



BE HEALTHY.

L FOR LIFE.™

The Power of Motivation: Trading Crisis Response for Quality Living

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Can one man's health crisis change the quality of life for an entire community? In my community, that is precisely what happened. In my book, *The 100 Year Lifestyle*, I tell the story of one man's unexpected heart attack that influenced him to make positive changes in his life, while his crisis and survival became the impetus for an entire community to improve the quality of their lives – the difference was in their motivation.

Quality Living for Life

A crisis of some kind is inevitable for everyone. Whether it's an illness, a broken bone, a heart attack or a car accident, we've all experienced some type of major health issue, or know someone who has. Instead of waiting to act in response to a crisis or acting on crises as they occur, find your motivation in a high quality of life. In the Healthcare Hierarchy explained in my bestselling book *The 100 Year Lifestyle*, I outline three levels of healthcare. Maintaining a balance of all three levels will help you prevent future crises and prepare to handle the ones you face today.

1. Self-Care: Doing for yourself whatever it takes to keep your mind, body and spirit healthy and functioning.
2. Health-Care: Using the aid of medical professionals to keep your mind, body and spirit healthy and functioning.
3. Crisis-Care: Recovering from an injury or illness by combining your efforts with those of health care professionals.

Preparation: Planning for Crisis Response

Since health crises are often unexpected, it is important to take steps early on that will allow you to deal with a crisis when it happens. The first priority is to research health insurance policies and

find the one that works the best for you. Have faith in the system, but also take responsibility for your own health by staying informed and consulting openly with your doctor when you have an appointment. Know your family health history and be aware of potential risks. If, for instance, you know that all the women in your family experienced breast cancer, start getting mammograms earlier than the recommended timeframe.

Prevention: Keeping Crises at Arm's Length

The best way to prepare for a crisis is to prevent one from occurring in the first place. Making great self-care and health-care a priority will keep a crisis away longer. Self-care begins with you being responsible for making the decisions that you know will be the most beneficial for you and your body.

One of the best ways to execute self-care is by getting your ESS in shape, a concept detailed in *The 100 Year Lifestyle*. Your ESS—endurance, strength and structure—is the essence of healthy living and longevity. High levels of endurance give you the energy you need to stay active. Building and maintaining muscles increase strength. Scheduling regular chiropractic adjustments will keep your structure balanced and help to prevent exercise-related injuries.

For true quality of life, stop waiting for health crises to cause havoc in your life and take action today to keep yourself in great shape for your best century. By practicing self-care and working with a strong healthcare team, you'll stay motivated by high quality living – the key to your successful 100 Year Lifestyle.

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