

Living on WELL Street Blog: **“Health and Vitality Formula: Eat Right. Move More. Sleep Well.”**

By Michael White, Worksite Wellness Technical Assistant, We Choose Health

**“Learn to enjoy every minute of your life. Be happy now. Don’t wait for something outside of yourself to make you happy in the future. Think how really precious is the time you have to spend, whether it’s at work or with your family. Every minute should be enjoyed and savored.”** – Earl Nightingale

Some years ago a friend said that he had read *“Younger Next Year”* (Crowley and Lodge, 2004) and was so inspired that he bought ten copies to share with friends. I read the book and did the same thing. I just finished another “Rule of 10” book, *Eat Move Sleep*. It is the most recent work by bestselling author, Tom Rath. His previous books include: *How Full Is Your Bucket?*, *StrengthsFinder 2.0*, *Strengths Based Leadership*, and *Wellbeing: The Five Essential Elements*. I highly recommend all of these books to people engaged in improving their own and/or others’ health and wellbeing.

What I did not know about Tom Rath, until I read *Eat Move Sleep*, was that at the age of 16 he was diagnosed with a rare genetic disorder that causes tumors to develop throughout his body. He receives annual exams to identify where tumors are located and determine if surgery is necessary. At the present time, he has tumors in his kidney, adrenal glands, pancreas, spine and brain. I was struck by the fact that one of the world’s most recognized authorities on health and wellbeing is reminded of his mortality every day of his life. Rath states, *“I act as if my life depends on each decision. Because it does.”* His personal journey in improving his diet, physical activity and quality of sleep was the impetus for his newest book. He has lived with a life-threatening incurable disease for over 20 years. He has taken the lemon that life has dealt him and squeezed it into a delectable drink that satisfies the thirst of millions of people who seek information on living a healthy and vibrant life. Here are a few quotes from *Eat Move Sleep*:

- *“What seem like small or inconsequential moments accumulate rapidly. When your good decisions outweigh your poor ones, you boost your chances of growing old in better health.”*
- *“The sum of your habits determines your life span.”*
- *“Being active throughout the day is what keeps you healthy.”*
- *“Each bite you take is a small but important choice.”*
- *“Sitting is the most underrated health threat of modern times.”*
- *“Organize your home and office to encourage movement over convenience.”*
- *“Total intake of fruits and vegetables is a robust predictor of overall happiness.”*
- *“Your lifestyle choices can create rapid and dramatic changes at the genetic level.”*
- *“While you will not be able to change your genes altogether, you clearly can alter the expression of your genes and the subsequent impact they have on your health over time. You obviously can’t change your family history. However, you can change your family future by making better choices today.”*
- *“If you want to increase your activity, measure how much you move.”*
- *“A mere 20 minutes of moderate physical activity could significantly improve your mood for the next 12 hours.”*
- *“Sleep less, achieve less. It’s really that simple.”*
- *“We need to rethink sleep as a core family value.”*
- *“People who exhibit the most self-control are the ones who set themselves up to use their willpower the least over the course of a typical day.”*

Eat, Move and Sleep WELL!

Michael

*Michael White is a “culture of health curator”, and someone who seeks to live as happy and healthy as possible - for as long as possible! He loves to talk and write about these topics, and is happy to assist people and organizations in making it happen. Please contact him at: [michaelwhite@wellstreetpartners.com](mailto:michaelwhite@wellstreetpartners.com).*