



# Your Health is Your Wealth

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A serene landscape featuring misty, rolling mountains in shades of blue and green. A calm body of water in the foreground reflects the surrounding scenery. The overall atmosphere is peaceful and ethereal.

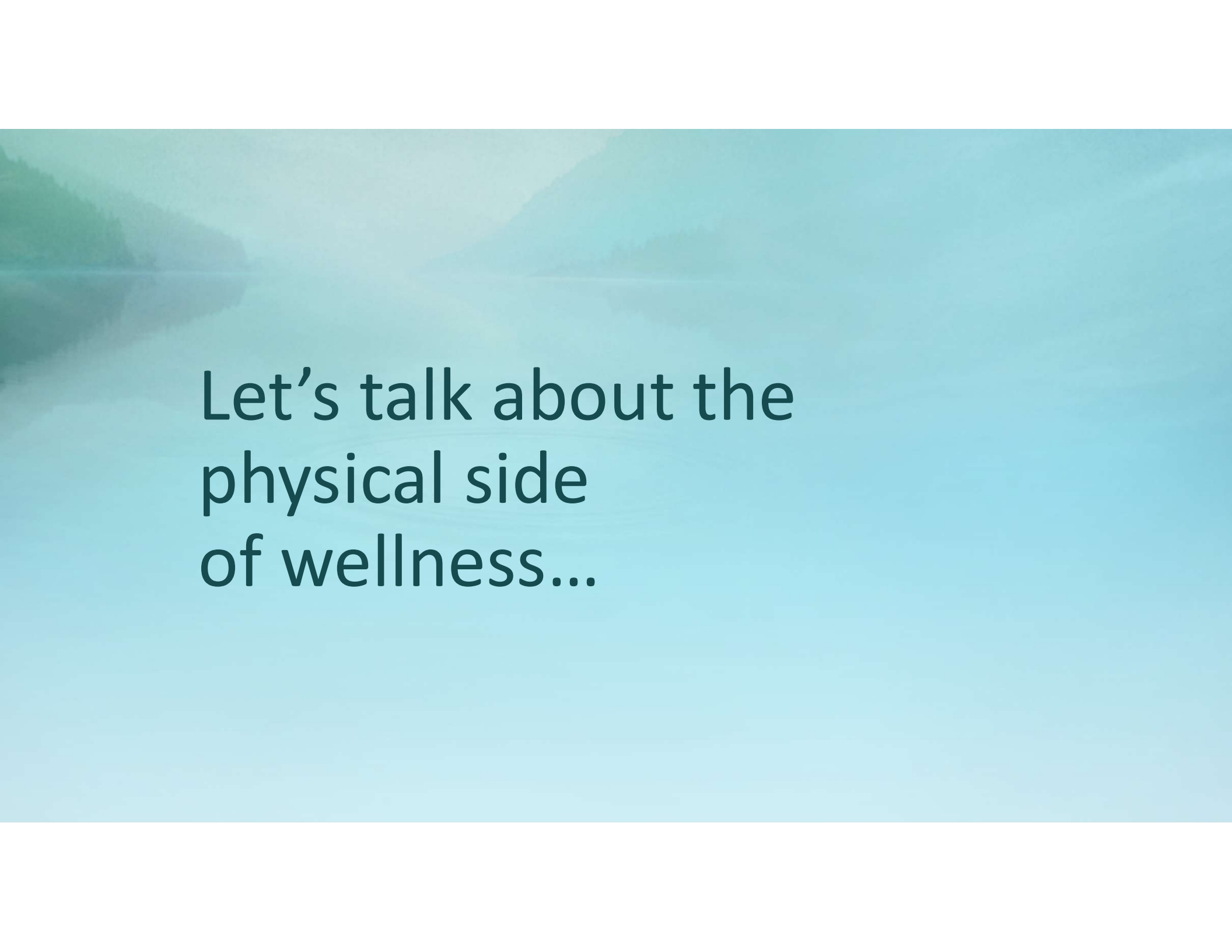
How do you recharge?







# Physical Wellness VS Mental Wellness



Let's talk about the  
physical side  
of wellness...

# What is physical health?

- Overall condition and functioning of your body
- Proper Nutrition
- Regular exercise (that is best for you)
- Adequate Sleep
- Healthy Body Weight
- Good Hygiene
- Avoiding Harmful Substances
- Preventive Care

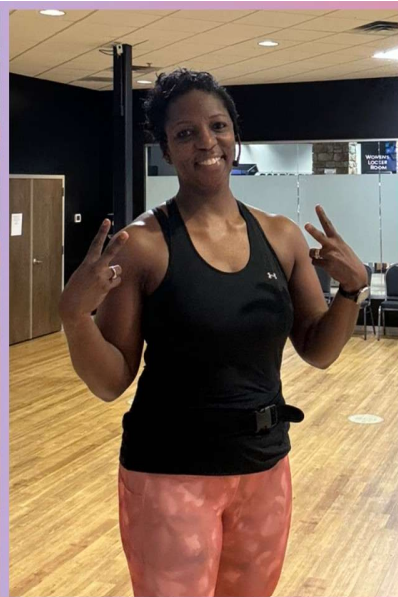






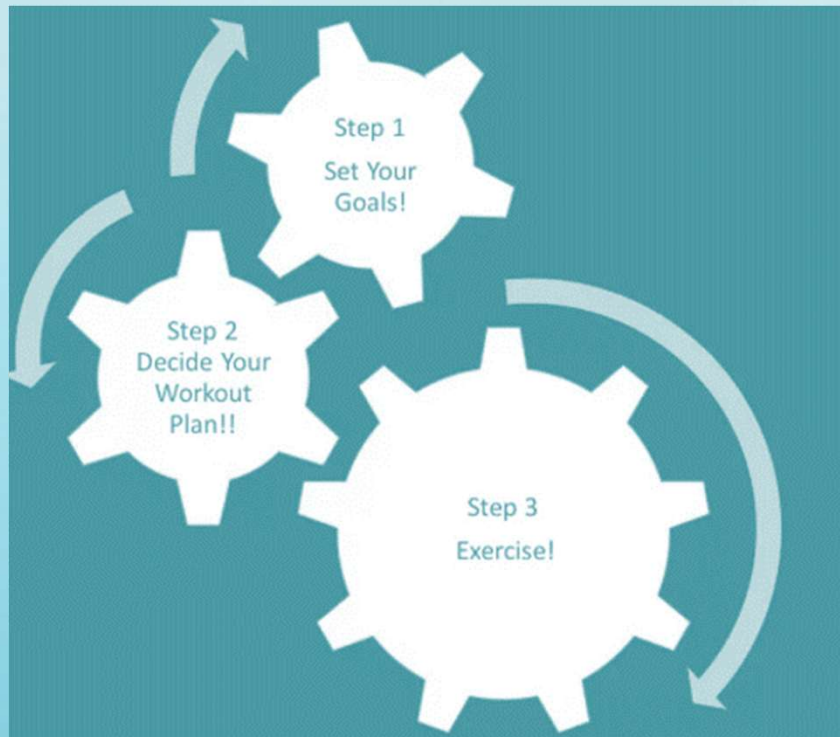








# How to plan your exercise routine??



# Benefits of Exercise

- Control weight
- Combats health conditions and disease
- Improves mood
- Boost energy
- Improves mental health





## Lower Intensity Workouts

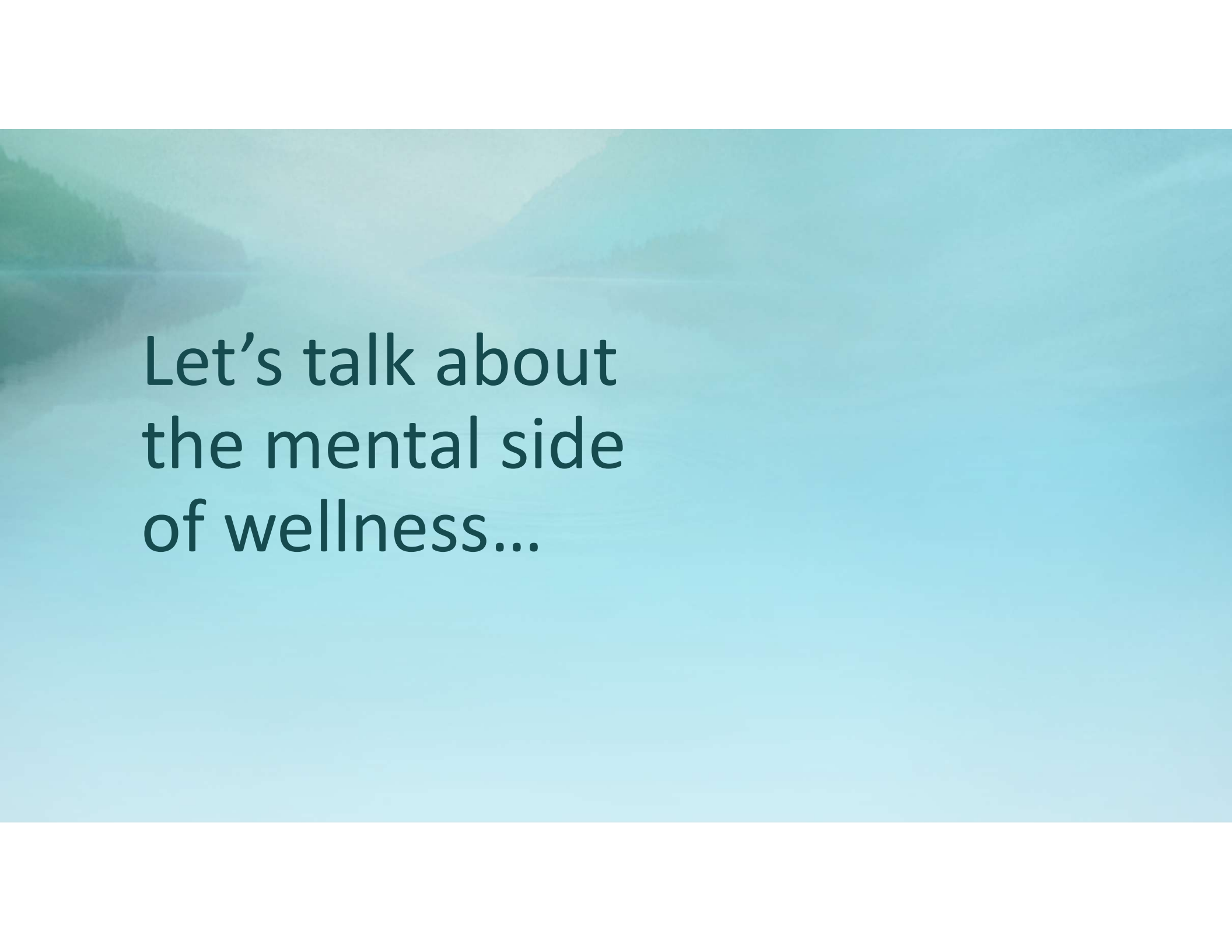


- Walking at a casual pace
- Swimming laps
- Light jogging
- Elliptical machines
- Cycling









Let's talk about  
the mental side  
of wellness...

# What is mental health?



- Emotional, psychological, and social well-being
- Think
- Feel
- Act
- Handle stress
- Relate to others
- Make choices



# Why is mental health important?

- Affects overall well-being
- Influences daily functions
- Supports healthy relationships
- Promotes resilience
- Reduces risk of mental illness
- Improves quality of life



# Warning signs of poor mental health

- Emotional signs: mood swings, loss of interest, irritability
- Cognitive signs: constant worrying or racing thoughts, unable to concentrate
- Behavioral signs: changes in eating or sleeping problems
- Verbal signs: feeling “empty”, expressing hopelessness
- Physical signs: low energy, frequent headaches, stomach problems

# What can I do to protect my mental health?



- Talk to someone you trust
- Eat well
- Exercise
- Self care
- Sleep well
- Manage stress



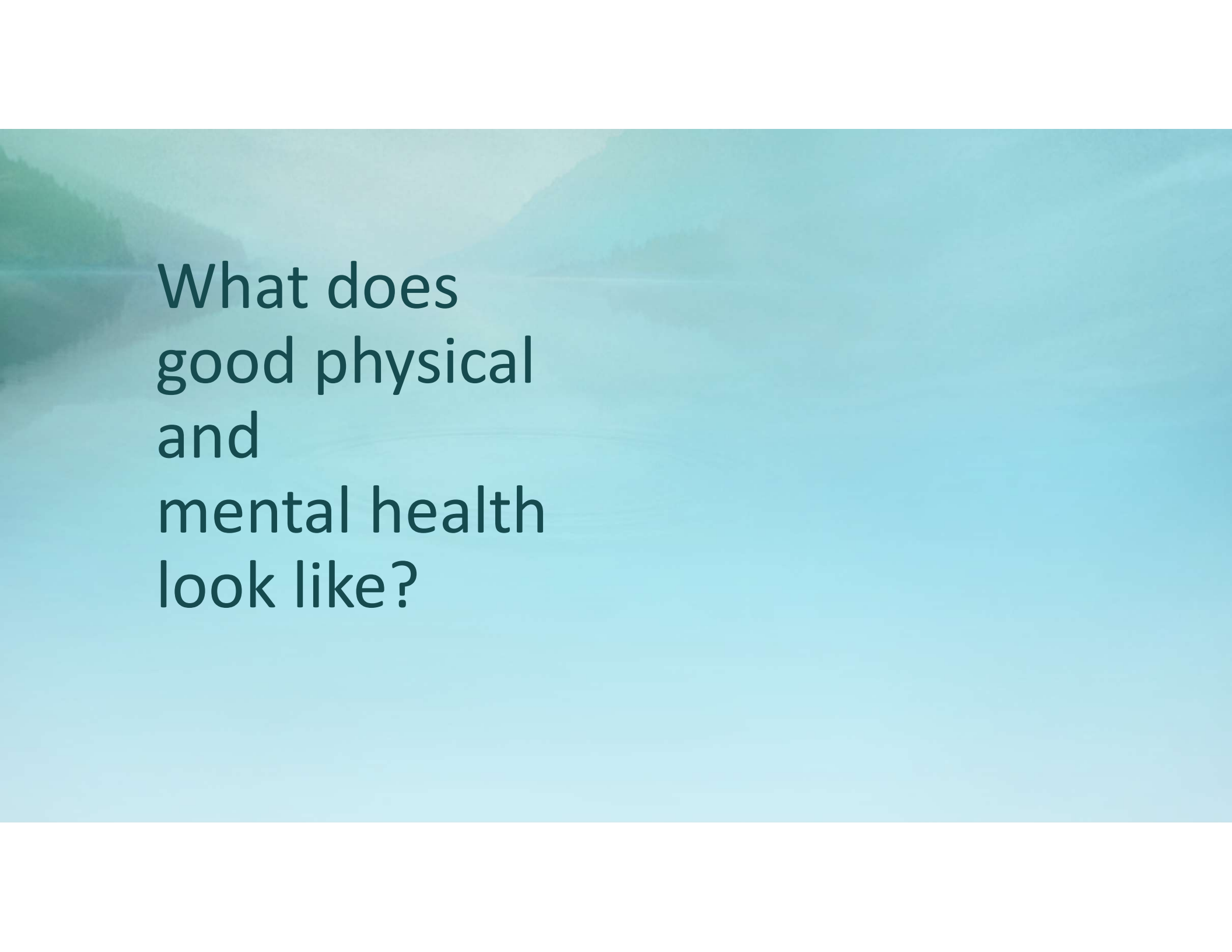


## Testimony from Kayla Albright

"I've lost 45 pounds through intermittent fasting, and my favorite thing about it is how easy it is to get back on track. I fall off the train frequently, but with intermittent fasting, I can reset the very next day without feeling defeated. The hardest adjustment for me was switching to black coffee in the mornings. I had to experiment with different blends and types of coffee before finding ones I enjoy. Now, it's part of my routine. Other than that, I eat whatever I want within my window (11am – 7pm), which makes it feel sustainable."







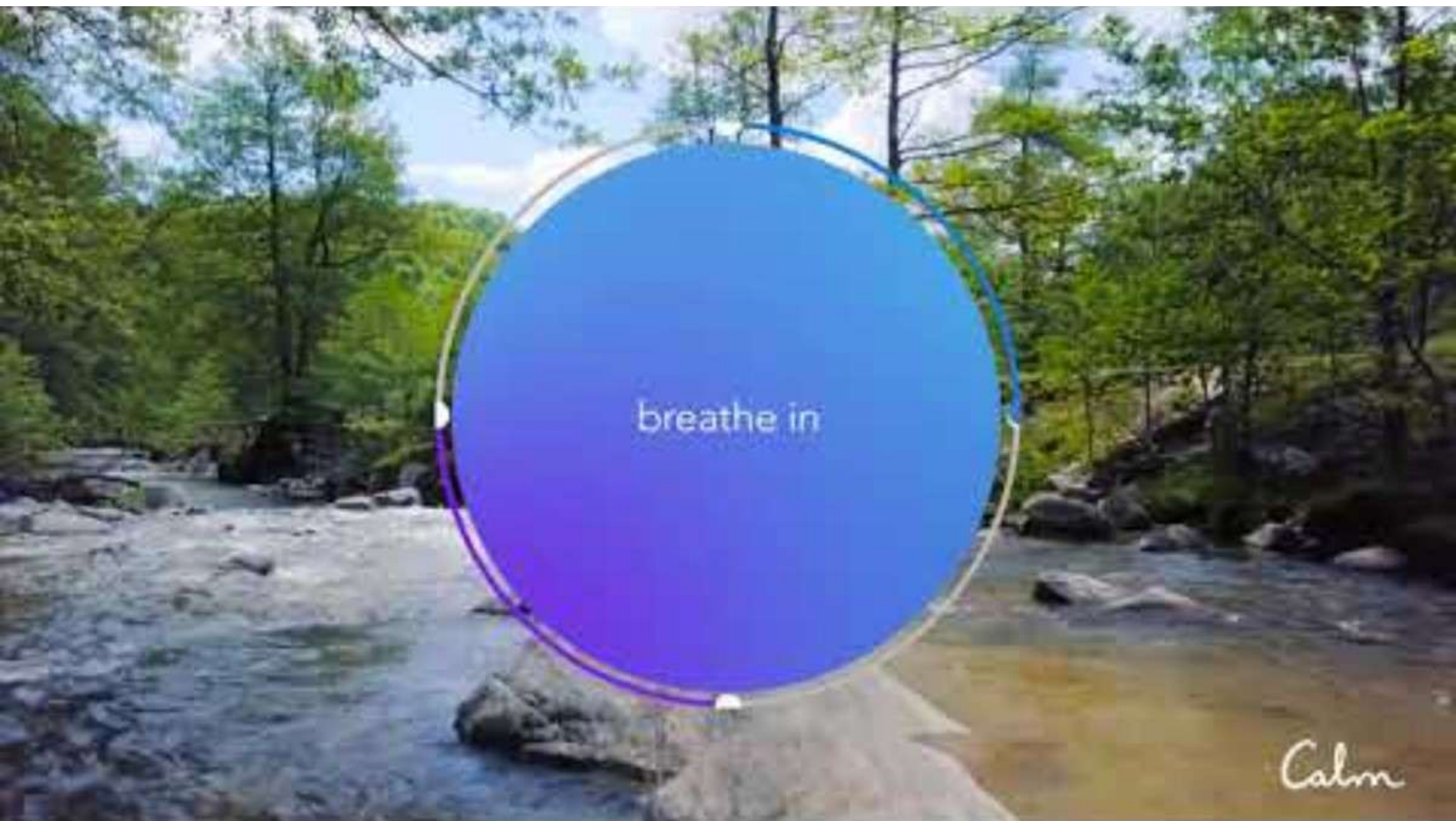
What does  
good physical  
and  
mental health  
look like?



A serene landscape featuring misty, rolling mountains in the background and a calm body of water in the foreground. The scene is bathed in a soft, ethereal light, with the mountains' peaks partially hidden by a light mist. The water reflects the surrounding landscape, creating a mirror-like effect. The overall color palette is dominated by soft blues, greens, and greys, contributing to a peaceful and tranquil atmosphere.

# Breathing Challenge





breathe in

*Calm*







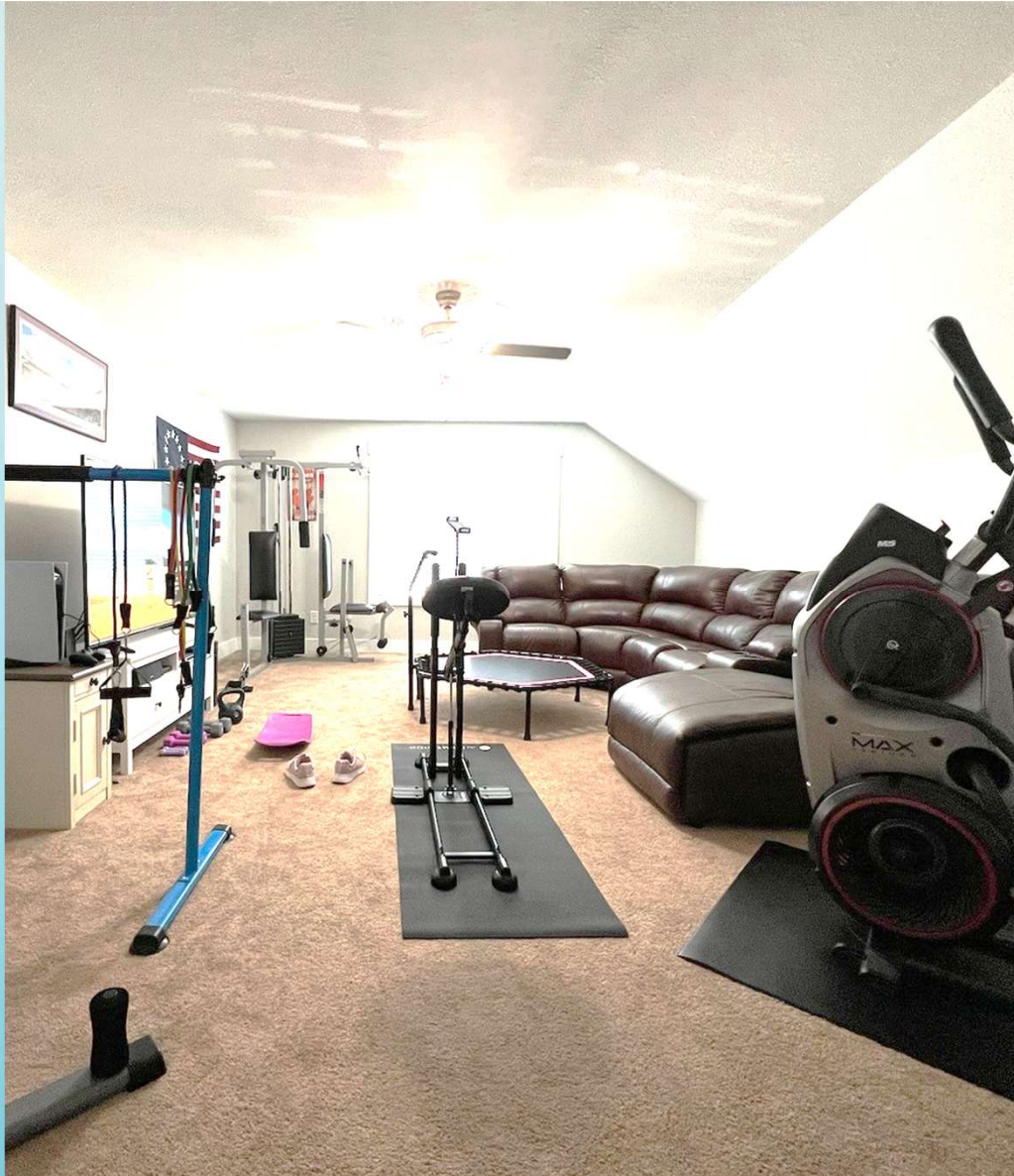
# Wellness in the past?

- Talking openly about anxiety, depression, or therapy was less common.
- Mental health was often treated reactively (only after a crisis), not proactively.
- Therapy was expensive, often not covered by insurance, and mostly in-person.
- Popular fitness programs weren't tailored to individual needs.
- Wearables existed but gave limited insights (mostly steps and heart rate).
- Exercise was prioritized, but sleep, stress, and recovery got less attention.
- Wellness meant going to the gym; home fitness tech wasn't widely adopted until COVID-19 hit.



# Wellness in 2025

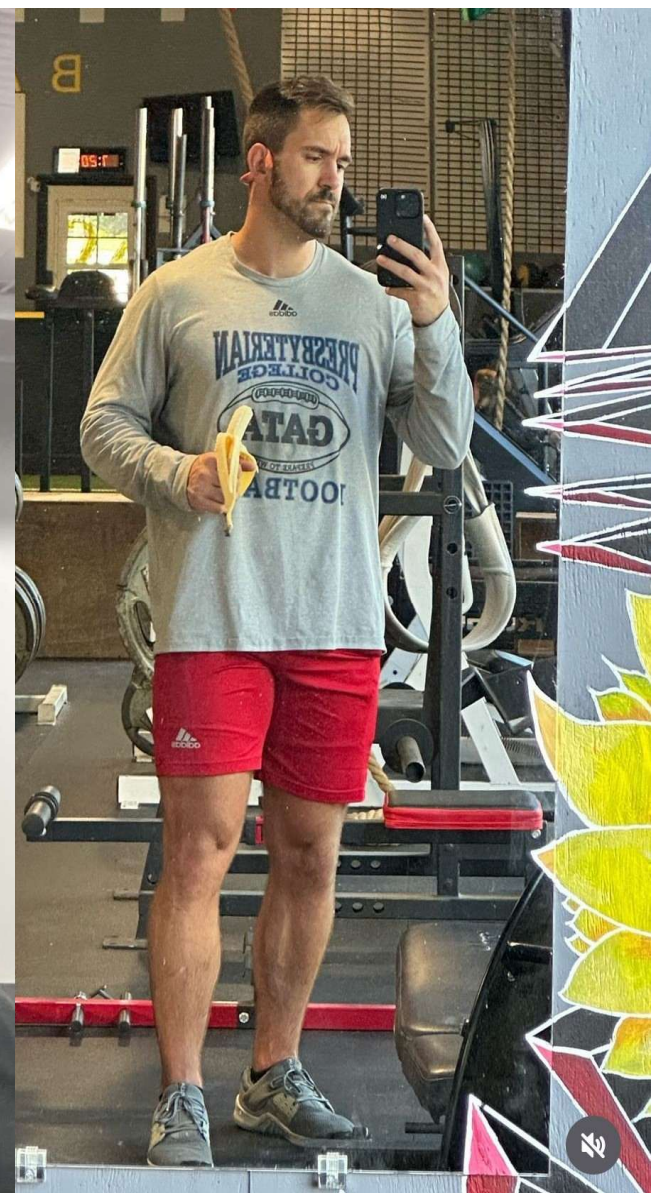
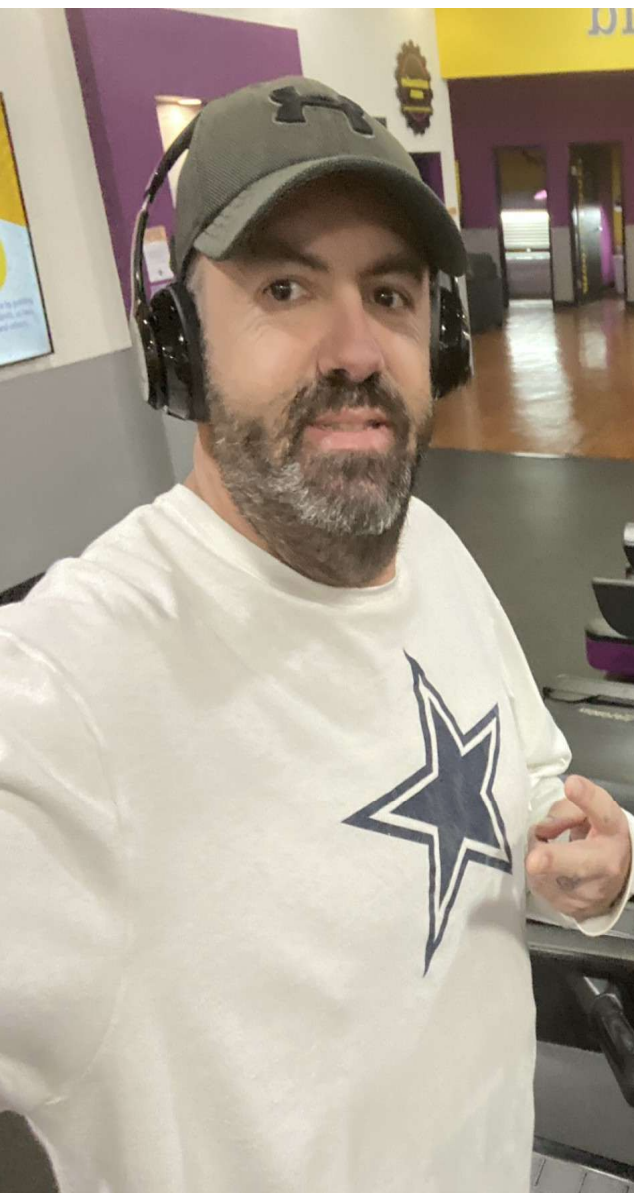
Category	Before 2025	In 2025
Mental Health	High stigma, low access	Normalized, digital, accessible
Fitness	Generic programs	Personalized plans
Nutrition	Fad-driven	DNA/gut-based, science-backed
Recovery	Often ignored	Central to wellness routines
Tech & Wearables	Basic tracking	Deep insights, 24/7 feedback



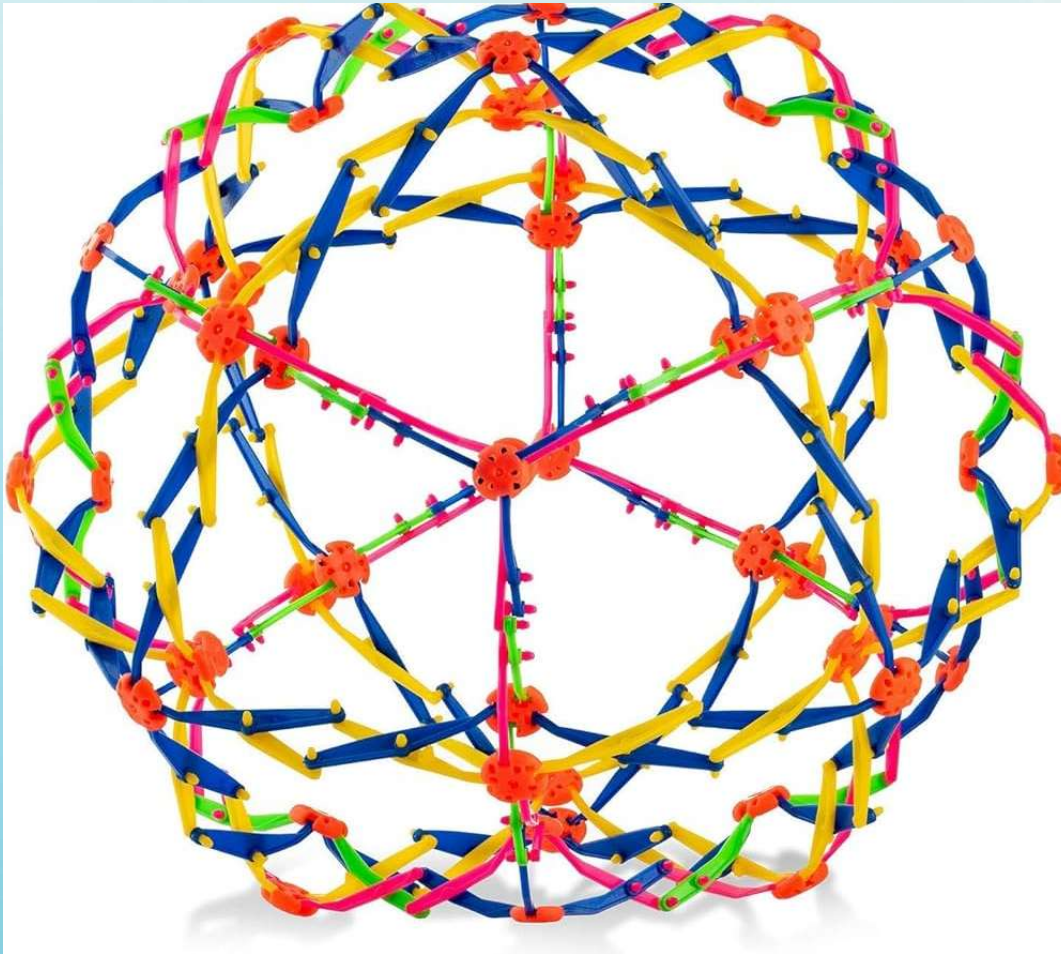
# In home workouts

- Work from home employees
- Busy schedule
- Can't afford a gym membership
- Not conveniently located near you









Mental Health + Physical Health  
= Wealth

Healthy Mind + Healthy Body  
= Your Greatest Wealth

Healthy Inside + Thriving Outside  
= Real Wealth

Mental Health + Physical Health  
= Your Richest Investment

Questions?



# Let's Connect!



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