

Wellness Journey: Celebrate for Health

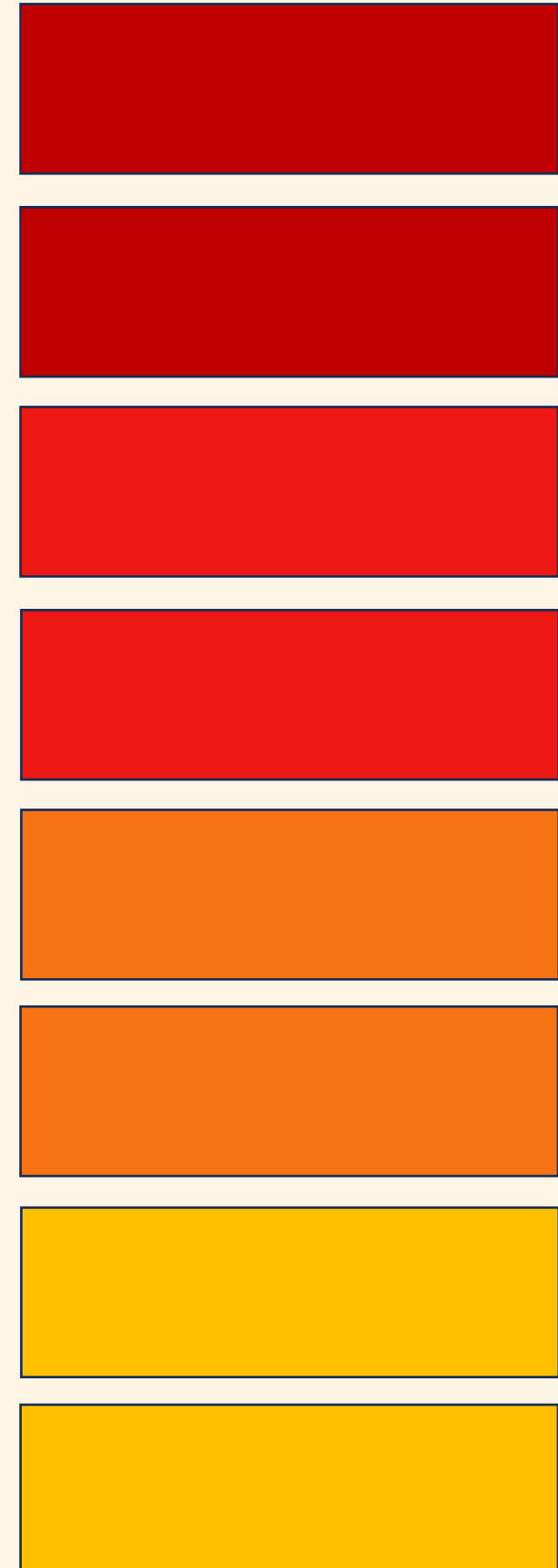
Boost your Health with Positivity

Lisa Michelle Miller BS, NC

Nutrition Consultant, certified

Ocean View Nutrition – Nutrition Consulting

Kitchen on Fire – Cooking School



Boost your Health with Positivity

We're excited to help kick off your 2025 Open Enrollment by being part of your Health Fair.

Celebrate for Health

Good nutrition and lifestyle choices can help us on our path to long-term health and happiness. Discovering creativity, culture and community can take our life experiences to the next level.



Kitchen on Fire & Ocean View Nutrition

We bring people together
through cooking, nutrition
and a sense of
community.

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

- **BUY** seasonal, local, organic and GMO free when possible
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods including herbs and spices
- **SHARE** and enjoy meals with friends and family
- **AWARENESS** of allergies and sensitivities



Objectives for Today – Celebrate!

Focus on the positive - take our life experiences to the next level

1. **Be Creative** with simple changes
2. **Embrace Culture** to connect with others
3. **Gather Community** to celebrate together
4. Recognize your accomplishments – focus on the positive
5. Set and achieve SMART goals



BONUS:
Raffle Prize - let the celebration begin!

Boost your Health with Positivity

Today – let's focus on the 3 C's

- **Creativity** – an outlet for our brain
- **Culture** – a basis of our collective memory
- **Community** – comfort from human connection

Good health comes together from all angles,
and we may feel like there are too many
areas that need our attention

Today – let's
focus on the 3 C's

Be Creative with simple changes

Why change?

- Brain stimulation
- Changes your mindset
- Finding new ideas helps our lives evolve

What prevents us from making changes?

- Status quo seems OK to me
- Lacking creative energy
- On 'autopilot' to get through the day, month, year



Be Creative with simple changes

Areas to give a little boost to the day

- Take time for coffee on the porch
- Put a surprise in your kid's lunch
- Recognize a co-worker with an encouraging email
- Buy flowers for your desk on Monday
- Take a different route to your next destination... to make interesting discoveries 😊



Let's play a game!

Let's play a game!

Be Creative with simple changes

Let's get some ideas flowing to encourage creativity in our lives!

Help us get
some good
ideas
flowing!

1. Sing a good morning song to my fur-babies
2. When sitting up in bed each day, before I put my feet on the ground, I think 3 positive thoughts of things I'm grateful for.
3. Painting rocks
4. Look for some easy DIY projects on Pinterest
5. Take a different route to/from my desktop meet new employees.
6. Work in the garden, smell the flowers, get your hands in the dirt.
7. Call a friend you haven't seen for awhile.
8. Write a letter to a loved one.
9. Walk around your neighborhood and visit with neighbors. Enjoy sunsets and moon rises.
10. Buy or cut some fresh flowers and place them in an area you spend a lot of time in.
11. Facetime family instead of texting.
12. Call friends to ask how they are with no agenda.
13. Read a good book.



‘Gamify’
your life 😊

Embrace Culture to connect with others

Traditions may change as we:

- move away from extended family
- create blended families
- live in communities with mixed cultural backgrounds

**What can we
do to embrace
change?**



1. Seek to understand
2. Create a sense of belonging
3. Promote communication
4. Learn through traditions
5. Strengthen relationships



Embrace Culture to connect with others

One step towards learning about another culture

Expand our
world by
learning a
cultural
element
about others
in your circle

1. Attend an HOLA event with Assetmark
2. Join AMK ERG group meeting or event
3. Watching movies with cultural influence
4. Read a memoir from someone with a different background
5. Attend a cultural event, like the annual Greek festival in Oakland
6. Learn more about your colleagues and neighbors personal cultural celebrations by asking questions
7. We meet monthly with our neighbors, dinner at a local restaurant. It's a great way to get to know the people living close, all ages and walks of life!
8. Neighborhood association, weekly run club, Meetups for your interests.
9. Join Lisa to learn French on Duolingo 😊
10. Our neighborhood started doing pickleball meetups and it has been so fun!
11. Helping with quarterly blood drives to help others which impacts my local community.

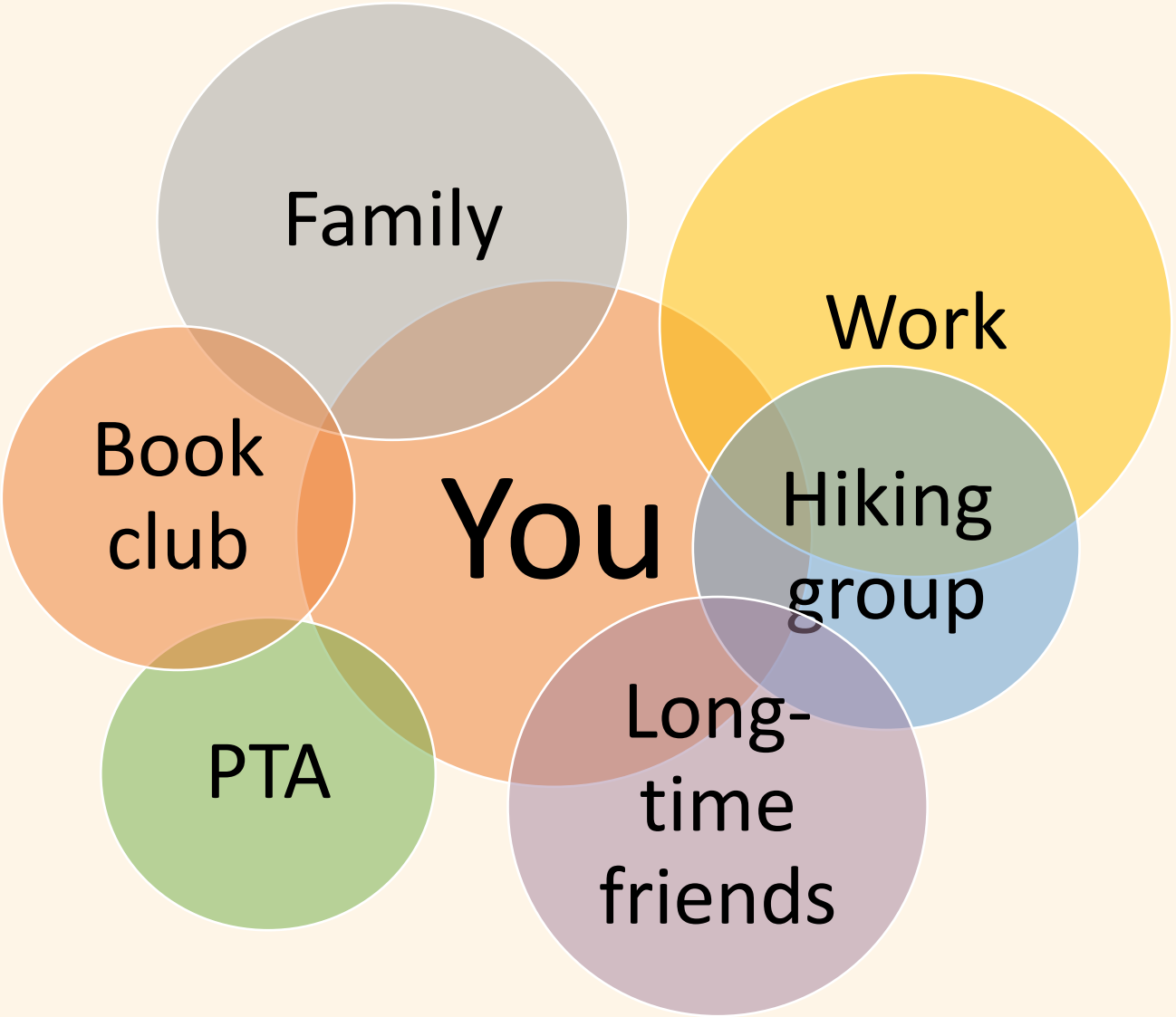
Let's do this!
It's fun!

Gather Community to celebrate together

How many community circles do you have?

Do they overlap?

Are they benefiting from your positive energy? And you from theirs?



*Appreciate
and celebrate
your world*

Gather Community to celebrate together

Who benefits when we recognize and celebrate
the little AND BIG wins?

EVERYONE!

- You are helping yourself as well as the recipient and everyone else that is included along the way
- Drawing out the positive in the day will give back many times over
- With any luck, it's the gift that keeps on giving... the pattern continues

Gather Community to celebrate together

Let's get some ideas flowing to encourage positivity in our lives!

What little
wins could
you
celebrate?

1. Your son's term project is complete or your daughter improved their grades
2. Completing home improvement projects
3. Planting your first garden
4. Reaching a fitness goal
5. Helping with quarterly blood drives to help others which impacts my local community
6. Kudoboards for recognition, Boss's Day, Admin Day, other less celebrated events
7. Change of seasons
8. Trying out a new recipe that everyone enjoyed
9. Cooler days in Arizona
10. My orange tree survived its first summer in Phoenix
11. Being healthy, especially during cold and flu season.

Let's do this!

Set SMART goals to Boost your Health with Positivity



Invest in yourself from the inside out!

- 1 goal related to a change to stimulate positive change
- 1 goal to celebrate the small stuff, enjoy everyday!

What do you want to share?

See you on December 6th for a
Virtual Happy Hour!

Specific
Measurable
take Action
be Realistic
Time-oriented



About us

- Kitchen on Fire Cooking School
 - For the Home Chef in Berkeley & Oakland since 2005
 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Cooking Classes, Events: In-Person and Virtual
 - Nutrition Education, Corporate Wellness, Individual Consulting
 - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
 - Owner & Nutrition Consultant, certified
 - Consultations, Classes & Presentations
 - lisa@oceanviewnutrition.com



Link to today's presentation,
demo info and more
[https://www.kitchenonfire.com/
celebrate-for-health/](https://www.kitchenonfire.com/celebrate-for-health/)

New link for the Health Fair

