

# What Is the Wellness Advantage?

Live Better

Work Smarter

Achieve More



- Study the foundations of mental and physical wellness to **become a better manager.**
- Understanding the basics of optimal **health, fitness, nutrition, sleep** and **mindfulness** can increase your own effectiveness as a leader.
- Review your current team.
- Track your mental and physical fitness to discover opportunities to improve.
- **Create plans for the next year or so.**

Currently there are **Get Momentum** members in 10 different countries. You all have different lifestyles, commitments, likes, and dislikes. Because of that, **your wellness journey is your own.** Identify where you are, and create a map toward feeling like you have **The Wellness Advantage** in everything you do at work and at play.

**"We choose easy over smart."**

– Jodi Womack

To begin, consider these three areas:

- **Fitness and health:** Strength, stamina, flexibility and your sleep habits
- **Nutrition:** Meals, snacks, vitamins, hydration and cooking habits
- **Mental health:** Strategies for coping with stress and increasing focus