



# Time to Dance!

29 April, 2022 Issue 6

## LIVING LIFE LOUDLY NEWSLETTER - HEALTH EDITION

### A LOOK INSIDE THIS ISSUE:

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- Health & Wellness Your Way  
The Importance of a health and wellness strategy for you.
- Painful Observations  
Anxiety, depression, obesity, and addiction
- Corporate Resilience  
What can your organization or leadership team do to drastically make an impact on human lives and how does that tie to decreased turnover and increased productivity.
- May Movement Challenge  
Make May the month for change. Encourage everyone you know to sign up and participate to win great prizes. It's free and your energy is at stake

### HEALTH & WELLNESS YOUR WAY

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You know that energy is my most prized commodity and I will protect it at all costs. What would you do for more energy and why does it matter? For me, it creates fire in my soul, fuels my mind, and allows me to be labeled by all of you as one of the most productive humans around (I'm honored for sure). So, how do I have so much of it? It's just part of my health and wellness strategy. Yup, I have one. We all need one.

You are unique and your plan must set you on fire. When you accomplish your plan, you set me on fire and I will dance. You see, through this month's coaching sessions I've seen extremes from one needing to lose 100lbs to either get off oxygen or to qualify for a new lung to someone youthful wanting to create healthy habits so she can potentially have a family and set a good example. The stories go on and on and when talking to my friend and super athlete/coach, Cathy Yinstead, she said "you can't fail if you tie your goal to how you will feel when you accomplish that goal." We both agree that excuses exist and the ones who make their goals happen are the ones who know you can't do it alone and who do not let anything keep them from their goal. Let's do some epic stuff!

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Let's Do Epic Stuff This Month!

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# PAINFUL OBSERVATIONS

Look around and you'll see that obesity, heart problems, anxiety, and depression are still abundant. Those who have started traveling again for work are going right back into the atrocious patterns of starting meetings early, sitting for meetings, sitting for meals, eating and drinking unhealthy foods and drinks and then sitting again on airplanes. The cycle won't change until people are willing to create boundaries and until leaders are bold enough to say, "let's do this differently." There is a lack of self-awareness right along with a lack of health-awareness.

Please own your health. Please focus on wellness. If you are in a leadership role, don't you owe it to your people to help show them a new way and to make collaboration time a great time for a walk? Encourage movement, encourage balance, and encourage the conversation of what wellness means to each other.

Lastly, start the conversation about work boundaries by watching this TEDx Talk by Woodrie Burich (a fellow coach I'm blessed to be connected with). Just click the link below.

If any of this resonates with you and you want to get started then let's talk. You can always start by joining the May Movement Challenge. See the last page for details.



## Setting work boundaries

A healthy outside starts from the inside – Robert Urich

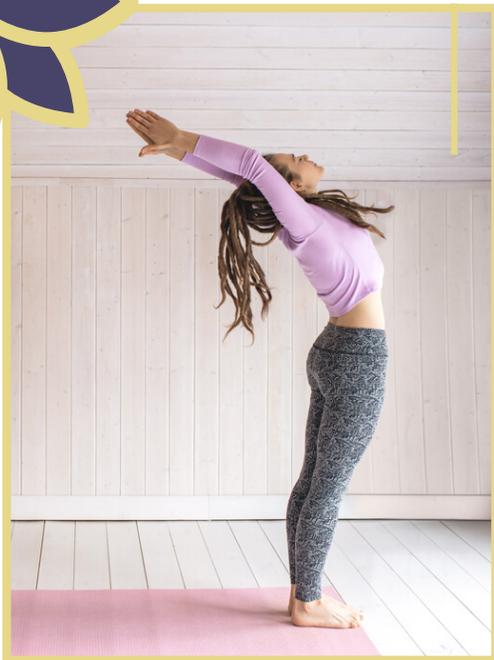
Now, do you see this smile? It starts when I wake up. I start with a healthy detox juice that energizes me, then some coffee, and then I dance! Yup, in my undies or sometimes I make it into my cycling kit first but there is always dancing. You see, I've learned that you really can't frown and dance. Try it? It's seriously not possible. I do this same routine in the afternoon to pick me up (minus the coffee and I stay in clothes ha ha) So, just try it...it's just one of my wellness tricks that anyone can do even if your version just has your head bopping. C'mon just one song?!





## LIVING LIFE LOUDLY PHILOSOPHY

To live life loudly means that you have intentionally curated a health and wellness strategy for yourself. It means creating boundaries and habits that will serve you better in leveling you up to do epic sh\*t every day.



## GREENING UP THE HUMAN SPIRIT

### A Wellness Culture Done Well!

According to TotalWellnessHealth there are a few organizations who are doing epic work in promoting health, happiness, and productivity and they are engaging in fun and holistic approaches to wellness.

Accenture, Asana, Draper, Google, Intuit, Microsoft, and SAS are tackling real issues with real people.

From meditation, yoga classes, and dance breaks to having nap time and group exercise to recharge. These organizations get that depression & anxiety exist and that making health a priority is much more fun as a team.

Corporate Health & Wellness  
Consultant & Coach

**Victoria Cramer**



# HEALTH & WELLNESS TRANSFORMATION

According to Forrester Research's Total Economic Impact report from 2020, organizations focusing on their organization's health collectively saw an ROI of 162% over 3 years and decreased absenteeism while increasing productivity, engagement, retention, and collaboration. That is a powerful "Why"!

Group Discussions



Group collaboration sessions dedicated to health topics allow for shared culture, learning, increased accountability and obstacle tackling

Individual Strategic Planning & Coaching Sessions



As unique as your thumbprint, an individual plan is crucial to level up impact. 3-5 coaching sessions creates a foundation for success

Weekly Focus Topics



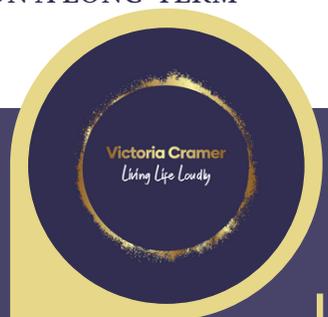
The very best organizations use a weekly focus to create healthy new habits and a monthly or quarterly newsletter to converge focus areas and success stories

## ORGANIZATIONAL RESILIENCE BEGINS WITH ORGANIZATIONAL WELLNESS

START WITH AN INNOVATIVE LIFESTYLE APPROACH TO HELP AMAZING HUMANS REPLACE UNHEALTHY HABITS WITH HEALTHY ONES AND TO START ON A LONG-TERM SUCCESS STRATEGY.

As a three-time breast cancer warrior, competitive cyclist, author of the book, "Living Life Loudly-How Will You Face Your Speed Bump?", recovering corporate executive, and motivational speaker, Victoria has been curating successful health strategies and inspiring and motivating thousands for several decades. She is passionate about human happiness and can somehow get people to dance.

Consider outsourcing health and wellness coaching and strategies for your team, Victoria is already doing this for other organizations.



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# May Movement Challenge!



## Create New Habits

No matter what movement means to you, join me to set your intentions/goals and get moving for more energy.

Any kind of movement counts.

[REGISTER NOW!](#)

## Win Great Prizes

This free challenge is a way to receive weekly tips, free group coaching and support while on a path to healthy habits. You will track your progress, share wins, and log your time. There will be prizes awarded for biggest transformation & most engaged, You do not need to be on social media to participate.

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