



Omega Psi Phi Fraternity, Inc.

Second District



JAMES S. AVERY, Sr. **SHIRTSLEEVE CONFERENCE 2014**

HEALTHY LIFESTYLE OF A LEADER

Milton D. Harrison

**34th District
Representative**

Bro Tony Hayes

Eta Pi Spr '87

201.491.1742

healthwellness@opp2d.org

Ω Mighty 2nd D Runs the CLAVE!



2

06/04/14



Agenda



Ω Health & Wellness Committee Overview

Ω DR's Vision

Ω Leadership Foods - Bro Xavier Wilson,
Nutritionist, ZA '97

Ω Exercise: Food for Mental Strength - Bro
Tony Hayes, Certified Health & Fitness
Coach. HP

3

06/04/14

Ω



**Let's eat
for the health of it**



Choose **MyPlate.gov**

Start by choosing one or more tips to help you...



Build a
healthy plate



Cut back on
foods high in solid
fats, added sugars,
and salt



Eat the right
amount of
calories for you



Be physically
active your way

4

06/04/14



Ω Exercise - Food for Mental Strength



Ω **30 minutes of exercise per day, 3 to 5 days per week (as little as 10 to 15 minutes at a time can make a difference)**

- Releases feel-good brain chemicals (neurotransmitters and endorphins).
- Increases body temperature - producing calming effects.
- Cleanses the body of toxins (sweating) - calming effects
- How does exercise make YOU feel (personal testimonials)



Exercise has many psychological and emotional benefits too



- Builds confidence.
- Takes mind off worries and helps to cope in a healthy way.
- Creates a foundation for Leadership Skills Development
- Creates a foundation for Manhood Application: being great husbands, dads, and community leaders

- Ω The Gold Standards of Exercise: running, lifting weights, jumping rope, spinning/bike riding, boot camps, marathons, Spartan Races (5k Obstacle Course Challenges)
- Ω Lifestyle Exercise : gardening, landscaping, washing your car, family walks, yoga, martial arts, aquatics, home improvement (painting, carpentry)



Omega Psi Phi Fraternity, Inc.

Second District



JAMES S. AVERY, Sr. **SHIRTSLEEVE CONFERENCE 2014**

HEALTHY LIFESTYLE OF A LEADER

Milton D. Harrison

**34th District
Representative**

Bro Tony Hayes

Eta Pi Spr '87

201.491.1742

healthwellness@opp2d.org