



GLOBAL WELLNESS SUMMIT 2019

From Small Steps to a Giant Leap

Dr. Richard H. Carmona, Chief of Health Innovation, Canyon Ranch;
17th Surgeon General of the United States, US

Susie Ellis, Chairman & CEO, Global Wellness Summit, US

Laurie Jennings, Deputy Editor, Hearst, *Good Housekeeping*, *Prevention*,
US

Jessica Jesse, CEO & Creative Director, BuDhaGirl LLC, US

THE GLOBAL COST OF **NOT FOCUSING ON PREVENTION**

69%

of all deaths globally
each year are a result of
preventable diseases

Centers for Disease Control, 2017



THE WELLNESS MOONSHOT: A WORLD FREE OF PREVENTABLE DISEASE



Introduced at the 2017 Global Wellness Summit at the Breakers in Palm Beach, Florida with the help of some of the world's wellness pioneers.

THE WELLNESS MOONSHOT™: A WORLD FREE OF PREVENTABLE DISEASE



THE WELLNESS MOONSHOT CALENDAR:

a year of inspiration



**Organizations
Participating**

354



**Employees
Impacted**

505620

THE 2019 WELLNESS MOONSHOT CALENDAR: A YEAR OF INSPIRATION



THE 2019 WELLNESS MOONSHOT CALENDAR: A YEAR OF INSPIRATION



THE 2020 WELLNESS MOONSHOT CALENDAR



THE 2020 WELLNESS MOONSHOT CALENDAR



THREE WAYS TO USE THE CALENDAR



Order the Calendar



Print the Calendar



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2019 WELLNESS MOONSHOT CALENDAR SPONSORS



GLOBAL WELLNESS INSTITUTE PARTNERS WITH **PREVENTION MAGAZINE** FOR THE **2020 WELLNESS MOONSHOT CALENDAR**



The logo consists of a large circle with a light blue outer ring and a black inner ring. Inside the circle, the text is centered and reads "Prevention + GLOBAL WELLNESS INSTITUTE".

Prevention

+

**GLOBAL
WELLNESS
INSTITUTE**



LET'S MAKE OUR WORLD HEALTHIER

Prevention has teamed up with the nonprofit **Global Wellness Institute** on the **Wellness Moonshot: A World Free of Preventable Disease**. The goal: a healthier you, community, and world. Here's how you fit in.

How do you make the world a healthier place? "It's a daunting task," acknowledges Jessica Jesse, Global Wellness Institute board member and founder of wellness lifestyle brand BuDhaGirl. "But as with all things, it's one person at a time."
WHY A MOONSHOT? "It's about inspiring us all to reach for something beyond our grasp," explains Nancy Davis, executive director of the Global Wellness Institute. Eradicating disease is not a resolution we can complete in one year, but "I know we have it in us to do this and we must," says Richard Carmona, 17th Surgeon General and advisor to both Prevention and the Global Wellness Institute.

2020 is a call for each of us to step forward as wellness leaders. "This isn't an event; it's a journey," says Global Wellness Institute CEO Susie Ellis.
WHAT IS A WELLNESS LEADER?
 It's more than eating healthy foods or getting enough sleep—it's a deeper commitment to yourself and others. You lead wellness every time you...
 ...experience beauty and wonder in your daily life
 ...seek opportunities to expand your viewpoints and beliefs
 ...grow through life's constant change
 ...respond to problems out of calm
 ...contribute joy where you live and work to amplify wellbeing for others

JANUARY: Emerge

BY RENEE MOOREFIELD

Each month we'll bring you a new theme to support your new role as a wellness leader, along with strategies and tools to guide you. Here is how you can emerge and take part in the Wellness Moonshot:

- ▶ **SIGN UP FOR A MOONSHOT CALENDAR**, with each month's theme designed by Jesse (that's January at left). It's free to download and \$50 for a laminated version you can hang (proceeds go to the nonprofit Global Wellness Institute).
- ▶ **CREATE A WELLNESS MOONSHOT** just for you, your personal vision to live a healthier, more fulfilling life. Go wide with your wellness moonshot—include your physical, career, social, financial, and spiritual wellbeing in it. Better yet, involve your family or colleagues to create a shared wellness moonshot. Together, you'll be setting a powerful intention to make wellness a priority at work and at home.
- ▶ **POST YOUR PERSONAL OR SHARED WELLNESS MOONSHOT** along with a photo during the week of the full moon (January 6-13) with #wellnessmoonshot. We'll spread your inspiration to the growing network of wellness leaders across the globe!



YOUR PERSONAL WELLNESS ASSESSMENT

With an attitude of curiosity, assess yourself from 1 (not at all) to 5 (always). Consider the many dimensions of your life: your family and friends, and your workplace and community.

- 1 I give myself permission to take care of my personal wellbeing.
- 2 I use lifestyle habits, such as healthy eating, physical movement, rest and breathing techniques, to balance my physical, emotional and mental energy.
- 3 I tend to bounce back quickly when setbacks and disappointments occur.
- 4 When I get too stressed, I take life-enhancing actions to relax or calm myself.
- 5 I am optimistic about my future over the next five years.
- 6 I bring passion and purpose to my life and work.
- 7 I make wellness an everyday priority for myself and the people around me.
- 8 I intentionally contribute to the wellness and happiness of others.

There is no right score to this quiz—your total score reflects where you are today and hints at opportunities for growth.

CHECK YOUR SCORE

- Scored 27-40?** You are empowering wellness for yourself and others.
- Scored 14-26?** You are striving to make wellness central to your life and work.
- Scored 13 or below?** You have an opportunity to tap into more energy, resilience and wellness in life.





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THE WELLNESS MOONSHOT

F E B R U A R Y

include

A WORLD FREE OF PREVENTABLE DISEASE









J U N E



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J U N E

cultivate

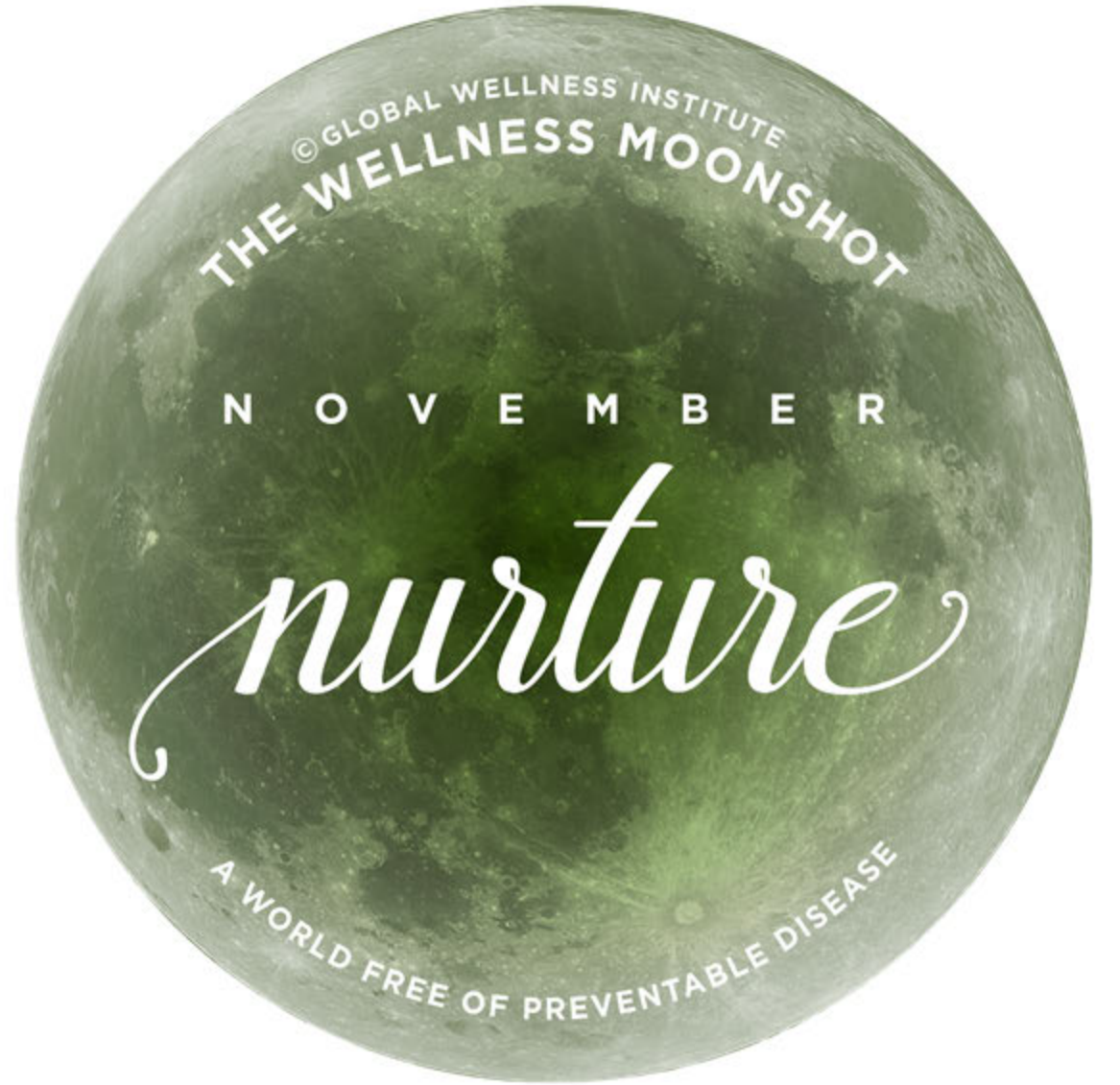
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Thank

A WORLD FREE OF PREVENTABLE DISEASE

THE 2020 WELLNESS MOONSHOT CALENDAR

