

## *Speaking Topics*



*Life is about choices; make them wisely!*

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**Specialize: Health & Wellness and Self-Improvement**

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### *How Well is Your Wellness Plan?*

What we do to our bodies today will be reflected in years to come. Seven of the top ten causes of death are related to food & lifestyle. There is an incredible connection between food and mood. Mindless eating, think before you eat, get a plan; these are all things we deal with on a daily basis! Food was designed to sustain life, not to entertain or soothe our hurts. Everyone and every age group needs to stay active, exercise is a vital part of life. Exercise is good for our body, circulation, and organ functions but also good for the mind. Live healthy, live happy, and live longer!

### *12 – Key Factors to Success:*

Life seems to be a steady juggling act in today's world. Have you ever felt like you are the target at the shooting range? I love the saying: *So many things to think about, nothing to worry about!* We need to focus on what is right with our life's rather than what is wrong. We cannot change our past, we can only learn from the past. Don't use your past to make excuses for your future. Only you can change yourself and change your future destination through making wise choices.

### *Sandwich Generation - Parenting Your Parent:*

Parenting your parents is one of the hardest jobs you will ever have to do in life. When your parents reach a point in their life when they are no longer safe and cannot make wise decisions for themselves, you as their child are responsible to see to it that they are living in a safe and healthy environment. This doesn't always mean that a family member must be their caregiver; sometimes it is in the best interest of your parents for a family member not to be their caregiver. What is the best care you can give them? The best care you can give them is the care needed for them to live their healthiest and safe.