



HAVERFORD

SPEAKER SERIES

for

WOMEN[®]



BREASTCANCER.ORG

INVESTING IN YOUR HEALTH: A Full Life View

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YOUR LIFE IS YOUR GREATEST GIFT

STARTING
NOW

/ A FULL LIFE VIEW



FULL LIFE VIEW APPROACH

FLEXIBLE FRAMEWORK DESIGNED
TO HELP YOU

- Identify what matters most
- Set long-term goals
- Identify short-term strategies



INVESTING IN YOUR HEALTH

Get to a healthy weight and stick to it. Get regular exercise.

Manage your stress.

Optimize your overall health.

Nurture your relationships.

Create balance and set up healthy boundaries.

MAINTAINING A HEALTHY WEIGHT

- Eat small meals
- Follow a mostly vegetarian diet
- Drink plenty of water
- Pack healthy snacks
- Alcohol in moderation
 - 3 or fewer drinks per week
- Exercise regularly

**Remember, 80% is diet and 20% is exercise.*

EXERCISE TIPS

- Exercise regularly
 - 3-4 times a week
 - 5-7 is better
- Make it fun
- Mix it up
- Grab a friend or workout buddy



MANAGING STRESS

- Get enough sleep
- Exercise daily
- Try breathing techniques
- Limit sugar, alcohol, and caffeine
- Welcome humor
- Focus on the positive
- Talk to a therapist
- Get involved
- Find your passion
- Dilution is the solution to pollution
- Learn to say “no”

OPTIMIZE YOUR OVERALL HEALTH

- Adopt a holistic approach
- Manage active medical issues
- Understand the cause and factors of each health issue
- Identify the best solutions to manage them

NUTURE HEALTHY RELATIONSHIPS

- Keep the conversation going
- Show mutual respect
- Share quality time
- Focus on the positive
- Be appreciative
- Allow for space
- Try new things

BALANCE
WHENEVER
POSSIBLE

- Schedule “me time”
- Reevaluate your priorities
- Learn to say “no”
- Avoid toxicity
- Avoid time robbers
 - Asynchronous communication
- Meditate

I HAVE
LEARNED
THAT...

Your life is your most precious gift.

The past is history.

The future is just a promise.

All we have is today.

Do your best every day to reach your goals.



LET'S
FOCUS
ON YOU



■ Health



■ Money



■ Family



■ Independence



■ Friends



■ Freedom



■ Vacations



■ Shoes

25

90

120

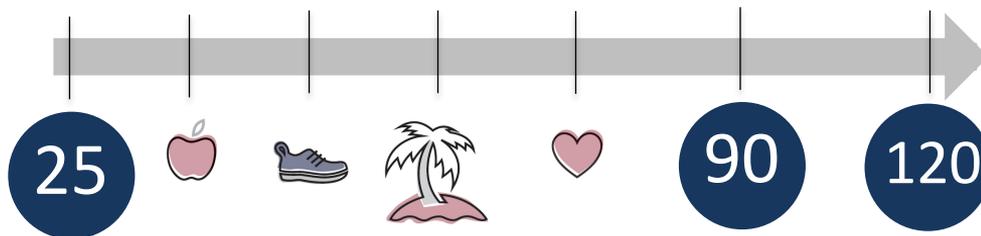


BUILDING A PLAN

I am motivated by...

My goals are...

My milestones will be...



STRATEGIES FOR SUCCESS

SHORT TERM

- Set realistic goals

LONG TERM

- Stay motivated



OVERCOMING BARRIERS

- Challenge your assumptions
- Step outside of your comfort zone
- Recognize your personal triggers
- Be kind to yourself

CELEBRATE SUCCESS

- Enjoy the good times
- Don't dwell on the negative
- Track the positive moments
- Reward yourself
- Give yourself credit



The investment in my health is worth it.
How about you?



QUESTIONS
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THANK YOU

HAVERFORD

QUALITY INVESTING

THE HAVERFORD TRUST COMPANY