

Episode 13

A Legacy of Health

Hi, I'm Rosie Bank and I'll be your host on this episode of Health Matters Podcast. I'm excited about today's episode because I believe you can look forward to two things. One – to live a life of an abundance of good health. And two – when you do that, the lives you can touch and the impact you can make are outstanding. In this podcast I'll give you three tips for building a future for yourself in order to leave a legacy of health. And since you might be driving, or on a train, or working out when you are listening to this, don't worry – I'm taking notes for you. You can get these three tips and the session notes at rosiebank.com/13download. And I'll tell you more about the download in a moment. For now, just listen, take it in, and I'll work with you to implement these lessons soon enough.

There is a message that lives deep inside me. I think about this for a portion of every waking hour. I will tell you what it is and I will tell you why I long to share this with you. Perhaps you are meant to hear this or maybe you need to. Or you know somebody who can benefit. I think my message is up there with *peace on earth*. Who doesn't resonate with that?

This podcast has been assembled to encourage you to step forward and shine in all areas of your life. My message is this: *Do everything you can to create vibrant good health*. A body that supports you will be your most valuable asset, and your shine will come from deep within your core.

By the way, I am very excited about my free download. The idea came when working with one of my clients. Because she was very intent to create a new set of pro-health behaviors, I built her a simple two-column chart as a guide she could use on a daily basis. What I taught her and what

I want to teach you is that some of your undesirable behavior regarding your health can literally be left in the past. I can do a whole other podcast on this because it is such a juicy strategy. But for now, let me suggest that you use your language to reference this behavior as that which you used to do. For example, you can say, “In the past, when I used to get stuffed after a meal...” or, “A former behavior is when I would, in the past, raid the fridge before going to bed.”

With practice, you can employ your language to literally place these experiences in your past. The most amazing thing about practicing this regularly is that at first this behavior might be in your immediate past. If you look over your shoulder, it is right there because maybe you did this in the very recent past so the memory is fresh. But here is the thing: as you put distance in real time between you and these behaviors, and when you use your language to reinforce this, the place in time when this behavior happened recedes. Eventually, with practice, being able to see yourself doing this becomes beyond your field of vision. You can’t even see yourself doing XYZ thing to your body.

For example, as you probably know by now, in the past, I used to abuse my body through bulimia. This was so long ago that when I look over my shoulder, I can’t even see it anymore. It took a very long time, but what happened to me can happen to you. This behavior called bulimia is nowhere in my field of vision, thus, it does not exist anywhere in my reality.

The free download is available at rosiebank.com/13download. It is this chart I mentioned with some instructions to populate it with what we can call “before and after” actions that are specific to you. But I do provide you with examples. I think you will love this powerful tool. When you use it, like with all things I share, let me know because it thrills me to know that this material is making a difference for you.

Now let's talk about your leaving a legacy of health. This is fitting with what I just described as the future regarding your health. We are going to look ahead together.

Busy, purpose-driven, success-minded people are smart to treat their bodies and their health as precious gifts. I believe I am speaking to you because the Health Matters podcast community is made up of people who value their vitality.

If you are one of these people, you will recognize yourself right away:

- You want a lot from life.
- You are willing to work hard to influence others.
- Living a life of meaning is part of your narrative.
- You think about things like “playing bigger” and stretching yourself to be distinguished in your field.

And even if you aren't Oprah or Elon Musk, still, your work and your footprint are significant.

The words *leaving a legacy* may be in your vocabulary.

I'd like to suggest that there are two subsets of this group of high achievers. I'll call them Group A and Group B.

Group A: Health is a Priority

Members of Group A make time for healthy meals. They keep their weight moderate, they get plenty of restorative sleep, and they avoid processed foods and alcohol in excess. They would no sooner knock themselves out with copious amounts of junky non-nutritive food than they would do drugs or smoke cigarettes. They also have excellent social

connections. They have peace and harmony in their lives as these are part of their core values.

This group is blessed. Members will be statistically less likely to encounter lifestyle-induced diseases such as diabetes, stroke, and various forms of cardiovascular complications. They will also be more able to enjoy the financial fruits of their labor. They know (and you might, too) that *it pays to be healthy*.

Another distinction about this group is that they don't abuse food or struggle with debilitating cravings. As a result, they don't struggle with brain fog or have energy crashes in the afternoon; they can do their best work throughout the day. They are creative, productive, and focused. If this is you, then you will know exactly what I mean when I write that you and your body are on the same page.

Group B: Health is less of a Priority

I need some courage here to tell it like it is, because I used to be a member of this group. This is the part where I have to be brave to tell it like it is. This is the group that I used to be a member of. Heck, I used to be the *president* of this group. Back in my 20s, 30s, and early 40s I was already in the health business providing hands-on body therapy and teaching yoga. However, I was sick and out of control. I abused food and lived a secret life with bulimia. The bingeing and purging were so devastating to my body that I might be dead by now if I hadn't found a way to make a change. Looking back, I was standing on a train track, with the Death-by-Lifestyle train barreling toward me. Had I not jumped off that track ... I shudder thinking about how close I was to missing out on what eventually became the best years of my life.

When I look back to these shameful years, I vividly recall how overwhelmed I was by these atrocious habits. Abusing my body with insane amounts of sugary, junky food left me feeling depleted, afraid, and overwrought with stress. This lifestyle is neither academic nor hypothetical to me. It was a brutal reality.

So now you know why I do what I do, namely to connect with busy people whose lives, businesses, and finances depend on their getting their bodies to work for them rather than against them. Can I relate to them? You bet!

I'd like to say more to you if you can relate to being in Group B. I have a spiritual longing, even a craving in my soul, to show you that there is reason for hope ... even to feel optimistic. This is not a contest, but if I can get my body, my life, and my health on track, so can you. I hauled myself back from the brink of near-death because I could not do the work that was my calling and live the life I dreamed of if I continued to destroy my body. It was to this day the most difficult and significant personal work I have ever done in my life, and by far the most consequential. Everything else in my life that was good hinged on me completing this transformation.

The stage has been set. You are reading this if you are ambitious and want to play on the field called life. You are not the “second string” nor are you meant to sit on the bench, borrowing from an analogy from the great leadership guru, John Maxwell. In fact, it was Maxwell who, after his near-fatal heart attack, revealed that if he could change something about himself, it would be that he would have done a better job guarding his health when he had it, rather than trying to buy it back after he almost squandered it. He describes his own transformation as *the*

pain of change. Because you already know about hard work, you are a perfect candidate for working hard on yourself. One thing successful people know about is that progress is not always easy, and usually worth it. We often push forward in our work and with our families. We are used to overcoming challenges. How about with our bodies?

Here are three benchmarks to help you recognize the signs of reliable good health. This is a tricky list, but it is useful to simplify what is a vast topic with many moving parts. In fact, your good health will always be the result of a variety of ways you intervene on your own behalf. It will never be just one thing, or just one practice that defines your state of wellness. (That can be a bonus benchmark – that people who are on top of their health game practice a variety of pro-health disciplines.)

1. You use food for nourishment and you have a healthy relationship with food. Because you are a steward of your own health, you simply do not repeatedly put your body at risk with poor health choices. Instead of succumbing to habits such as binge-eating, mindless snacking, over-stuffing yourself, and eating copious amounts of nutrient-void food, you eat food that is healthy for your body. Depending on your dietary preference, this may or may not include meat, poultry, seafood, and dairy. Regardless, you eat your veggies, and do what Michael Pollen writes in his book, *In Defense of Food*, “Eat food, mostly plants.” (You also realize that perfection is overrated.)

As business women and men, we need to be as intentional with our health and our food as we are about our business and revenue goals. Pardon my bluntness, but I told you that we need to be honest about this. Successful people who are mindful about their health do not eat food the way an alcoholic drinks alcohol. It is fairly easy for us to equate in our minds

how being a practicing alcoholic does not correlate with being an unswerving entrepreneur.

What about food addiction? I learned in my own experience (not in any of the hundreds of books I've read nor the thousands of hours of training I have received in nutrition) the following sobering fact: if you are addicted to food or if you suffer with an eating disorder, you will still need to figure out how to navigate through eating. Unlike gambling or alcohol, you cannot go cold turkey with food. You can go cold turkey with sugar and caffeine, but you can't stop eating. This is one of the reasons why this is hard work and why you might consider working with a Health Coach who specializes in this arena. If you resonate with this as an opportunity to improve your life, you are not alone.

2. Women and men who consistently engage in wellness practices know their reasons for doing this. I call these your Personal Motivators. These reasons are compelling, emotional, urgent, and involve other people. For many of us this is our family and our clients. I work with people who *must* develop self-esteem in order to achieve their personal and professional goals. Their relationship with food needs to be addressed. I met a man at a health fair recently who has a prestigious position at a local junior college. He said to me regarding his body, "I don't even think about it." I asked him if there was any consequence of not thinking about his body. His answer: "I feel like I am falling apart." He had his first coaching session this week. My pre-session Health History form includes this question: *What is the most compelling, significant, personal reason why improving*

your health is important to you? Why now? You might want to answer this question for yourself.

In *The One Thing*, Gary Keller endorses boiling down our work and our reasons for why we do what we do to one overarching, compelling purpose with one primary objective or outcome. For example, my one thing regarding staying well is because I love to do sports and have travel adventures. I loved Keller's book, but in this arena, we can have more than one personal motivator for honoring our bodies and guarding our health. Getting sick is the single most costly cause of financial difficulties, according to researchers at Harvard. They even gave it a name: Medical Bankruptcy. I mention this to point out that saving your hard-earned money ought to be up there in your personal motivators for getting and staying well. Thank you, John Maxwell.

3. You value peace and harmony. You complement hard work with resting, relaxing, finding ways to sooth your body, and ways to refresh your mind. You know it can't all be about work and productivity.

I learned something that has shaped my health coaching practice. None of my high achieving clients who needed my help to unwind from stress ever said that they wanted to become more spiritual. However, among this same group, each individual described something that sure sounded like *becoming more spiritual* to my trained ear. They said things like, "I learned how to listen to my body." "I feel more connected with myself." "I can tell when it's time to breathe and relax." Please don't get hung up on the word "spiritual", because it means something different to each of us. The point is that when

you are connected to creating a healthy body, you know how to take care of *you*, the being living inside of that body.

Before I close, let me remind you about your free download at rosiebank.com/13download. I would love to share with you this tool to help you step into a new, more vibrant, confident version of you. A good place to share how you use this is at our community Facebook page, at www.Facebook.com/GetYourBodyToLoveYouBack.

In closing, let me remind you that using food for nourishment, knowing your purpose, and practicing self-and-soul-soothing are all part of your master wellness plan. Whether you are standing in front of an audience, serving your clients, running a household, or working on an important project, showing up with your body in a state of vitality will inform everything you do. As you look ahead to your dreams and ambitions, remember to look down as well. Thank your body. Your health matters. And so do you.