



Life Learning Center™

PHYSICAL PART I:
HEALTHY LIFESTYLES – REV.2



REVIEW - INTERVIEW QUESTION RESPONSES

Topic	Life Journal Page
Tell Me About Yourself (TMAY)	W-12 and W-13
Tough Questions	W-25 & W-26
Typical Interview Questions	W-25 and W-26
Standing out from the Crowd	W-27
STAR Stories	W-29



MEDICAL RESOURCE OPTIONS:

- **Primary Care Physician:**
 - Health and wellness checks; Chronic or acute illnesses; Disease Management; Diagnostics; Prescriptions; Preventive Care
- **Urgent Care Centers:**
 - Flue/cold symptoms; Ear infections; Gastrointestinal/stomach; Minor sprains or fractures
- **Hospital Emergency Room:**
 - Chest pains; Shortness of breath; Major trauma; Uncontrolled bleeding; Head injuries; Broken bones/joints



ANGER HUNT

www.mayoclinic.org/healthy-lifestyle



Life Learning Center™

PHYSICAL PILLAR II:
HEALTHY LIFESTYLES – REV.2

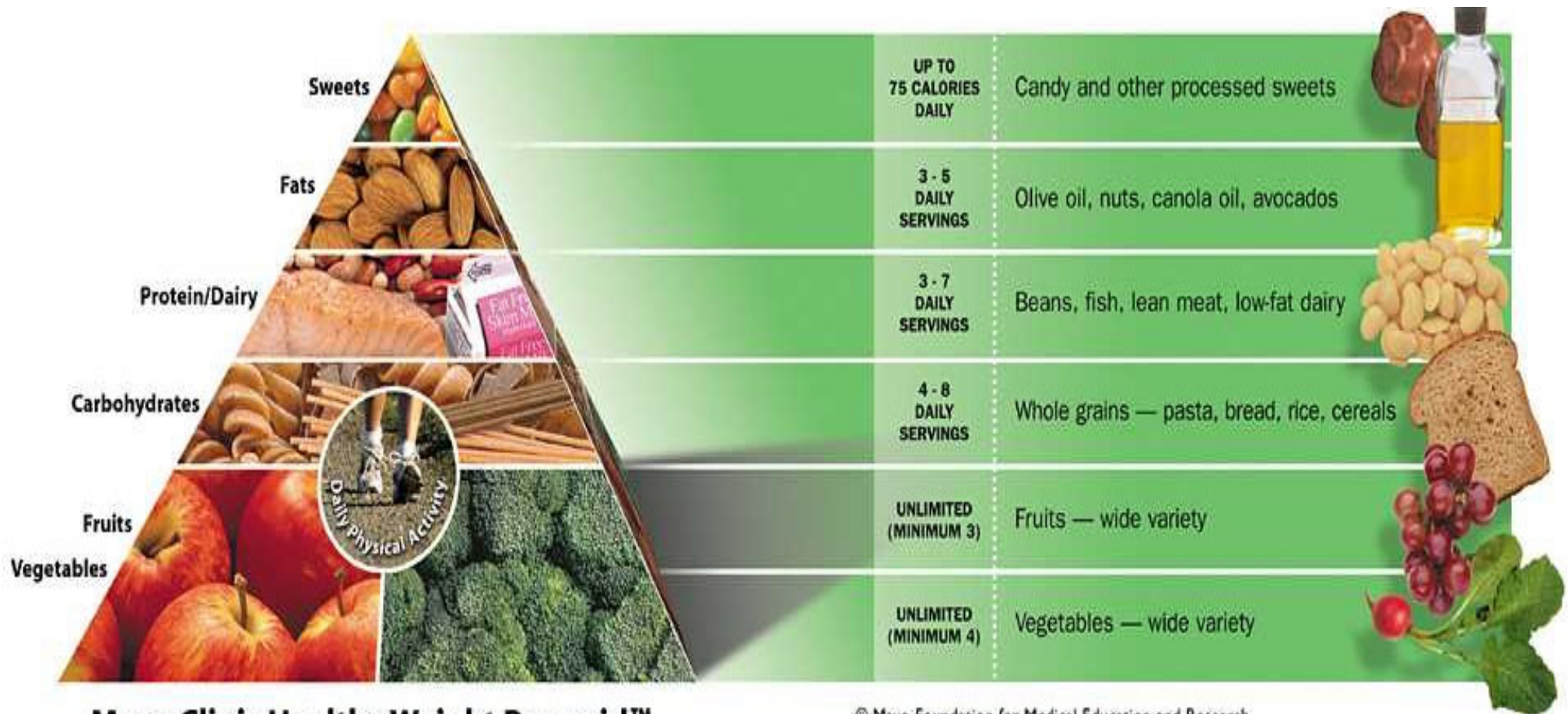


TMAY: TELL ME ABOUT YOURSELF

1. Complete **Experience, Strengths, and Fit** sections of formula on Life Journal page W-12.
Tip #1: Start by jotting down a few bullet points under each section of the formula.
Tip #2: Use your eRecruitFit report to help identify strengths and fit
2. **Identify 1-2 points** under each section that **stand out the most**. Circle the ones you will use in your TMAY.
3. **Put it all together**. Take the most noteworthy points from section of the formula and write full TMAY statement on page W-13.

- Learn about Food and Nutrition
- Define and review obesity, dieting and weight loss.
- Identify healthy foods to eat instead of unhealthy ones and serving sizes.
- Discuss the importance of:
 - Exercise and Flexibility
 - Brain Health
- Create a Physical Blueprint for the Future





Mayo Clinic Healthy Weight Pyramid™

© Mayo Foundation for Medical Education and Research.
See your doctor before you begin any healthy weight plan.

Water: 8 servings daily



Nutrition Facts

Serving Size 1 package (272g)

Servings Per Container 1

Amount Per Serving

Calories 300 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 430mg 18%

Total Carbohydrate 55g 18%

Dietary Fiber 6g 24%

Sugars 23g

Protein 14g

Vitamin A 80%

Vitamin C 35%

Calcium 6%

Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on
your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

WHAT'S ON THE NUTRITION FACTS LABEL

Amount Per Serving	Calories/% Daily Value
FDA Based on	2,000 calories per day
Serving Size	
Servings Per Container	
Fat, Cholesterol, Sodium, Carbohydrates (Fiber and Sugar), Protein	
Vitamins	

ADDICTION

Mechanism of Drug Addiction in the Brain

[https://www.youtube.com/
watch?v=NxHNxmJv2bQ](https://www.youtube.com/watch?v=NxHNxmJv2bQ)



SMARTPHONE ADDICTION INFOGRAPHIC



Addiction to Technology is Ruining Lives

<https://www.youtube.com/watch?v=sL8AsaEJDdo>