



Transformative  
Insights

# Firstbeat Wellness Programme

Webinar 7 – Completion  
*Sustaining positive change*

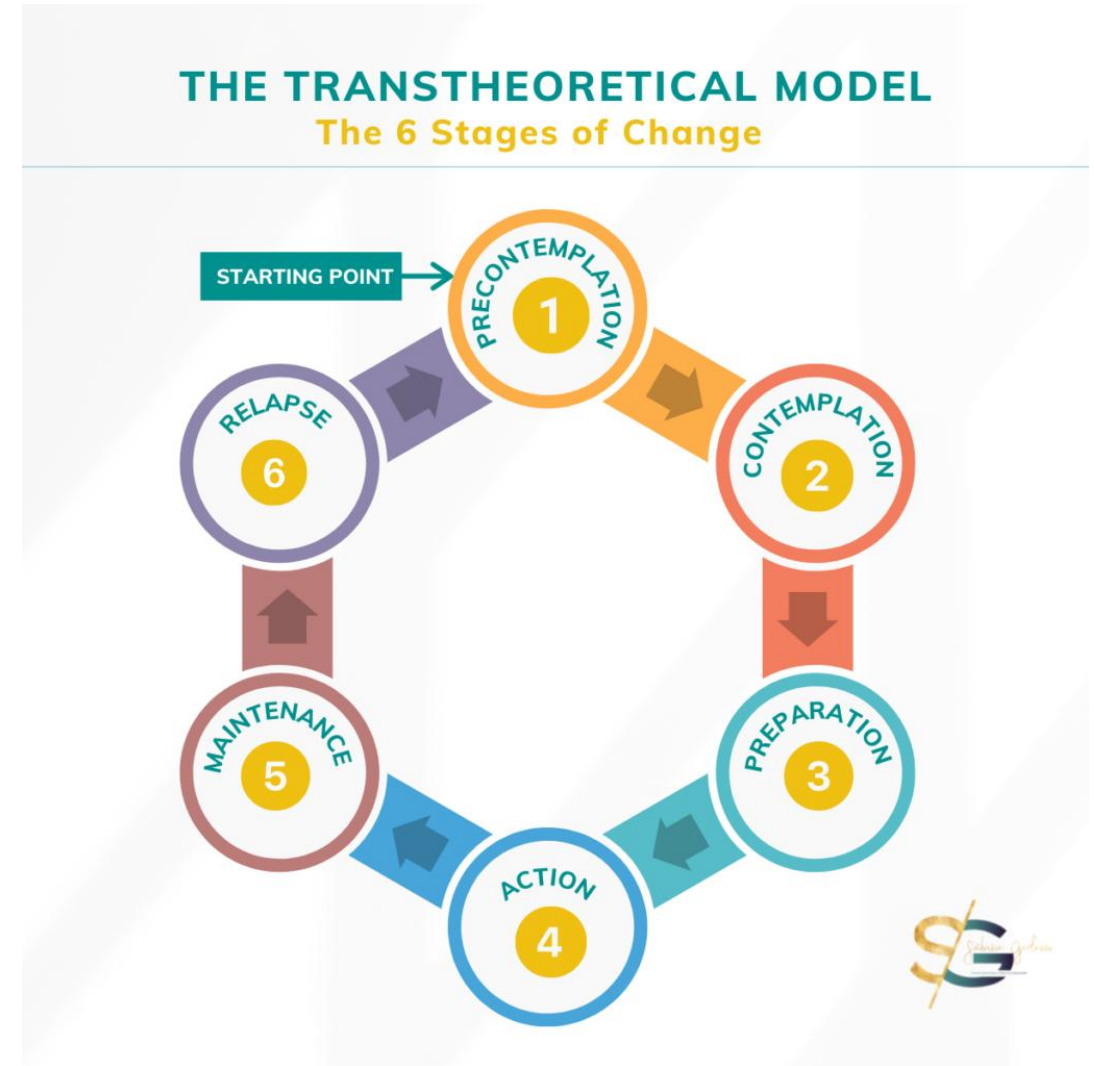
**re**  
*calibrate*

FUTURE HEALTH, NOW



# Agenda

- Celebrations & reflections
- The healthy lifestyle journey
- The jar of life activity
- Tips for sustaining positive change
- Q&A





# Celebrations & Reflections

- A win you are proud of
- A new habit that is paying off
- A key insight you have gained
- Something you have learned about yourself
- A healthy lifestyle routine that is now not negotiable



# Your personalised lifestyle opportunity



## AWARENESS

Results stayed the same or did not lift as much as you expected

### **Good things take time**

Balance the data with how you feel and put the spotlight on initial positive shifts!



## FOUNDATION

Created some solid changes which translated in a good lift in some assessment scores

### **Expand to flourish**

How can you use this positive energy to create momentum in other lifestyle domains?



## TRANSFORMATION

Generated a real transformation with a resulting turnaround in assessment scores

### **Consolidate to sustain**

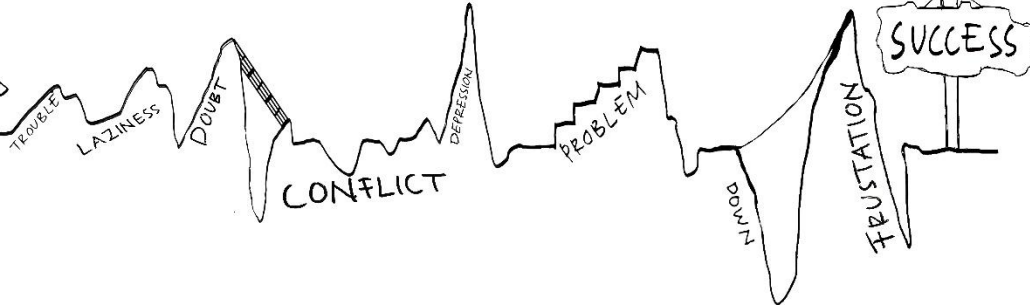
What steps do you need to take to consolidate and sustain your gains?

# Pathway to success

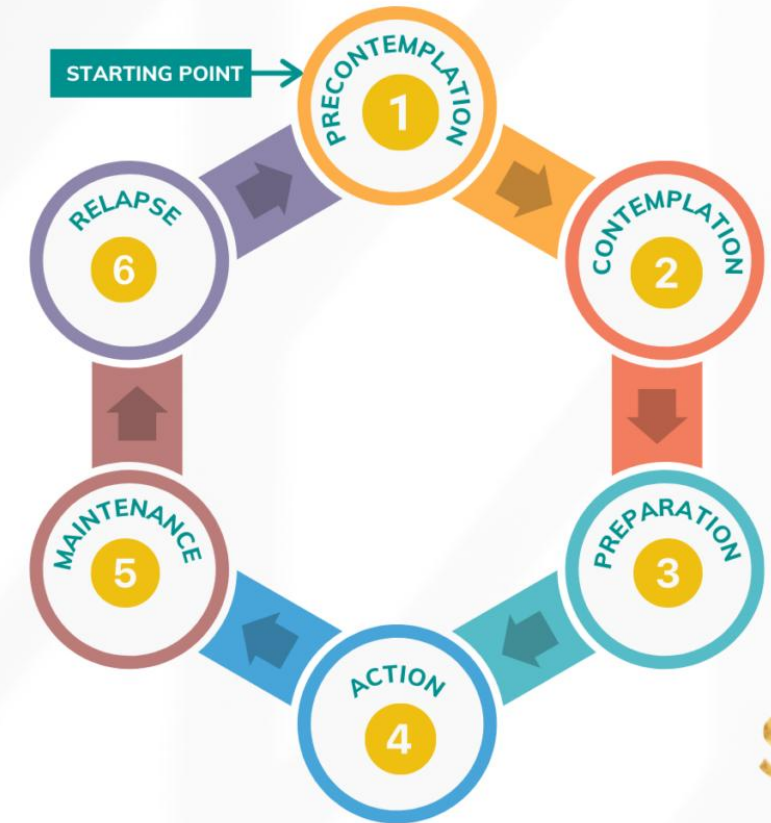
-EXPECTATION-



-REALITY-



## THE TRANSTHEORETICAL MODEL The 6 Stages of Change





# “BOTH + AND” Choice model

## **Modern living:**

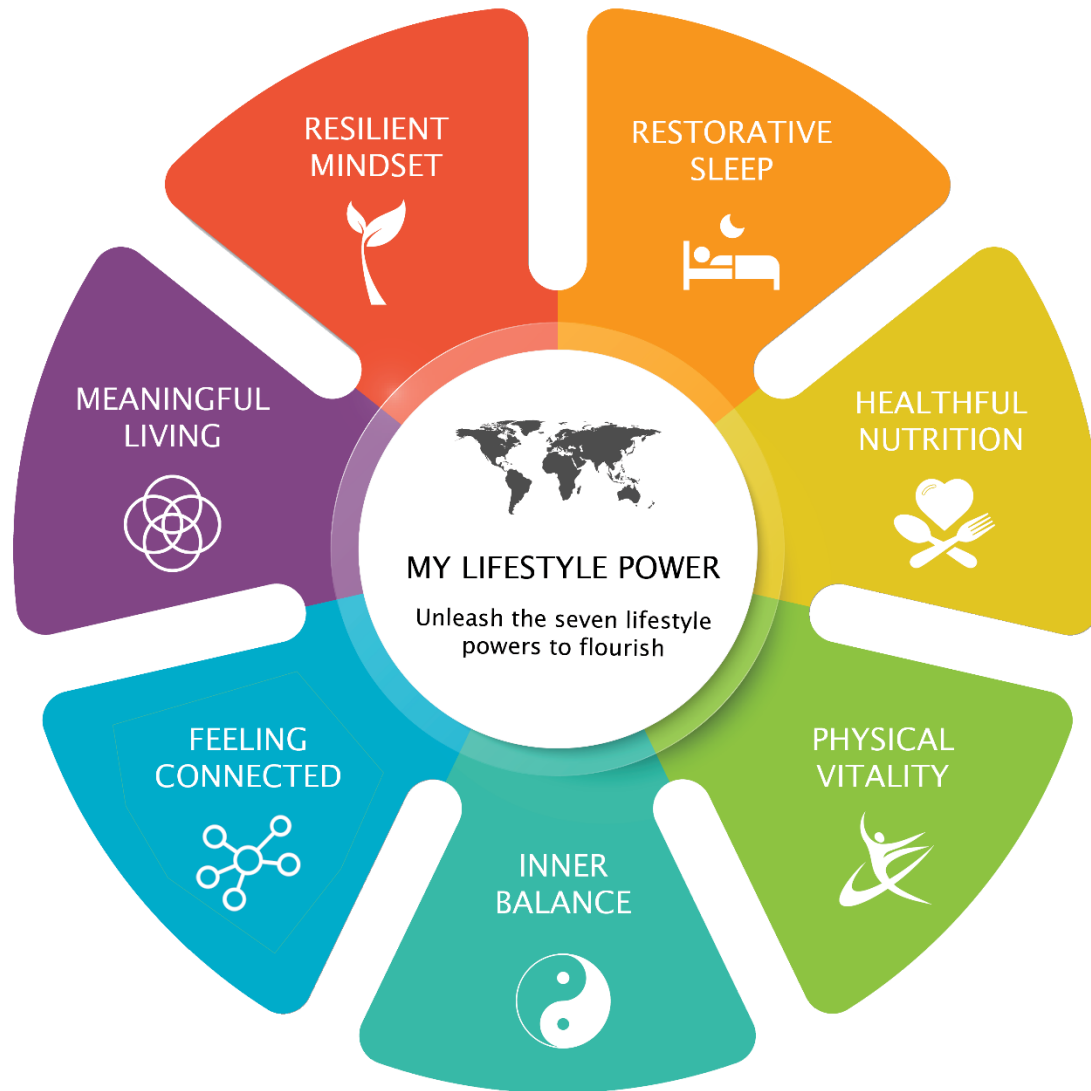
Live life to the fullest and leverage the advantages and progress modern living offers us



## **Ancestral living:**

While adopting key lifestyle elements of our ancestors to allow our ancient psychophysiology to function optimally

# The seven lifestyle powers



Plus avoid unhealthy lifestyle behaviours

- Avoid alcohol all together or minimise alcohol consumption to one or two standard drinks per sitting with at least four alcohol free days each week.
- Avoid smoking, all other tobacco use, and all e-cigarette / vaping products.
- Avoid the consumption of all forms of drugs.
- Avoid siting for longer than 90 minutes at a time and do not sit for longer than a total of 6 hours per day.
- Take a 15-minute break from screens during work / study activities every 90 minutes and limit recreational screen time (outside of work / study activities) to less than two hours per day.

# THE JAR OF LIFE ANALOGY

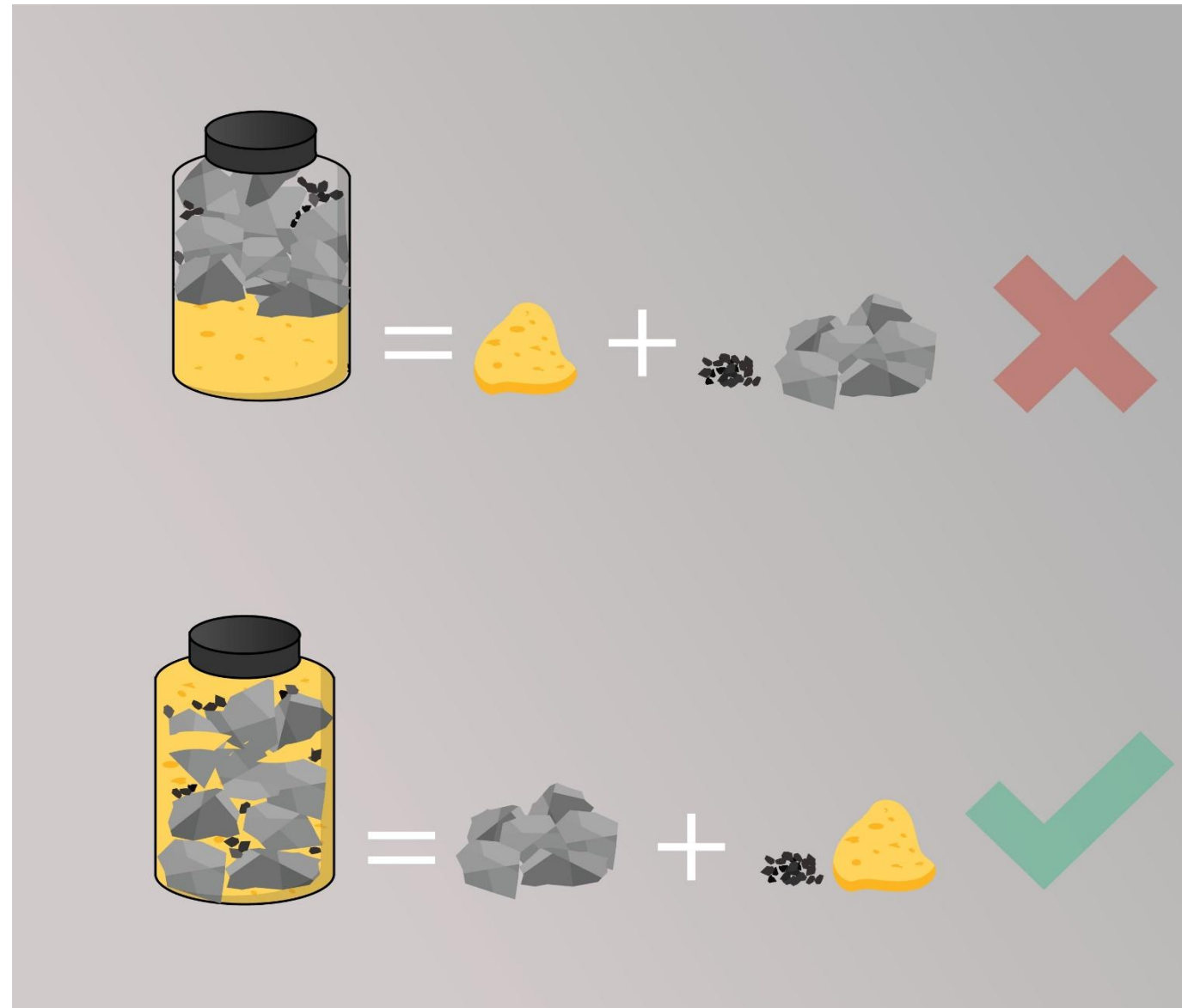
*The teacher looked intently back at the students and asked, "What is the point of this illustration?"*

*One student said, "You can always fit more things into your life if you really work at it hard."*

*The teacher said "That's true, but it's not the point."*

*He said, "The point is, if you don't put the big rocks in first..... would you have gotten any of them in?"*

**WHAT ARE YOUR BIG WELLNESS ROCKS & HOW WILL YOU MAKE SURE THEY GO IN FIRST?**





# Intrinsic motivation = sustaining change

## Extrinsic Motivation

You are motivated to do the activity in order to gain an external reward in return. Your goal is focused on an outcome, and does not satisfy your basic psychological needs. Rather, it involves external gains, such as money, fame, power, and avoiding consequences.

Create movement and shape intrinsic motivators

- Social acceptability
- Commitment and accountability
- Towards rewards | Avoid punishments
- Incentives / environmental nudges

## Intrinsic Motivation

You are motivated to do the activity because it is internally rewarding. You choose to do it because it's fun, enjoyable, and satisfying. Your goal comes from within, and the outcomes of your goal satisfy your basic psychological needs for autonomy, competence and relatedness.

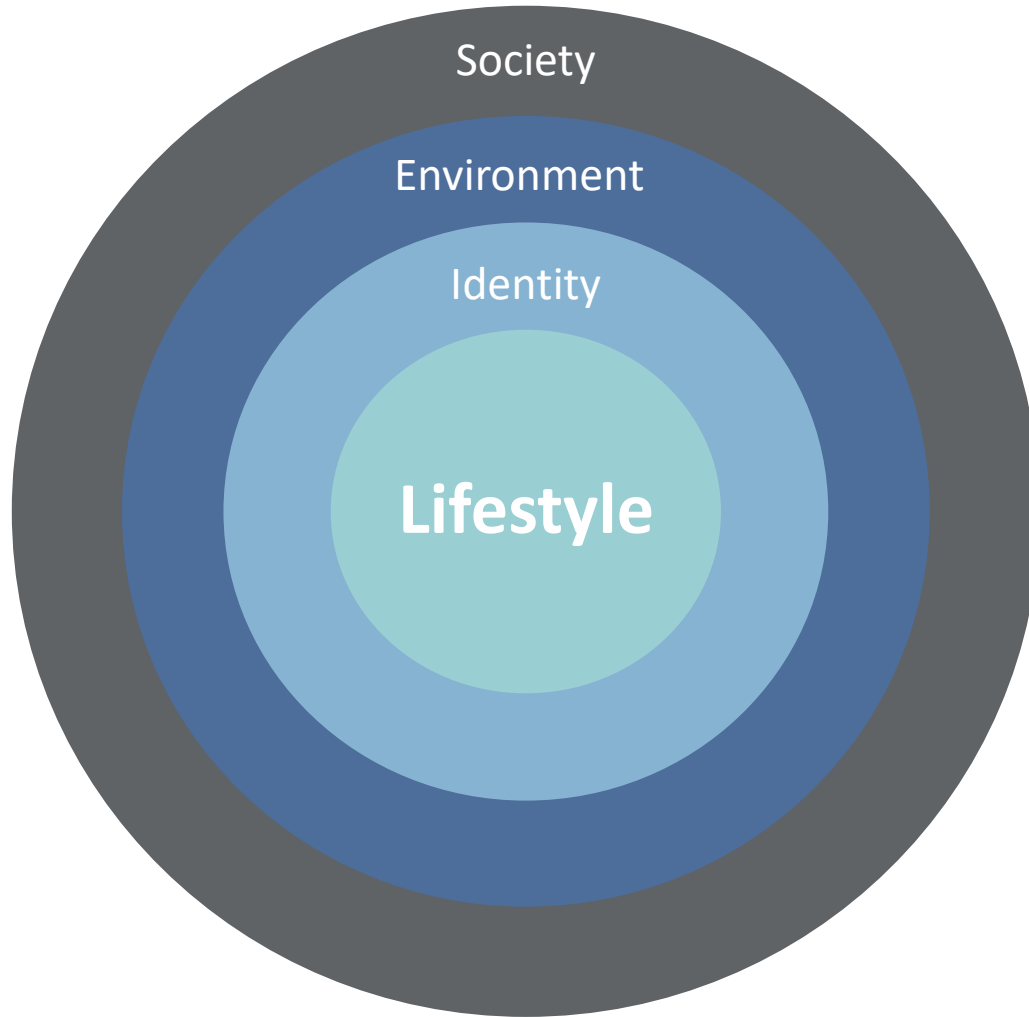
Needed to sustain behaviour change

- Resonance vs dissonance (emotions)
- Beliefs and values
- Meaning & purpose (higher why)
- Impact on others

Shape  
intrinsic

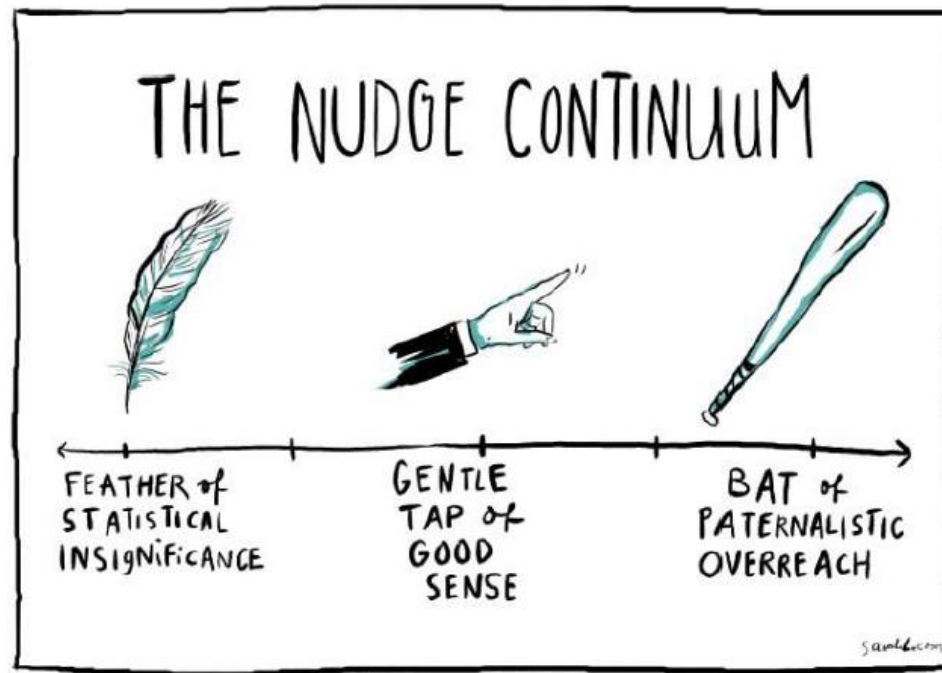


# Design your environment = sustaining change



*“Helping individuals to identify 'healthy lifestyle choices' is only half the story because **these choices are the product of our sense of identity, our environment and society.**”*

*- Adapted from Australasian Society of Lifestyle Medicine*



What is one home environment change / nudge that is key to sustaining your new lifestyle routine(s)?



What is one "modus of operandi" shift within your team or organisation you can collective advocate for?



Our  
environments  
(home, work,  
social) nudge  
us **toward**  
or  
**away from**  
good lifestyle  
choices



# Sustaining lifestyle change – the power of WE

- **Brief, frequent contact with someone who cared about your health and wellbeing** (such as an accountability partner) was an effective strategy for encouraging long term sustainable lifestyle change. Brief, frequent contact was 15-minutes each fortnight.
- Those with the greatest lifestyle changes (fitness, weight, blood pressure, lipid profile, insulin sensitivity) **formed active and strong communities and partnerships that lasted well beyond the 2-year study.** Many formed friendships for life.

**ILLNESS ⇒ WELLNESS**

Sustainability of lifestyle changes following an intensive lifestyle intervention in insulin resistant adults: Follow-up at 2-years - PubMed ([nih.gov](#))

Determining optimal approaches for weight maintenance: a randomized controlled trial - PubMed ([nih.gov](#))



# THANK YOU

- Firstbeat device return
- Survey
- Q&A





**Transformative  
Insights**

[info@transformative-insights.com](mailto:info@transformative-insights.com)

[www.transformative-insights.com](http://www.transformative-insights.com)