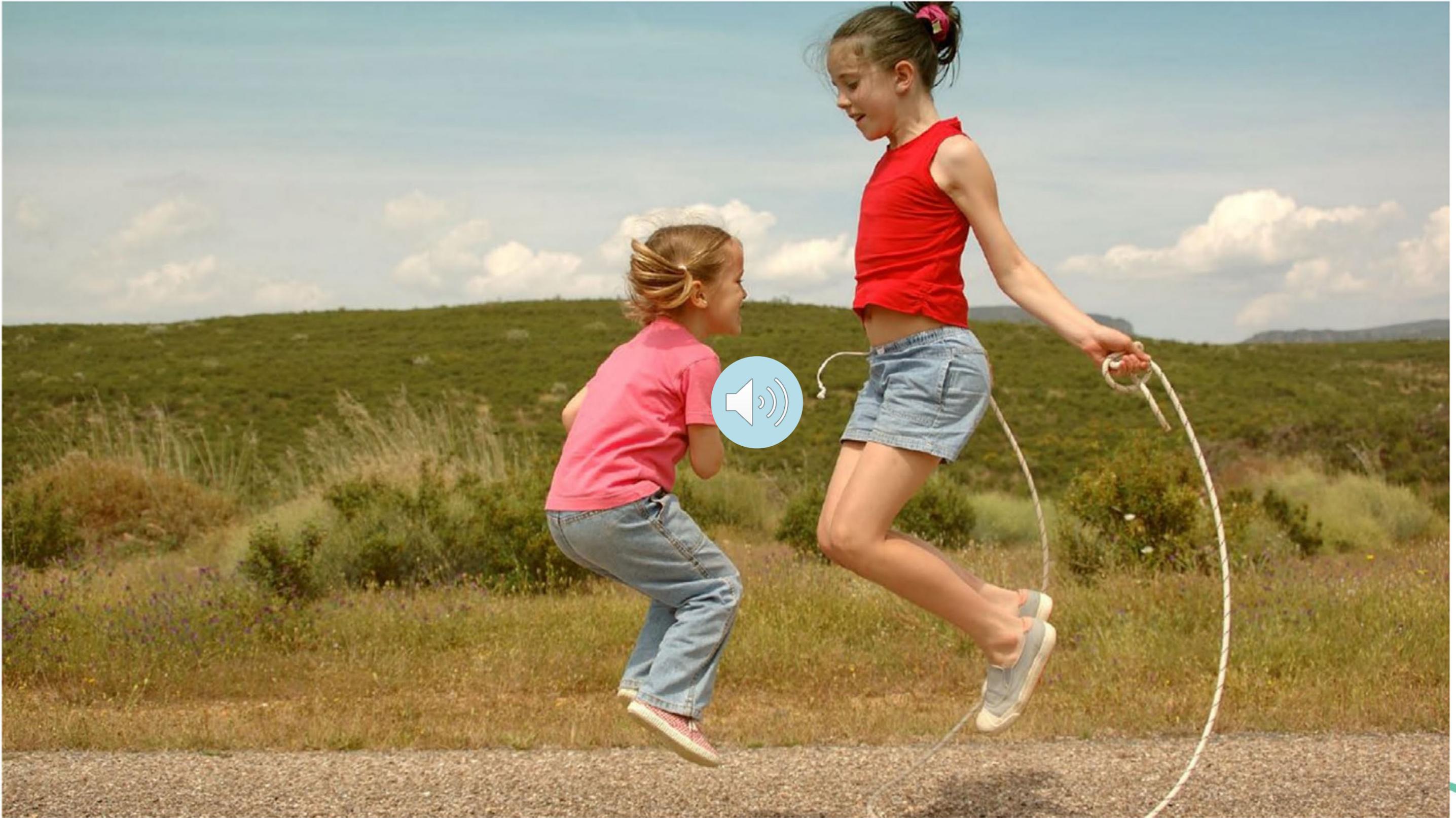
to elevate your mindset...



A 7 minute method

To renew your hope...





Erik Weihenmayer







“What’s within you is stronger than what’s in your way.”

Erik Weihenmayer





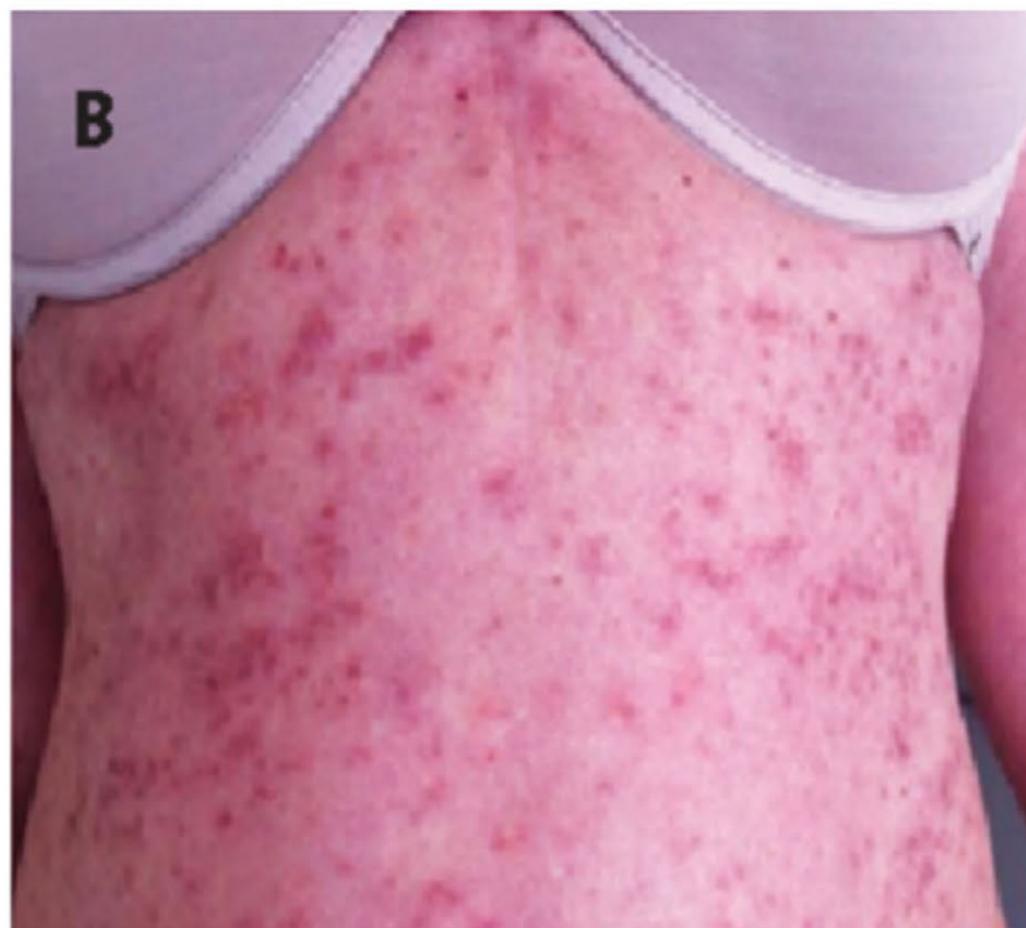














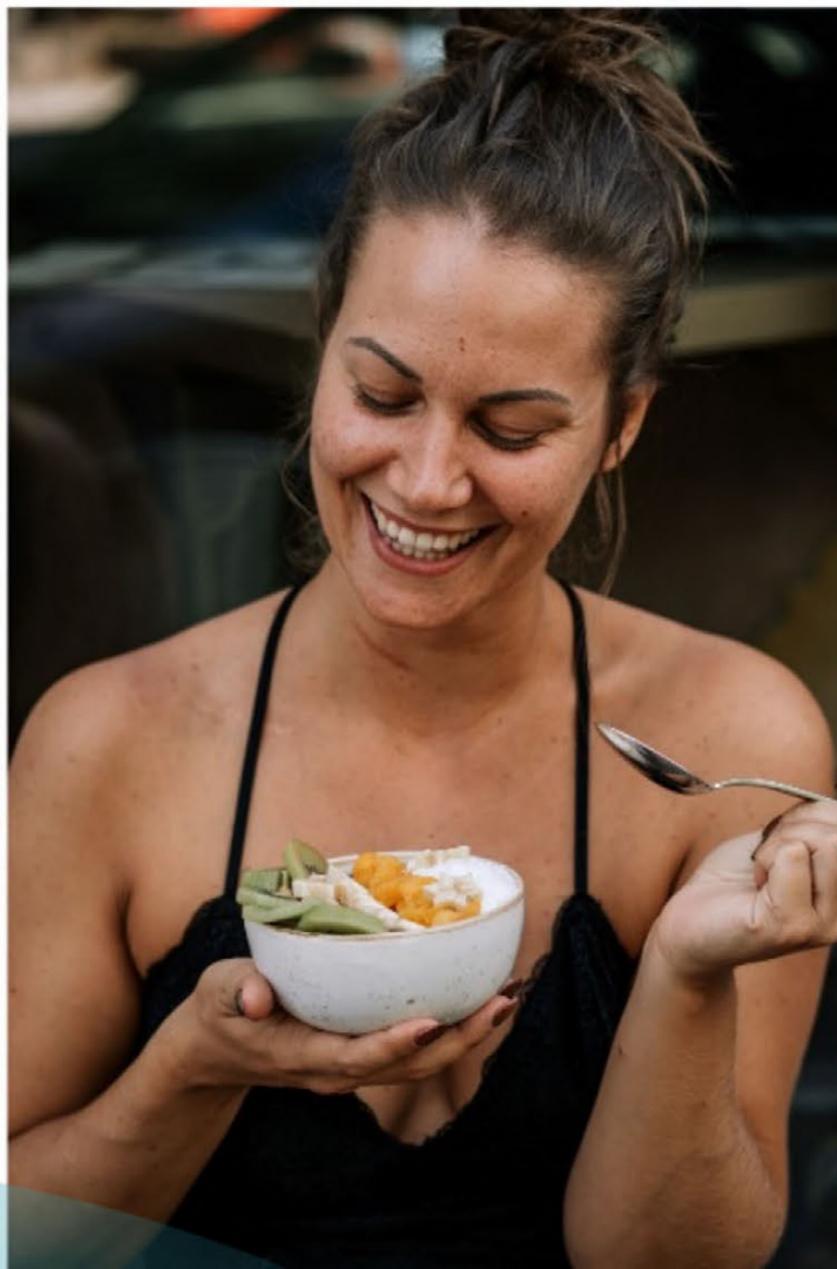
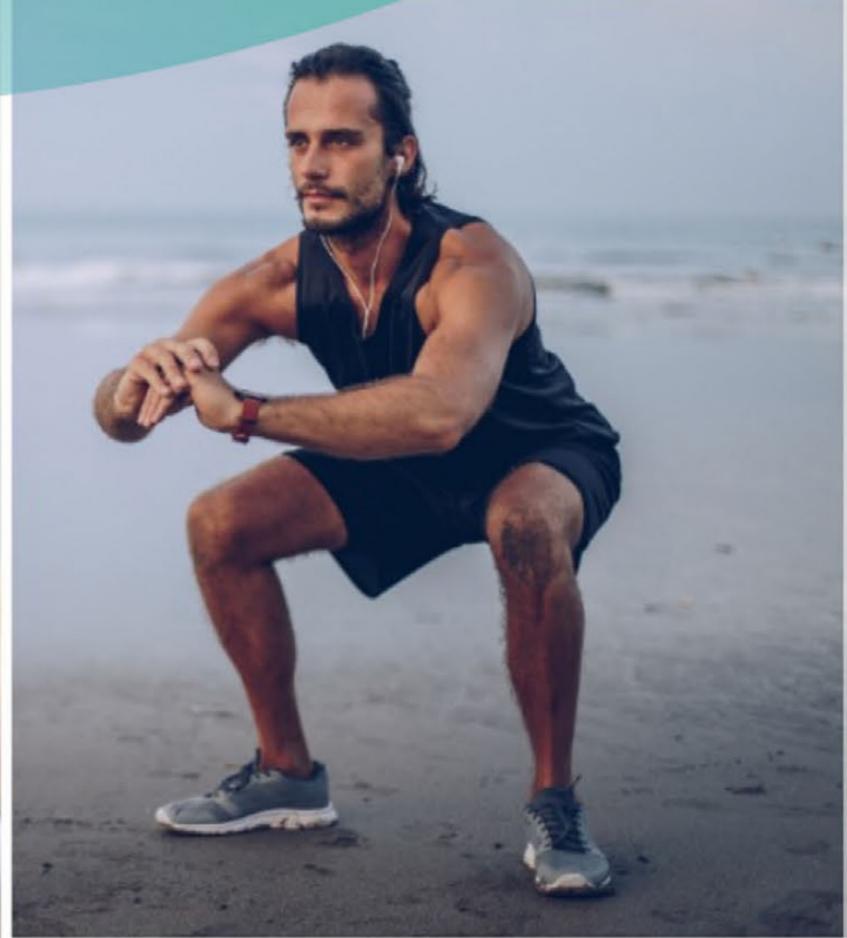


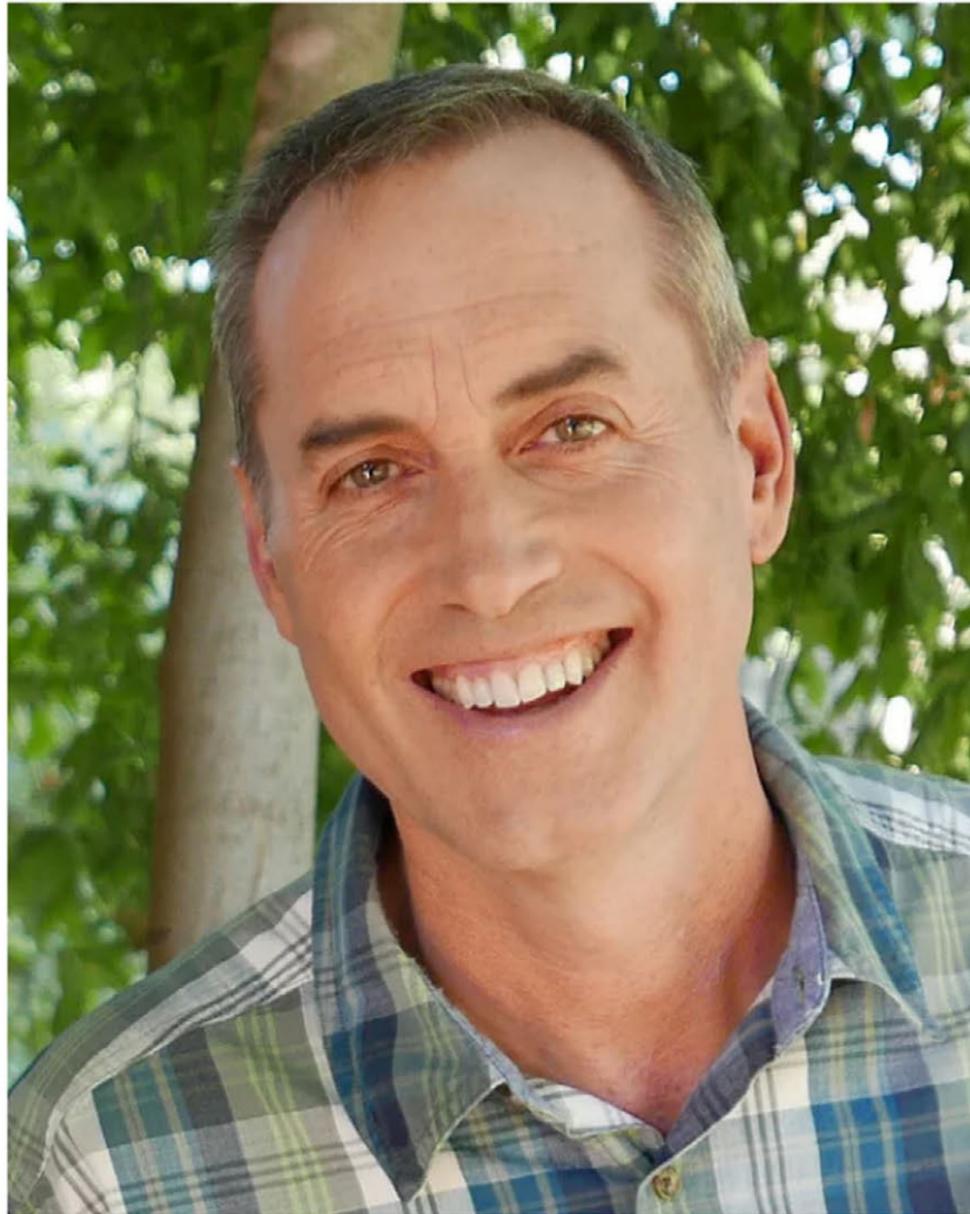




Imagine

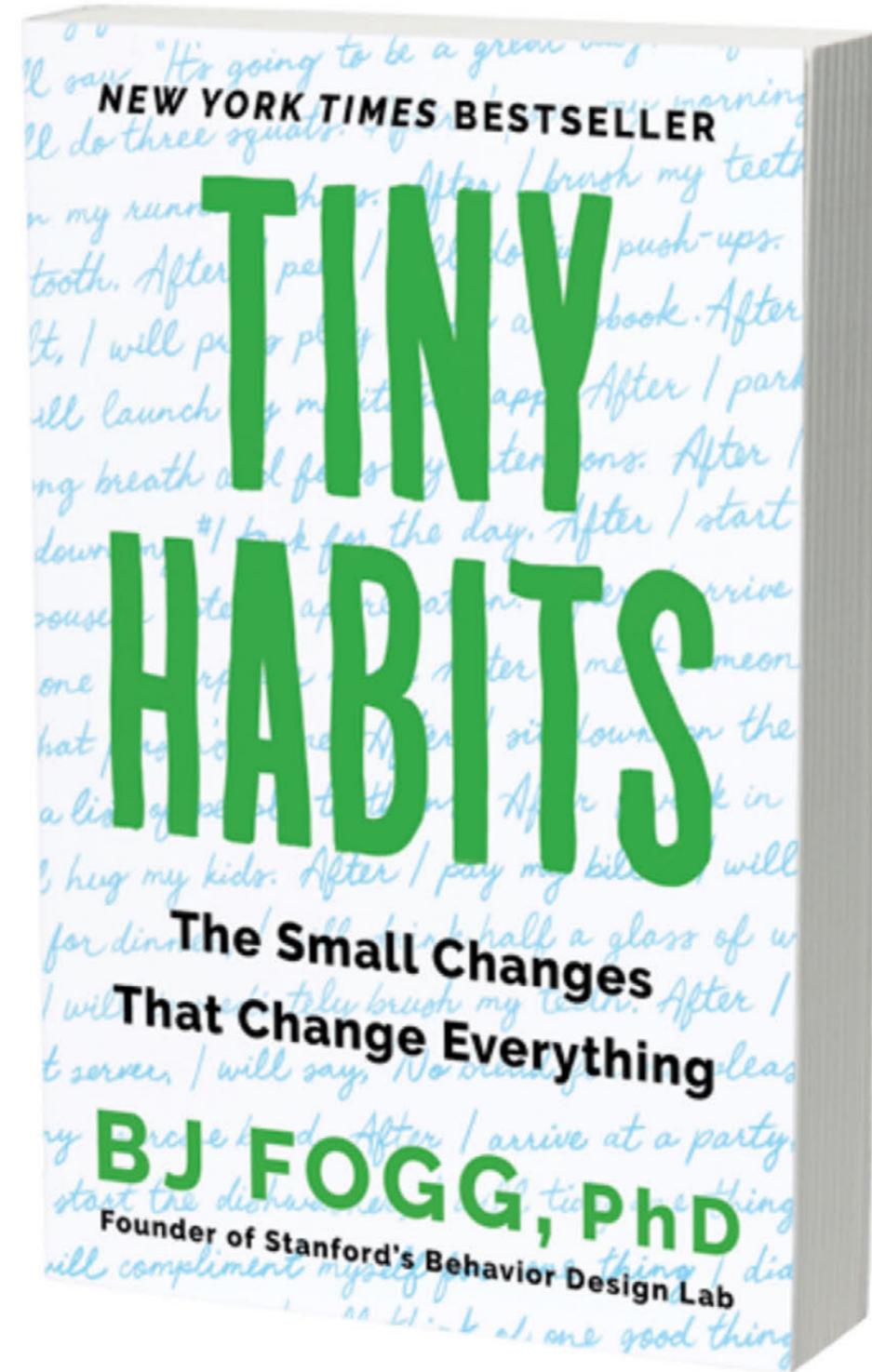






Dr. BJ Fogg

Stanford University Researcher



**“The problem is with
the approach itself,
not with you.”**

Dr. BJ Fogg





“If a behavior is super easy to do, you don’t need very much motivation to do it.”

Dr. BJ Fogg





“The easier a behavior is to do, the more likely the behavior will become a habit.”

Dr. BJ Fogg



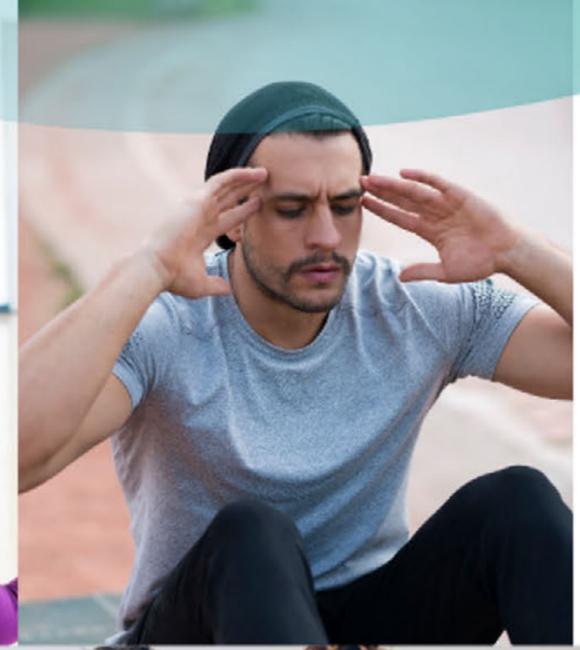






THE RISE 7 MINUTE METHOD

Wellness Made Simple



R

Renew Your Spirit



I

Ignite Your Mind

S

Share Your Heart



E

Energize Your Body



MINUTE 1:

Renew your Spirit



What renews you?











Today I am grateful for







Imagine

**what would happen if you
renewed your spirit daily**

for just one minute...



MINUTE 2:

Ignite your Mind



The Power of Gratitude

- More energy
- Lower stress levels
- Better relationships
- More optimistic/Happier
- Greater resiliency



HARVARD
UNIVERSITY



Gratitude is not only the greatest of virtues, but the parent of all others.

Marcus Tullius Cicero





365

Thank Yous

The Year a Simple Act of
Daily Gratitude Changed My Life



JOHN KRALIK

Read by the Author

“Profoundly honest and uplifting.”
—JEFFREY ZASLOW, coauthor of *The Last Lecture*





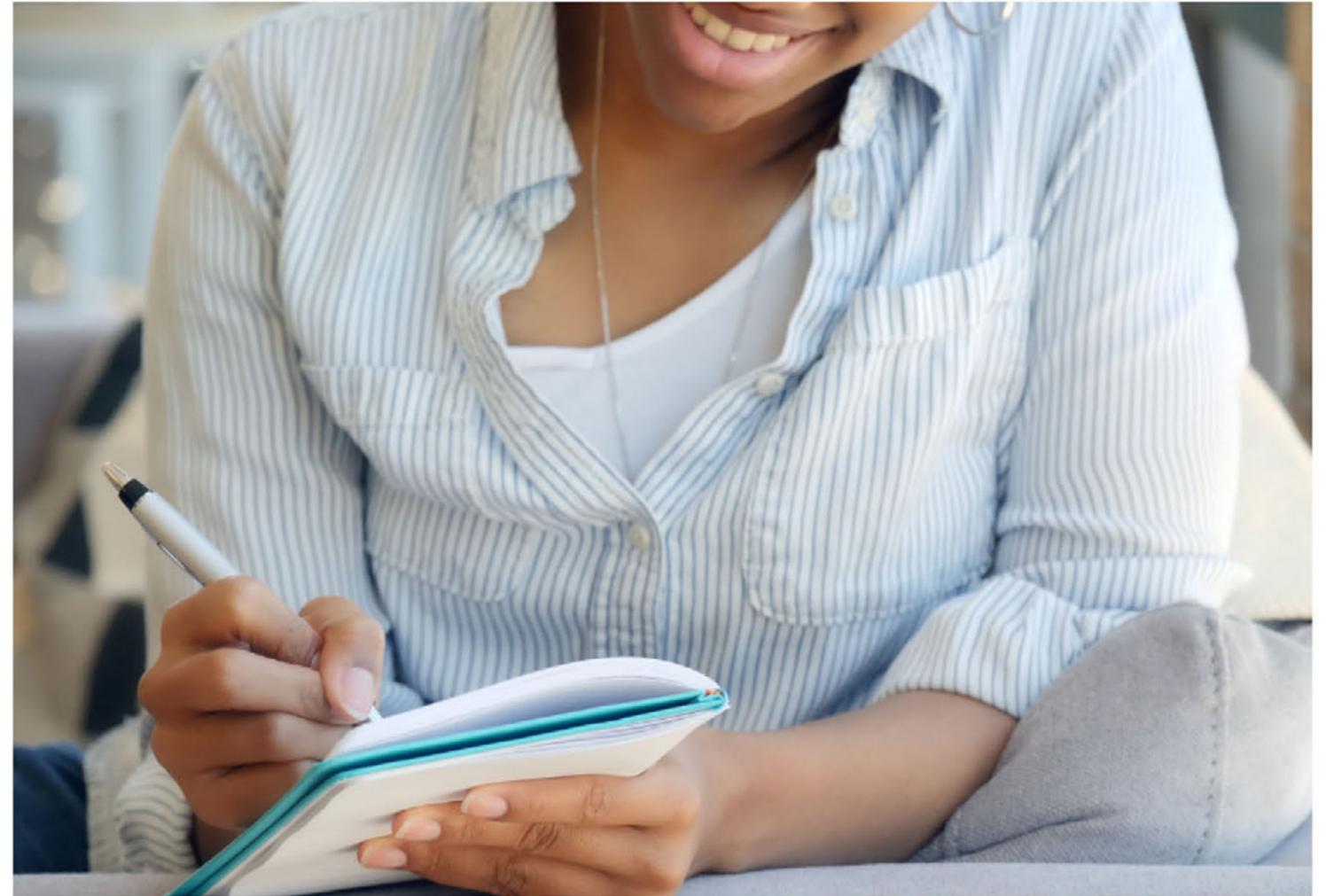
John Kralik



Showing gratitude

is one of the simplest, yet most powerful things humans can do for each other.

Randy Pausch





Imagine

**what would happen if you
renewed your mind daily
with gratitude**

for just one minute...



MINUTE 3:

Share your Heart



THE DANIEL PLAN



Pastor Rick Warren



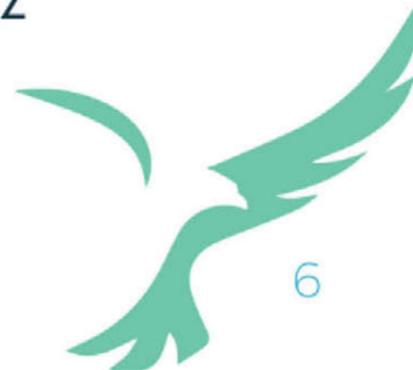
Dr. Mark Hyman



Dr. Daniel Amen



Dr. Mehmet Oz



Life Changing Results!

In its first year alone:

- **15,000 people** signed up
- Over **260,000 lbs.** were lost
- Chronic conditions healed

In the first decade:

- Over **1 million lives** reached
- **190 countries** involved
- **Power of community**



KEY LEARNINGS

The power of community to create health is far greater than any physician, clinic or hospital.



Dr. Mark Hyman

Head of Innovation at Cleveland Clinic



Text a family member/friend





Imagine

**what would happen if you
daily shared your heart**

for just one minute...



MINUTE 4:

Energize with Eating







It's about

Abundance
not Deprivation



It's about

Replacing
not Erasing







Imagine

**what would happen if you
energized your body by
planning your daily meal**

for just one minute...



MINUTE 5:

Energize with Exercise



A large, circular graphic composed of many overlapping, concentric brushstrokes in various shades of teal and light blue, creating a sense of motion and depth. The word "motion" is centered within this graphic.

motion

=

A large, circular graphic composed of many overlapping, concentric brushstrokes in a variety of colors including yellow, orange, red, and pink, creating a sense of energy and emotion. The word "emotion" is centered within this graphic.

emotion











Chair Racing



Chair Squat



Imagine

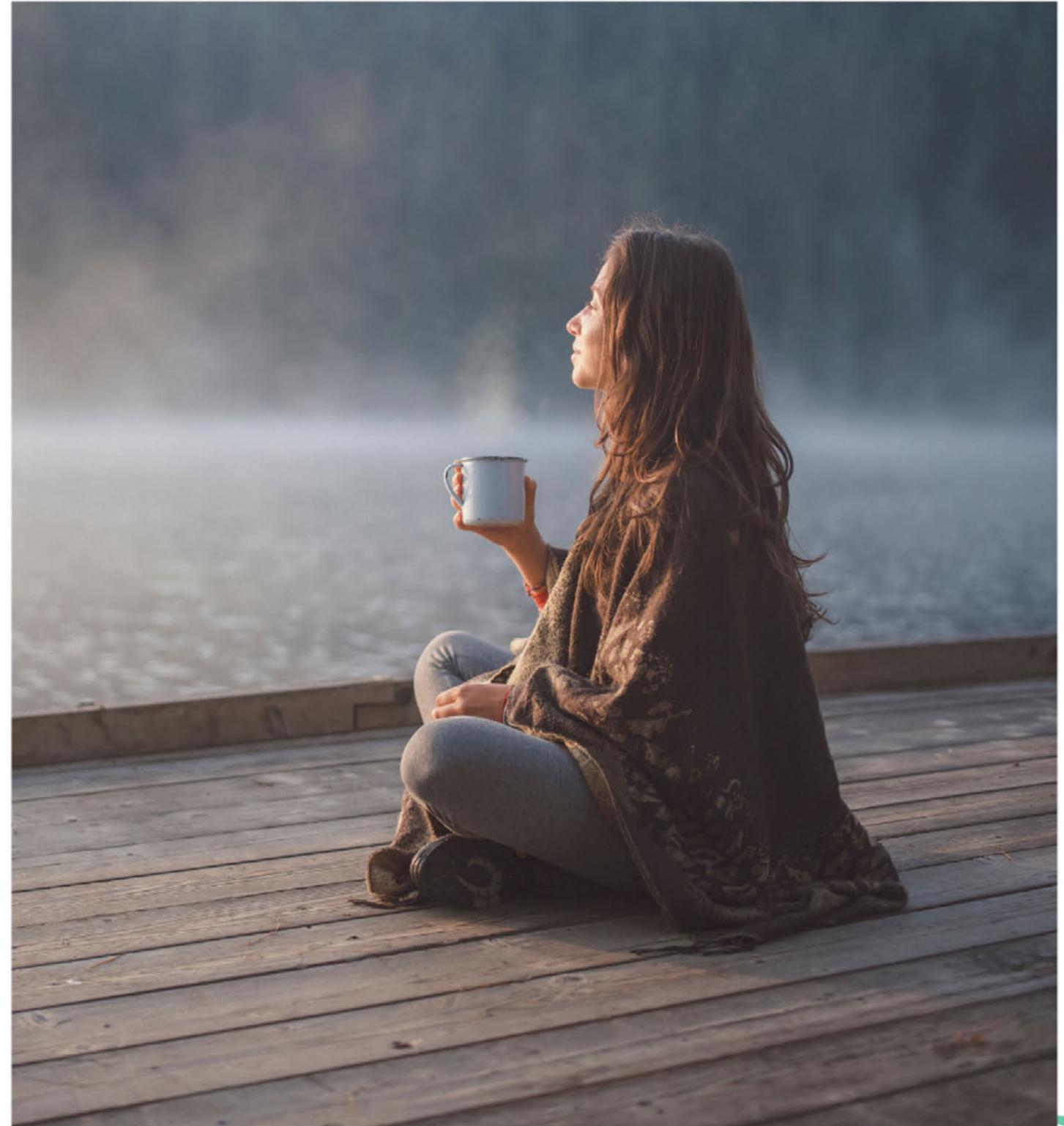
**what would happen if you
energized your body daily**

for just one minute...



MINUTE 6:

Energize and Restore









Imagine

**what would happen if you
energized your mind and
body daily**

for just one minute...



MINUTE 7:

Energize with Sleep











Imagine

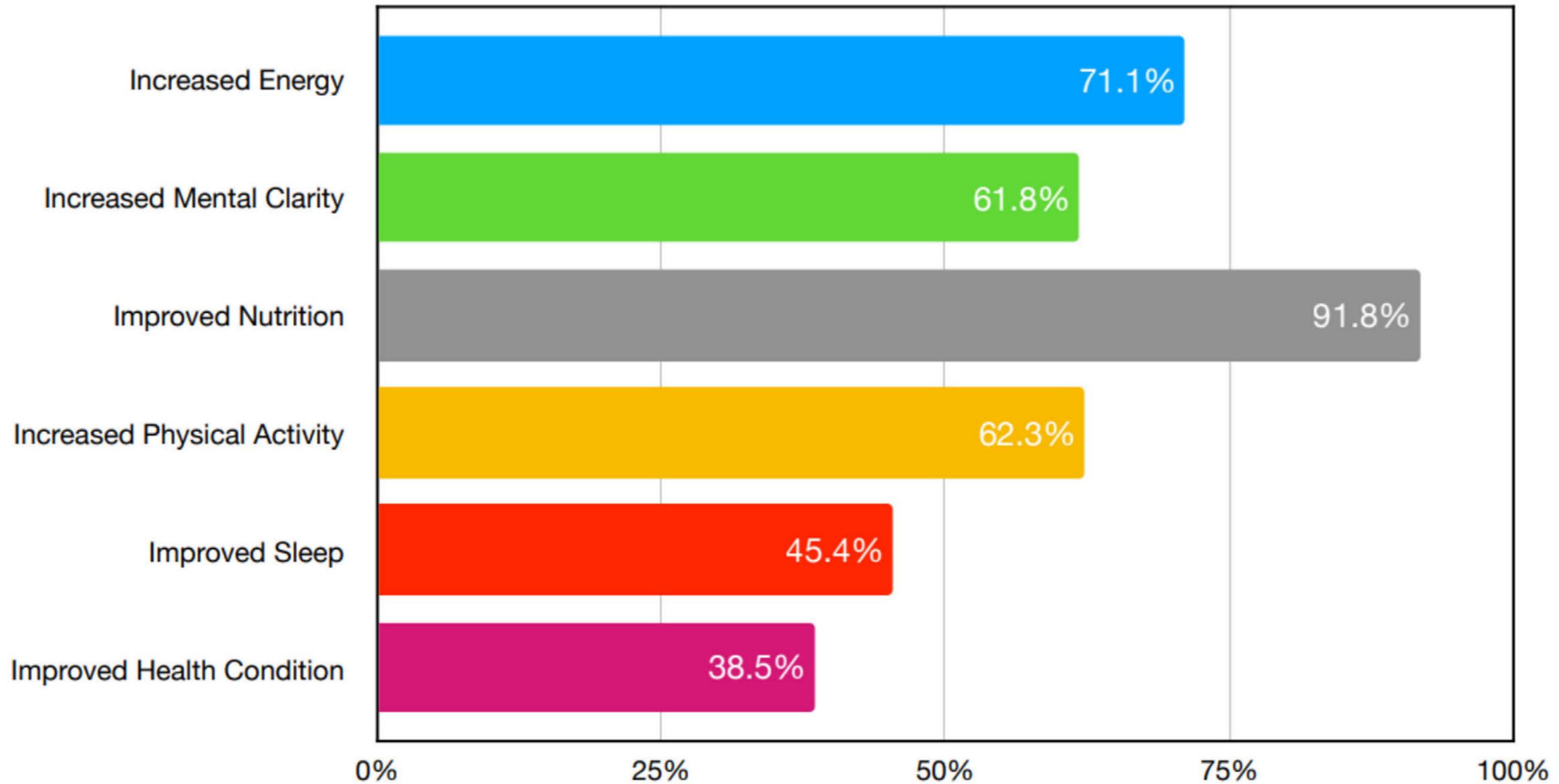
**what would happen if you
energized your body daily
by planning your sleep**

for just one minute...



RISE PROGRAM IMPACT

Physical Health Improvements



Erik Weihenmayer





John Kralik































20.2
MILES







THE DAD

Father
Figures

JAY HEWITT



RISE

together

