



ENERGIZE & EMPOWER YOURSELF, YOUR TEAM, AND YOUR WORKPLACE

Create a movement to bring Lifestyle Medicine into Your Life & Your Workplace!

***Oh Behave: Your Wellness Immaturity is Showing*** (and May Be Slowly Killing You)!

Leaders, when leading others do you pride yourself on your professionalism and leadership maturity in the workplace? Now, think about your health and wellness. Are you behaving in a “mature” manner?

If you were, then you would be achieving and sustaining your desired health and wellness. Enhancing health and wellness maturity requires a growth mindset! Poet Ogden Nash said, “*You are only young once, but you can stay immature indefinitely.*” Is this a **good thing** or a **bad thing**?



#### HIGHLIGHTS:

1. Understanding maturity is the key to true health & wellness.
2. Be the disrupter; go against the grain of mainstream thinking.
3. Commit to a growth mindset and spirit of entrepreneurship.

From the perspective of psychology, maturity is the ability to respond to the environment, being aware of the correct time and location to behave and knowing when to act according to the circumstances and the culture of the society in which one lives. **However, when it comes to health and wellness, should you always go along with mainstream society and the standard American diet and lifestyle?**

1. **Wellness maturity that fosters true health and wellness, means you must go against the grain.** Choosing to behave in less than healthy ways as we always have done and as society promotes, has an inverse relationship with health and wellness maturity. Many people go through life unknowingly accelerating the development of chronic diseases of lifestyle, including diabetes, heart disease, obesity, and Alzheimer’s disease. It takes a growth mindset and a deeper understanding of “lifestyle-as-medicine” to achieve wellness practices maturity.

Lifestyle medicine goes against the grain of conventional medicine’s focus on only treating the symptoms with pills and procedures, versus treating the underlying cause... ***Your Lifestyle.***

2. **You must commit to feeling like a healthy outlier or disrupter.** Giving up actions and practices that accelerate chronic diseases is not the norm, and people may view you as the crazy one! The good news is, mindsets are learned and can be changed. A growth mindset thrives on challenges and is a springboard for learning, growth, and stretching your abilities. ***Wellness Maturity = Growth Mindset.***

A French Philosopher said, “*To exist is to change, to change is to mature; to mature is to go on creating oneself endlessly.*” Your wellness journey should foster a spirit of lifetime entrepreneurship and the willingness to apply evidence-based methods to achieve your wellness goals. Your real wellness voyage of discovery consists not in seeing new landscapes but in seeing with new eyes! It’s time to open your eyes to new possibilities. **Choose Maturity!** Our **Wellness Practices Maturity Model®** will guide the way for you.

We are here to help. Our evidence-based **LivingWell-LeadingWell®** Programs help you create the personal wellness and wellness culture you desire. [Click to learn more.](#)

**Let’s Connect:**

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