

Panel of Experts

Tiny Habits for Healthy Aging

Presented by Tiny Habits® Academy

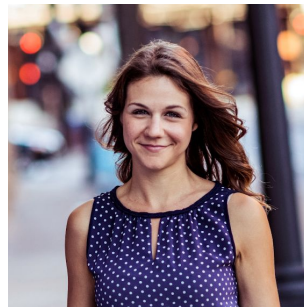
Experts: Tiny Habits for Healthy Aging



Host and Moderator
Andrea Spyros



Julie Bergfeld



Kristine Schaan



Dr. Shabnam Das Kar



Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



You will:

- Learn the Tiny Habits Method
- Learn successful Tiny Habit recipes
- Feel more empowered
- Have access to more resources and support



Julie Bergfeld

Tiny Habits Certified Coach

Julie's 3 Tiny Habit Recipes

1

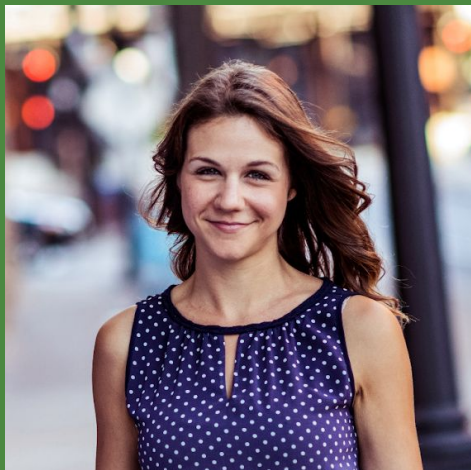
After I first sit at my desk, **I will** do one brain game.

2

After I get up from my desk, **I will** do one round of sit stand stand sit with no hands.

3

After I close my computer for the day, **I will** do a cat/cow stretch.



Kristine Schaan

Tiny Habits Certified Coach

Kristine's 3 Tiny Habit Recipes

1

After I sit down for dinner, **I will** say one thing I'm grateful for.

2

After I pick up my plate, **I will** serve myself vegetables first.

3

After I park at work, **I will** send a voice/text message to a friend.



Dr. Shabnam Das Kar

Tiny Habits Certified Coach

Shabnam's 3 Tiny Habit Recipes

1

After I switch on the kettle, **I will** do 2 dumbbell curls.

2

After I turn on the dishwasher at night, **I will** take my medication/supplements.

3

After I get into bed, **I will** put on my sleep mask.

Six Ways to Celebrate:

1

Physical Movements

4

Sound Effects

2

Verbal Statements

5

Visualizations

3

Songs

6

Purpose-Focused
Celebrations



Go to TinyHabitsAcademy.com:

- Find these coaches
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach