



Wellness Transformation for Life

*An Introductory Guide to
Kickstart the Process*

(SELF-GUIDED)

PRODUCED BY

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Stronger.
Healthier.
You.

DISCLAIMER:

This guide is intended to serve as a self-guided tool to kickstart positive wellness changes sustainable for life, leading to total transformation. The complete wellness transformation will take months to years. If you choose to embark on any of the tasks and challenges in this guide, you agree to do so completely at your own risk. Andrews University, Dominique Gummelt, nor any other person at Andrews University will be held liable for any injuries, negative consequences or death related to this guide or actions taken as a result. If you have any health issues or are currently sedentary, please consult with your physician before making any of the changes outlined in this guide.



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Every human being has the capacity to live life to the fullest in every aspect of wellness (physical, mental/emotional, spiritual and social). The daily choices we make about the way we live determine the quality and quantity of our lives. All of us have room to grow to maximize our potential.

MISSION: FULLY ALIVE is not a program—it is a lifestyle, it is a choice to transform fully in sustainable ways and it is the motto at Andrews University Health & Wellness. No matter where you are in your life journey, you can benefit from embarking on this **Wellness Transformation** for life. Now is the time. *Are you ready to become healthier and happier? What are you waiting for?*



University Health & Wellness, Director

PART I: Self-Evaluation

The fact that you are taking the time to read this guide, or at minimum are looking through, it means that you are at least contemplating some type of change regarding your personal health behaviors. This is a good thing! Some of you are maybe ready to take action, some of you are almost ready and some of you are just exploring the possibilities. Regardless, first of all, it is vital to conduct a thorough self-evaluation of what is actually currently going on in your life related to your health behaviors. Read the questions below and answer them thoroughly and honestly (answer the way it actually IS, not the way you know it is supposed to be!) using a separate sheet of paper or on an electronic document.

1. How many days per week do I exercise aerobically (moderate-vigorous; continuous) for at least 20 minutes or more?
2. How many days per week do I sit less than 3 hours per day?
3. How many days per week do I engage in intentional strength training targeting all major muscle groups?
4. How many days per week do I engage in intentional core strength training?
5. How many days per week do I engage in intentional flexibility fitness training, stretching all major joints statically?
6. How many days per week do I engage in leisure physical activity, in addition to any structured exercise, such as walking, cleaning the house, etc. for at least 30 minutes?
7. How often do I take the stairs instead of the elevator?
8. How many days per week do I drink at least 8 cups of water?
9. How many days per week do I sleep at least 7–8 hours during the night?
10. How many days per week do I eat at least 5 servings of fruit & vegetables?
11. How many sodas or sugary drinks (e.g. juice, flavored ice tea, etc.) do I drink per week?
12. How many caffeinated drinks do I drink per week?
13. How many meals per week do I eat that include fried food?
14. How many days per week do I consume “processed food”?
15. How many days a week do I eat a healthy breakfast?
16. How stressed out am I during the week?
17. What stress management methods do I seek out actively?
18. How do I usually cope with stress? What do I do?
19. How many alcoholic beverages do I drink per week?
20. How many cigarettes/e-cigarettes/cigars, etc. do I smoke per week?
21. How much do I weigh?
22. What is my BMI and how does it relate to the norms?
23. What is my body fat percentage and how does it relate to the norms?
24. How often do I have a complete physical and lipid panel done?
25. How often per week do I intentionally engage in spiritual meditation/prayer/reading?
26. How often per week do I intentionally engage in mental/emotional wellness practices, such as journaling, deep breathing, positive self-talk, therapy, etc.?
27. How often per week do I meaningfully connect with my family members?
28. How often per week do I meaningfully connect with my friends?
29. How often per week do I meaningfully connect with God?

30. How often per week do I intentionally clean/organize my environment at home and work?
31. Do I keep an organized planner/calendar?
32. How often per week do I intentionally do something for somebody else without personal gain/profit?
33. How often do I manage/review my finances/budget?
34. Do I have any debts? How much? Why?
35. What are the five most important things for me in my life? (Write them in order of priority.) Why?
36. In my own words, what does the ideal good life look like for me?
37. Do I believe that I have the power to change my current health and wellness status—YES or NO. Why or why not?
38. Imagine yourself at 75 years of age. What does your ideal life look like at that age?
39. What are the top three life goals/accomplishments you are aiming for?
40. Write a couple of paragraphs describing your ideal dream world as it relates to your health, wellness and fitness (write it in the present tense as if it were true).
41. Describe your quality and quantity of life now and in the future if you do not make any wellness changes. What are the risks you would be taking? How will not making a wellness transformation impact the people that you care about and love? Talk to them and have a conversation about this (e.g. your parents, kids, spouse, friends, etc.)

PART II: Preparation

*Without the below, you will not be able to experience as successful of a wellness transformation for life; hence, it is highly recommended that you consider these.

1. Purchase a fitness tracker (of your choice) that can count, at minimum, your daily steps reliably.
2. Purchase a journal (or use an electronic option) to track everything you actually do each week based on the action items and tasks given in PART III.
3. Purchase a pair of high quality athletic shoes.
4. Purchase at least two comfortable fitness outfits in which you can easily move.
5. Purchase a refillable water bottle (BPA-free).
6. Find at least two accountability partners that you enlist into your support team. They could decide to actively participate in the wellness transformation or simply make a commitment to act as an accountability partner on a daily basis.

Partner #1:

Partner #2:

7. Have a dedicated conversation with your spouse/family/roommate about your plans to engage in a wellness transformation for life and ask them for their support or at minimum, to not make it difficult for you (e.g. consistently asking you to go out and eat pizza with them at midnight).
8. What are the top five favorite physical activities (fitness, sports, etc.) you like to engage in?
 - a.
 - b.
 - c.
 - d.
 - e.
8. What are three new physical activities you would like to try out (again)?
 - a.
 - b.
 - c.

PART III: Action

The implementation phase of taking action works like the game we played in elementary school. You start with one thing, then you add another while you keep the first thing going. This continues, simply adding one thing, then adding another and then another and so on. This process takes time, but remember, this is a wellness transformation for life—so the changes are not meant to be temporary, but rather sustainable. Small changes make a big difference for your health and wellness!

Do not expect to lose 100 pounds in four weeks or do 50 push-ups in two months. This process is slow, but it is absolutely worth it. The changes will come and be incredibly noticeable. The objective with being fully alive is primarily to ENJOY and LIVE life at your highest potential during the transformation process and thereafter!

WEEK 1

ACTION 1: Right after you wake up, drink 2 cups of water each day.

TASK: Wear your activity tracker and just record how many steps you get in each day.

WEEK 2

Continue with Action 1 each day.

ACTION 2: Get in 1,000 MORE steps per day than on the days during the previous week (Example: if on average you got in 4,000 steps per day last week, aim for 5,000 steps each day this week).

TASK: Decide on a place and content for daily spiritual fitness training in the morning time (5–10 minutes).

WEEK 3

Continue with Actions 1 & 2 each day

(Note: for Action 2, increase the number of steps per day by 1,000 each week until you get to 10,000 steps each day on average and then focus on maintaining that)

ACTION 3: Spend 5–10 minutes in meditation/prayer/spiritual fitness in the morning.

TASK: Make sure you have enough fruit in the house for the entire next week (at least two pieces/servings for each day of the week).

WEEK 4

Continue with Actions 1, 2 & 3 each day

ACTION 4: Eat two pieces of fruit per day (Example: one at breakfast, one at lunch).

TASK: Conduct an inventory of your kitchen and dispose of all sugary drinks (sodas, juices, etc.) not by drinking them, but by tossing them.

**Note: I am not in favor of wasting food or drink, however, I would prefer you not be the trash bin for harmful items.*

WEEK 5

Continue with Actions 1, 2, 3 & 4 each day

ACTION 5: Drink only water (you can infuse with veggies, fruit or herbs) or herbal teas (non-caffeinated) and aim for getting at minimum 8 cups per day (monitor your urine—if it is clear or near clear, it is a sign that you are well-hydrated).

TASK: Take the 16 PF personality test online (<https://www.16personalities.com/free-personality-test>) and talk to your family, kids, partner, colleagues about your 16 PF results and encourage them to take it as well.

WEEK 6

Continue with Actions 1, 2, 3, 4 & 5 each day

ACTION 6: Journal about how you feel about your personal health and wellness (physical, emotional/mental, spiritual, social) once this week.

TASK: Talk to your support partners and share your feelings and thoughts about the various changes you have made to your personal health and wellness behaviors.

WEEK 7

Continue with Actions 1, 2, 3, 4, 5 & 6 each day (except for Action 6—do that once per week)

ACTION 7: Immediately after your morning spiritual fitness activity, find a window, stand by it, open it if you can, look out and raise your hands upwards and say: “Today is a gift and a privilege to be alive. I will rejoice today and be thankful for all I have and all that I am. I will live life to the fullest today!”

ACTION 8: Spend 5–10 minutes doing calisthenics after your spiritual fitness session in the morning. Do the following—if you can only do one of each, start with one and keep adding a repetition each week in the future:

- 10 squats
 - 10 lunges
 - 10 push-ups
 - 10-second plank
- (repeat sequence five times)*

TASK: Make sure you purchase a variety of nuts (walnuts, almonds, etc.; unsalted)

WEEK 8

Continue with Actions 1, 2, 3, 4, 5, 6, 7 & 8 each day (except for Action 6—do that once per week)

ACTION 9: Eat a small handful of nuts as an afternoon snack between lunch and dinner.

**Note: If you are allergic to nuts, DO NOT follow this action item. Instead, choose a veggie snack at this time of day OR another healthy protein you can eat as a snack.*

TASK: Prepare a jar/container and little pieces of blank paper.

WEEK 9

Continue with Actions 1, 2, 3, 4, 5, 6, 7, 8 & 9 each day (except for Action 6—do that once per week)

ACTION 10: Before you go to bed, write one thing you were grateful for today on a little note and put it in the jar (= gratefulness jar).

TASK: Prepare healthy breakfast food items for the next week, such as whole oats, fruits, nuts, whole-grain toast, etc. (there are many options here!) Pre-

pare what you think you would enjoy most and have some variety ready.

WEEK 10

Continue with Actions 1, 2, 3, 4, 5, 6, 7, 8, 9 & 10 each day (except for Action 6—do that once per week)

ACTION 11: Eat a healthy breakfast every morning within one hour of waking up.

TASK: Do an inventory of your kitchen and replace all white flour products with 100% whole grain/whole wheat products (= bread, pasta, rice, etc.)

WEEK 11

Continue with Actions 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 & 11 each day (except for Action 6—do that once per week)

ACTION 12: Only consume 100% whole grain/whole wheat products (if a white flour product is in front of you for any reason, do not consume it).

TASK: Review your personal schedule for the next week and arrange it in a way that it is possible to get at least 7–8 hours of sleep per night. Outline when you need to go to bed in order to be able to get 7–8 hours of sleep per night.

WEEK 12

Continue with Actions 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 & 12 each day (except for Action 6—do that once per week)

ACTION 13: Sleep a minimum of 7 hours per night, ideally 8.

TASK: Journal each day this week how many hours you sit.

WEEK 13

Continue with Actions 1 through 13 each day (except for Action 6—do that once per week)

ACTION 14: Sit less than three hours per day.

TASK: Ensure you have enough veggies in the house (fresh or frozen) for the next week to have about 3–5 servings every day (and then ideally follow through next week with eating 3–5 servings of vegetables every day).

Summary Notes:

This free introductory guide to embarking on a Wellness Transformation for Life is just the beginning of living your life to the fullest! There are many more exciting steps to integrate in your continuous journey (structured exercise, mental and emotional action items, social action items, elements related to stress and finances, etc.) and you will receive information on how you will be able to obtain additional resources In the very near future via www.thejackiefilm.com website!

We sincerely hope you have already enjoyed a better and most certainly a healthier life just by incorporating these vital health behavior changes into your daily life.

Keep up the good work and keep up with each action item every day because they are now part of your daily life and who you are. Stay focused on the MISSION to be FULLY ALIVE! YOU CAN! Each one of us can if we make the right choices every day. We may not be able to choose everything that happens in life, but we can certainly choose how we respond to it all!