

# CTA Wellness Presents

## Wellness One Notes *Micro Moves for Better Health*

**Thursday, March 11  
1:00-2:00 p.m. CT**

- Understand the concept of holistic health.
- Learn how willpower works.
- Discuss the advantages of taking small steps toward change.
- Explore wellness "micro moves" that may be helpful for you.

***Recording Now Available  
[Click Here](#)***

# NOTE TO SELF

## Wellness One Notes: Micro Moves for Better Health

When seeking wellness, it's helpful to look at the big picture. All the aspects of our being – mind, body, and spirit – interact with one another and impact our well-being. But, when it comes to making lifestyle and habit changes to support wellness, small moves can be the way to go. “Micro” moves can be easier to start and stick with.

To identify useful micro moves, look for areas where you're “out of tune.” Identify your goal, then consider one small change to start moving towards it.

### MICRO MOVE CRITERIA

- › Singular
- › Specific
- › Sustainable
- › Structured

### MICRO MOVES FOR COMMON WELLNESS FACTORS

- › **Physical activity:** \_\_\_\_\_
- › **Diet and nutrition:** \_\_\_\_\_
- › **Sleep:** \_\_\_\_\_
- › **De-stressing:** \_\_\_\_\_
- › **Time management:** \_\_\_\_\_
- › **Organization:** \_\_\_\_\_
- › **Spending/saving:** \_\_\_\_\_
- › **Connections:** \_\_\_\_\_

### MICRO MOVES FOR YOUR PERSONAL WELLNESS FACTORS

- |                |                    |
|----------------|--------------------|
| › <b>Goal:</b> | <b>Micro move:</b> |
| › <b>Goal:</b> | <b>Micro move:</b> |
| › <b>Goal:</b> | <b>Micro move:</b> |

### REMINDERS

- › One at a time
- › Make it matter
- › Watch mindset
- › Reinforce
- › Rework as needed

Together, all the way.®



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

Use and distribution limited solely to authorized personnel. 881117 08/18 © 2018 Cigna