

Creating Real Health  
E-BOOK

CREATING REAL HEALTH AT WORK AND AT HOME

IN THE WORKPLACE AND AT HOME

## Creating and Sustaining Real Health

# What is Real Health?

WE PROVIDE CORPORATIONS WITH REAL STRATEGIES TO IMPROVE EMPLOYEE HEALTH AT WORK AND AT HOME.



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# WELCOME

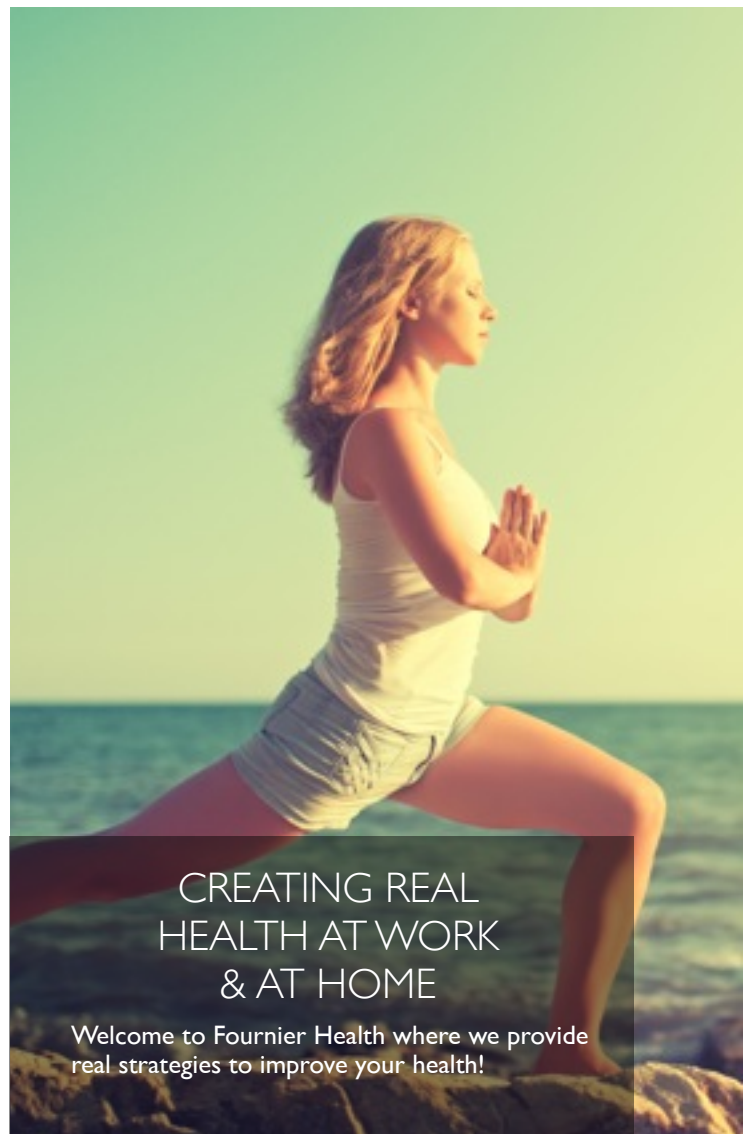
**This ebook is given to you to open your mind to the possibilities of health you may not be aware of.**

**WE WANT TO EDUCATE YOU, INCREASE YOUR AWARENESS, INFORM YOU AND PROVIDE YOU WITH REASONS WHY HEALTH IS SO IMPORTANT.**

What we would like to do is get your attention before you start to notice issues – make the small changes now to feel better in the long run. We all say, 'I feel fine now' so we don't muster any level of motivation to change our behaviour.

However, by the time we notice something isn't quite right, it can take us awhile to correct the issue, and in some cases, it cannot be corrected at all.

**To thoroughly enjoy all of life's pleasures, now is the time to make changes to your daily habits. And we will be right there with you - making the changes together!**



**CREATING REAL  
HEALTH AT WORK  
& AT HOME**

Welcome to Fournier Health where we provide real strategies to improve your health!

**Join Our Community!**

**WEBSITE:**

[www.FournierHealth.com](http://www.FournierHealth.com)

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# FOURNIER

health management solutions

At FOURNIER Health, we take health seriously but if it feels like work, or a chore or you are not having fun – that’s a problem!

Health starts with identifying recipes, foods, sports, exercises, treatments and activities that resonate with YOU!

It’s great that someone says you should do an exercise routine 1 hour a day 3 to 5 times a week but if that sounds like grinding work – don’t do it.

Find something else that makes you excited for those few hours every week that can become your exercise program.

## Make it Fun!



## Do What You Love!

For me, I want to be as healthy as possible, but I don’t enjoy an exercise regime. So I have joined a hiking and walking club after moving to a new city. This is perfect for me because I get the exercise I need to get in shape and be healthy, while meeting new people and exploring a new city while exercising (but it doesn’t feel like exercise and I love it!)

Now if you haven’t done anything in awhile, maybe start with sports you used to love in the past, or would like to try in the future. Start slow and speak to your health care practitioner about the best choices for you. Health is not a race, only a journey. One step at a time!





# DEFINITIONS OF HEALTH & WELLNESS

THERE ARE SO MANY DEFINITIONS OF HEALTH. THE FOLLOWING WILL DEBATE VARIOUS DEFINITIONS AND MEANINGS THAT YOU CAN PONDER.



First of all, the World Health Organization (WHO) in 1948, suggested that the definition of health is *'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity'*.

This isn't our favourite definition but it's known worldwide by an organization that represents health globally. We like the following choice better.

In 1984, WHO recognized that their definition of health needed some adjustment, so they created this new definition:

*'Health is the extent to which an individual or group is able to realize aspirations and satisfy needs, and to change or cope with the environment. Health is a resource for everyday life, not the objective of living; it is a positive concept, emphasizing social and personal resources, as well as physical capabilities'*.

Wow! Now this is much more encompassing – and provides a more relatable discussion regarding what we do at Fournier Health.

Now you think that this would be included in the definition of health but it isn't. The two words have different meanings, obviously.

The University of California states wellness is defined as *'an active process of becoming aware of and making choices toward a healthy and fulfilling life.'*

And The National Wellness Institute thinks wellness is, *'a conscious, self-directed and evolving process of achieving full potential.'*

That's what we are doing! Increasing your awareness and choices that will lead you to health, and a wonderful life of happiness, contentment, satisfaction - helping you feel great on all levels.

# Why is Health Important?



The reasons why health is important run in the thousands, if not more. We think it's important to decide for yourself why health is important to you, otherwise, it's someone else's thoughts and words and they may not hold as much meaning to you as they would to that person.

For us, health is important so we can physically participate, be emotionally and socially available, and so that we can intellectually consider different concepts. It is important to spiritually connect to the bigger purpose of life and the universe we live in.

Why is health important to you? If it isn't important to you, ask yourself, why?

Because it allows us to:

- Live our life to our maximum potential
- Physically participate in all activities of our choosing
- Experience a high quality of life
- Minimize illness and disease
- Have lots of energy to experience life
- Think clearly, objectively to create your own perceptions
- Cope with stressors
- Fully engage in various types of relationships
- Interact with the world around us

## Be Healthy for YOU!





IN ORDER FOR HEALTH AND WELLNESS TO PLAY A CENTRAL ROLE IN YOUR LIFE, IT MUST BE PERSONAL TO YOU AND ONLY YOU. DON'T TAKE ON SOMEONE ELSE'S VIEWPOINT, UNLESS YOU WANT TO MAKE THIS A DISCUSSION AT DINNER WITH YOUR FAMILY.



Getting your children and your spouse involved in the reason why health is important or what it means to you and them is a great way to have support in your endeavours by making it a family affair. The more the merrier. It is so much more fun, if that exercise you choose to do involves the people you love – a family outing rather than an exercise regime. I used to go with my brothers to the local skating arena when I was younger – great music while we skated in circles, socialized with friends and got the exercise we needed without even realizing it.

Getting your work friends hooked on health is also an amazing way to achieve your goals without having it feel like a chore. I did this with one of my nursing colleagues – we worked hard all morning in a sedentary position so we decided together, just the two of us, that we would eat our lunch outside at the picnic table, and then take a walk around the plant property before we went back to work at our desks. It was refreshing and it helped me with my fitness and health goals.

# RECIPE *time!*

## Amazing Bean Salad

2 cups dry pinto beans, rinsed well

1 red pepper diced

2 roma tomatoes, deseeded and diced

1 medium sweet onion, diced

1 jalapeño pepper, diced

1 can organic corn, drained

Juice from 2 limes

2 teaspoons sea salt

Bring a large pot of water to a boil with 2 teaspoons of sea salt. Once boiling, add beans and simmer for 2-3 hours, or until beans are tender. Strain excess water.

Dice vegetables and place in a large bowl. Add beans and lime juice. Mix well to combine.



## WHAT IS A MODEL OF HEALTH?

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# Models of Health

In my opinion, a model of health describes the components or dimensions that make up the definition of health in its totality.

As I have already alluded to, health has many variables, many concepts, many traits – the models are developed by some to include or exclude some of these concepts.

The one I refer to a lot is the ‘body-mind-spirit’ model while promoting health, usually found in Eastern philosophies such as Buddhism or Chinese Medicine. It is a very simple model.

Other models of health have many more dimensions such as emotional, social, intellectual, and others add occupational to the model. None are either right or wrong. It is always dependent on what you believe is important to your health, and then maintaining some balance between them all.

Or some others believe the models of health include:

1. Medical model
2. Holistic model
3. Wellness model

The list goes on and on....

# TYPES OF HEALTH APPROACHES

Today, there are many choices as to how we approach health. We can choose the one that resonates the best with our values and beliefs.

I believe there is a growing trend to move away from the Western medicine approach (also known as conventional medicine, mainstream medicine) which is pharmaceutically based that deals with symptoms of a disease rather than the whole person. More and more people are looking for healthier and additional approaches, such as:

- Complementary – use of non-mainstream medicine *together* with conventional medicine
- Alternative – using a non-mainstream medicine *in place of* conventional medicine
- Integrative – use of various practices with origins *outside of* mainstream medicine *into* treatment and health promotion

<http://nccam.nih.gov>

AT FOURNIER HEALTH, WE LIKE TO USE COMPLEMENTARY HEALTH AS OUR OVERALL TERM, AS IT FALLS IN WITH OUR BELIEFS THAT THE MEDICINES NEED TO WORK *TOGETHER* FOR THE HEALTH OF ALL.

# More Than Diet & Exercise

With 30 years in the occupational health nursing field, I've taken the time to align myself with a profession in holistic health to accompany my nursing career. I've also aligned myself with some amazing health care practitioners – both in traditional and holistic medicine that make a significant difference in the health of their clients. I'm so excited to share this with all of you – corporations, employees, families and other health care practitioners alike.

Decide what YOU need! Start there!

The ideal solution is to find where you want to dig in and become healthy.

Don't let someone else direct your goals. Choose where you want to start and we can help you to implement the right solutions for you!



## Be Healthy for YOU!



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FOURNIER HEALTH WILL HELP YOU TO

MAKE IT EASY

AND ACHIEVABLE!

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# Health at Work and at Home

At FOURNIER Health, we believe that the healthy habits you are implementing in your life, need to be flexible enough to incorporate at work and at home.

With working 40 hours a week, we need to ensure that our approach to health can be followed through when you get to work.

Sometimes, managing our health at work is easier than managing it at home – especially if you have growing kids that want to sit in front of their computer instead of playing road hockey, or who want a dose of junk food after school.

It doesn't matter how old your kids are, or whether you have pets, or a spouse what matters is that the healthy options you choose need to be sustainable no matter where you go or who you are with.







# FOURNIER's Health Strategies for Organizations Improve Employee Health



We provide professional workshops to your already existing staff on how to implement an effective health & wellness program, with real health choices, with minimal budget and minimal outsourcing.

We train health care practitioners in the community to understand your corporation's expectations of a health & wellness program, that coincides with your daily operations to minimize disruption but excel at the services they provide to have maximum impact on your employees' health.



We implement a customized health & wellness program for your corporation based on the results of the Health Management Audit we perform for you.

A close-up photograph of a woman's hands holding a light-colored straw hat. She has bright pink nail polish. The background is a blurred outdoor setting, possibly a street or market. The overall tone is warm and bright.

**EXPERIENCE  
THE FREEDOM  
OF  
REAL HEALTH**

# Join Our Community!

For daily blogs, health tips, recipes and simple changes that create great impact and real health at work and at home!

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Begin with implementing one or two of our concepts a week and before you know it, you will be experiencing a healthy path that is sustainable and attainable for all. Then take advantage of our corporate workshops that help to make health a priority in the workplace!



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health management solutions