

Dr. Jason Plotsky

Chiropractor & High Performance Coach

BETTER HABITS, BETTER HEALTH, BETTER FUTURE.

Healthy employees are more productive and our health is often determined by our daily habits

The average **days of absence** per employee in Nova Scotia is **12.6**. Employees also admitted to being unproductive an average of **57.5 days a year**. That's equivalent to 3.5 months a year!

In an overwhelming and complicated industry, Dr. Jason is able to provide clarity and simple direction. Not only do people walk away from these experiences with a totally different perspective on their **physical, mental and chemical health**, but they also learn exactly what habits they can implement right away to create profound change to their health and improve their **quality of life**. Arm your team with the knowledge and tools to kick-start their journey to better health with our 14-Day Healthy Habits Challenge.



14-Day Healthy Habits Challenge

We've all been there – the dreaded 2PM slump. You're unmotivated, tired and unproductive so you grab a desperate coffee to help get you through the next few hours.

Imagine how much more you could get done in a day, personally and professionally, if you had more energy. There's a few common factors and daily habits that often affect our energy levels, and we cover them in the challenge:

SLEEP • MOVEMENT • NUTRITION

This challenge focuses on knowledge and empowerment with **bite-sized, educational** pieces of content and **daily action items**. Knowledge is power and when you learn *how* to give your body what it needs to thrive, you are more likely to sustain lifestyle changes beyond the challenge!

Instead of the usual "all-or-nothing" approach to healthy living, this challenge puts an emphasis on what we can "ADD IN" to our routines. The focus is **not on restrictions!** It's about slowly stacking habits one on top of another. **You will be much further ahead by the end of the year if you focus on practicing impactful habits.**

The challenge provides your team with all the tools for success; expert advice, helpful resources, and strength in numbers from the community. The best part is that this challenge can be **personalized to your staff** regardless of where they are on their health journey. Now is the time to work together to support your employees on their journey to more energy and better health!

What's included?

- 2 weeks of educational emails, videos and health tips
- In-person or online kick-off presentation with Live Q&A
- Group motivation and ongoing online support
- Meal plan (breakfast, lunch, dinner and snack ideas with recipes)
- Practical grocery list to set yourself up for success

Benefits From Your Commitment



HEALTHIER EMPLOYEES ARE MORE PRODUCTIVE

More engaged, better energy & operating at full potential (more presenteeism = less time wasted).



LOWER HEALTH COSTS

Able to reinvest in upskilling your workforce.



CONNECTION TO EMPLOYEES

Employees want their employer to care. Increase moral, foster community & generate motivation within your team.

About Dr. Jason Plotsky

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Dr. Jason Plotsky has been helping people achieve their health goals since 2003. A chiropractor and co-owner of Nova Spinal Care with his wife Cindy, he has helped thousands of people on their journey to wellness. Dr. Jason is a life-long learner and one of his biggest passions is helping people understand how their body works and how to keep it healthy. Dr.

Jason continuously studies health and wellness through research, reading and attending training seminars from world experts like Tony Robbins, Dr. John Demartini and Dr. Joe Dispenza. He is a Certified High Performance Coach through Brendon Burchard.