

WHAT IS VIRGIN PULSE WELLNESS PROGRAM

WHAT IS VIRGIN PULSE WELLNESS PROGRAM? YOUR GUIDE TO A HEALTHIER, HAPPIER YOU

ARE YOU TIRED OF FEELING SLUGGISH, STRESSED, AND DISCONNECTED FROM YOUR OVERALL WELL-BEING? DO YOU WISH YOUR COMPANY OFFERED MORE THAN JUST A GYM MEMBERSHIP TO SUPPORT YOUR HEALTH? THEN YOU NEED TO KNOW ABOUT VIRGIN PULSE. THIS COMPREHENSIVE WELLNESS PROGRAM IS TRANSFORMING HOW ORGANIZATIONS APPROACH EMPLOYEE HEALTH, AND IN THIS DETAILED GUIDE, WE'LL DIVE DEEP INTO WHAT VIRGIN PULSE IS, WHAT IT OFFERS, AND HOW IT CAN BENEFIT YOU. WE'LL COVER EVERYTHING FROM ITS CORE FEATURES TO ITS IMPACT ON EMPLOYEE ENGAGEMENT AND OVERALL ORGANIZATIONAL HEALTH. GET READY TO UNLOCK YOUR POTENTIAL WITH A HEALTHIER, HAPPIER YOU!

UNDERSTANDING THE VIRGIN PULSE ECOSYSTEM: MORE THAN JUST A WELLNESS APP

VIRGIN PULSE ISN'T JUST ANOTHER FITNESS TRACKER APP. IT'S A HOLISTIC WELLNESS PLATFORM DESIGNED TO ENCOURAGE HEALTHY HABITS AND IMPROVE OVERALL WELL-BEING. THINK OF IT AS A PERSONALIZED HEALTH COACH, A SUPPORTIVE COMMUNITY, AND A REWARD SYSTEM ALL ROLLED INTO ONE ACCESSIBLE, USER-FRIENDLY PLATFORM. THE PROGRAM USES A MULTIFACETED APPROACH, FOCUSING ON PHYSICAL, MENTAL, AND FINANCIAL WELLNESS TO CREATE A TRULY COMPREHENSIVE EXPERIENCE.

KEY FEATURES OF THE VIRGIN PULSE WELLNESS PROGRAM: A DEEP DIVE

VIRGIN PULSE OFFERS A ROBUST SUITE OF FEATURES DESIGNED TO CATER TO DIVERSE NEEDS AND PREFERENCES. HERE'S A CLOSER LOOK AT WHAT SETS IT APART:

1. **PERSONALIZED WELLNESS PLANS:** FORGET GENERIC FITNESS ADVICE. VIRGIN PULSE USES SOPHISTICATED ALGORITHMS AND USER-INPUTTED DATA TO CREATE CUSTOMIZED WELLNESS PLANS TAILORED TO YOUR INDIVIDUAL GOALS AND LIFESTYLE. THIS PERSONALIZED APPROACH ENSURES THAT THE PROGRAM REMAINS ENGAGING AND RELEVANT, MAXIMIZING YOUR CHANCES OF SUCCESS.
1. **ACTIVITY TRACKING AND CHALLENGES:** THE PLATFORM SEAMLESSLY INTEGRATES WITH FITNESS TRACKERS AND APPS, ALLOWING YOU TO TRACK YOUR STEPS, SLEEP, AND OTHER VITAL HEALTH METRICS. ENGAGING CHALLENGES AND COMPETITIONS WITHIN THE PROGRAM FOSTER A SENSE OF COMMUNITY AND MOTIVATION, ENCOURAGING HEALTHY HABITS THROUGH FRIENDLY COMPETITION.
1. **COMPREHENSIVE HEALTH ASSESSMENTS:** VIRGIN PULSE PROVIDES USERS WITH OPPORTUNITIES TO COMPLETE COMPREHENSIVE HEALTH ASSESSMENTS, PROVIDING VALUABLE INSIGHTS INTO THEIR OVERALL WELL-BEING. THIS DATA INFORMS PERSONALIZED RECOMMENDATIONS AND GUIDES USERS TOWARDS ACHIEVING THEIR HEALTH OBJECTIVES.
1. **MENTAL WELLNESS RESOURCES:** RECOGNIZING THE IMPORTANCE OF MENTAL HEALTH, VIRGIN PULSE OFFERS ACCESS TO RESOURCES SUCH AS MINDFULNESS EXERCISES, STRESS MANAGEMENT TECHNIQUES, AND MENTAL HEALTH SUPPORT PROGRAMS. THIS HOLISTIC APPROACH ACKNOWLEDGES THAT TRUE WELLNESS ENCOMPASSES BOTH PHYSICAL AND MENTAL WELL-BEING.

1. **FINANCIAL WELLNESS TOOLS:** MANY NEGLECT THE SIGNIFICANT IMPACT OF FINANCIAL HEALTH ON OVERALL WELL-BEING. VIRGIN PULSE ADDRESSES THIS BY PROVIDING RESOURCES AND TOOLS TO HELP USERS MANAGE THEIR FINANCES, PLAN FOR THE FUTURE, AND REDUCE STRESS RELATED TO FINANCIAL CONCERNS. THIS OFTEN-OVERLOOKED ASPECT MAKES VIRGIN PULSE UNIQUELY COMPREHENSIVE.
1. **GAMIFICATION AND REWARDS:** VIRGIN PULSE CLEVERLY USES GAMIFICATION TO MOTIVATE USERS TO ADOPT AND MAINTAIN HEALTHY HABITS. POINTS ARE EARNED FOR COMPLETING CHALLENGES, PARTICIPATING IN ACTIVITIES, AND ACHIEVING MILESTONES. THESE POINTS CAN BE REDEEMED FOR REWARDS, CREATING A POSITIVE FEEDBACK LOOP THAT ENCOURAGES CONTINUED ENGAGEMENT.
1. **ROBUST COMMUNITY ENGAGEMENT:** THE PLATFORM FOSTERS A SUPPORTIVE COMMUNITY WHERE USERS CAN CONNECT WITH COLLEAGUES, SHARE THEIR PROGRESS, AND ENCOURAGE ONE ANOTHER. THIS SENSE OF COMMUNITY IS A POWERFUL MOTIVATOR, PROMOTING ACCOUNTABILITY AND SUSTAINED ENGAGEMENT.
1. **INTEGRATION WITH EXISTING SYSTEMS:** VIRGIN PULSE CAN INTEGRATE WITH YOUR COMPANY'S EXISTING HR AND BENEFITS SYSTEMS, MAKING IT A SEAMLESS PART OF YOUR OVERALL EMPLOYEE WELLNESS STRATEGY.

How VIRGIN PULSE BENEFITS EMPLOYEES AND EMPLOYERS ALIKE

THE BENEFITS OF VIRGIN PULSE EXTEND FAR BEYOND SIMPLY TRACKING STEPS. FOR EMPLOYEES, IT TRANSLATES TO:

IMPROVED PHYSICAL AND MENTAL HEALTH: INCREASED PHYSICAL ACTIVITY, BETTER SLEEP, STRESS REDUCTION, AND IMPROVED MENTAL WELL-BEING ARE COMMON OUTCOMES.

INCREASED PRODUCTIVITY AND ENGAGEMENT: HEALTHIER EMPLOYEES ARE OFTEN MORE PRODUCTIVE AND ENGAGED AT WORK.

REDUCED HEALTHCARE COSTS: BY PROMOTING PREVENTATIVE CARE AND HEALTHY HABITS, VIRGIN PULSE CAN CONTRIBUTE TO A REDUCTION IN HEALTHCARE EXPENSES FOR BOTH INDIVIDUALS AND ORGANIZATIONS.

ENHANCED SENSE OF COMMUNITY: THE PLATFORM FOSTERS A SUPPORTIVE COMMUNITY, CREATING A STRONGER SENSE OF BELONGING AND CONNECTION WITHIN THE WORKPLACE.

FOR EMPLOYERS, THE ADVANTAGES ARE EQUALLY COMPELLING:

IMPROVED EMPLOYEE MORALE AND RETENTION: A SUPPORTIVE WELLNESS PROGRAM CAN SIGNIFICANTLY BOOST EMPLOYEE MORALE AND REDUCE TURNOVER.

REDUCED HEALTHCARE COSTS: AS MENTIONED, PROMOTING PREVENTATIVE HEALTH CAN LEAD TO SUBSTANTIAL COST SAVINGS.

ENHANCED COMPANY CULTURE: A FOCUS ON EMPLOYEE WELL-BEING CREATES A POSITIVE AND SUPPORTIVE COMPANY CULTURE.

IMPROVED PRODUCTIVITY AND PERFORMANCE: HEALTHIER EMPLOYEES CONTRIBUTE TO A MORE PRODUCTIVE AND EFFICIENT WORKPLACE.

GETTING STARTED WITH VIRGIN PULSE: A SIMPLE PROCESS

IMPLEMENTING VIRGIN PULSE IS USUALLY A STRAIGHTFORWARD PROCESS. YOUR EMPLOYER WILL PROVIDE YOU WITH ACCESS TO THE PLATFORM, AND FROM THERE, YOU CAN CREATE YOUR PROFILE, SET YOUR GOALS, AND START ENGAGING WITH THE PROGRAM. MANY COMPANIES OFFER INTRODUCTORY SESSIONS OR ONBOARDING SUPPORT TO HELP NEW USERS NAVIGATE THE PLATFORM.

CONCLUSION

VIRGIN PULSE IS MORE THAN JUST A WELLNESS PROGRAM; IT'S A COMPREHENSIVE INVESTMENT IN THE HEALTH AND WELL-BEING OF INDIVIDUALS AND ORGANIZATIONS. BY ADDRESSING PHYSICAL, MENTAL, AND FINANCIAL WELLNESS, VIRGIN PULSE PROVIDES A HOLISTIC APPROACH TO HEALTH THAT EMPOWERS USERS TO TAKE CONTROL OF THEIR LIVES AND ACHIEVE THEIR WELLNESS GOALS. IF YOUR COMPANY OFFERS VIRGIN PULSE, TAKE ADVANTAGE OF THIS VALUABLE RESOURCE AND UNLOCK YOUR FULL POTENTIAL FOR A HEALTHIER, HAPPIER YOU.

FAQs

1. IS VIRGIN PULSE ONLY FOR CORPORATE EMPLOYEES? WHILE MANY USE VIRGIN PULSE THROUGH THEIR EMPLOYER, THERE ARE ALSO CONSUMER-FACING VERSIONS AVAILABLE. AVAILABILITY DEPENDS ON YOUR LOCATION AND SPECIFIC OFFERINGS.
1. WHAT DEVICES ARE COMPATIBLE WITH VIRGIN PULSE? THE VIRGIN PULSE APP IS COMPATIBLE WITH IOS AND ANDROID DEVICES. IT CAN ALSO SYNC WITH MANY POPULAR FITNESS TRACKERS AND SMARTWATCHES.
1. WHAT IF I DON'T LIKE COMPETING IN CHALLENGES? WHILE CHALLENGES ARE A KEY FEATURE, PARTICIPATION IS ENTIRELY OPTIONAL. YOU CAN STILL BENEFIT FROM THE PLATFORM'S OTHER RESOURCES AND TOOLS WITHOUT ACTIVELY ENGAGING IN COMPETITIONS.
1. IS MY DATA SECURE AND PRIVATE WITH VIRGIN PULSE? VIRGIN PULSE ADHERES TO STRICT DATA PRIVACY AND SECURITY PROTOCOLS TO PROTECT YOUR PERSONAL INFORMATION. REVIEW THEIR PRIVACY POLICY FOR DETAILED INFORMATION.
1. HOW MUCH DOES VIRGIN PULSE COST FOR INDIVIDUALS? THE COST OF VIRGIN PULSE FOR INDIVIDUAL USE VARIES DEPENDING ON THE SPECIFIC FEATURES AND PLAN CHOSEN. CHECK THEIR WEBSITE FOR CURRENT PRICING INFORMATION.

 **What is virgin pulse wellness program: A Cure for the Common Company** Richard Safeer, 2023-01-19 Make your workforce happier, healthier—and more productive—with strategies from a world-leader in company culture and health In *A Cure for the Common Company: A Well-Being Prescription for a Happier, Healthier, and More Resilient Organization*, health and well-being expert, Richard Safeer, M.D. delivers a step-by-step roadmap to creating a culture of health on your team and in your company that keeps your people happier and more engaged. In the book, you'll discover the importance of shaping your well-being culture, challenging yourself, your team, and your workforce to live better lives by offering them new tools and methods to do just that. This book discusses: Bulletproof strategies to help leaders build a sound cultural foundation that supports their efforts at change A path forward that allows organizational leaders to step up and help their employees be the best versions of themselves Techniques to build a supportive culture that overcomes common obstacles to change, including positive social climates, norms, and peer

supports A can't-miss resource for business and human resource leaders at medium- to large-sized organizations, A Cure for the Common Company also belongs on the bookshelves of every professional interested in supporting employee health and well-being.

what is virgin pulse wellness program: *The Quantified Self* Deborah Lupton, 2016-09-07 With the advent of digital devices and software, self-tracking practices have gained new adherents and have spread into a wide array of social domains. The Quantified Self movement has emerged to promote 'self-knowledge through numbers'. In this groundbreaking book Deborah Lupton critically analyses the social, cultural and political dimensions of contemporary self-tracking and identifies the concepts of selfhood and human embodiment and the value of the data that underpin them. The book incorporates discussion of the consolations and frustrations of self-tracking, as well as about the proliferating ways in which people's personal data are now used beyond their private rationales. Lupton outlines how the information that is generated through self-tracking is taken up and repurposed for commercial, governmental, managerial and research purposes. In the relationship between personal data practices and big data politics, the implications of self-tracking are becoming ever more crucial.

what is virgin pulse wellness program: *Thrive* Arianna Huffington, 2015-03-17 In *Thrive*, Arianna Huffington makes an impassioned and compelling case for the need to redefine what it means to be successful in today's world. Arianna Huffington's personal wake-up call came in the form of a broken cheekbone and a nasty gash over her eye--the result of a fall brought on by exhaustion and lack of sleep. As the cofounder and editor-in-chief of the Huffington Post Media Group--one of the fastest growing media companies in the world--celebrated as one of the world's most influential women, and gracing the covers of magazines, she was, by any traditional measure, extraordinarily successful. Yet as she found herself going from brain MRI to CAT scan to echocardiogram, to find out if there was any underlying medical problem beyond exhaustion, she wondered is this really what success feels like? As more and more people are coming to realize, there is far more to living a truly successful life than just earning a bigger salary and capturing a corner office. Our relentless pursuit of the two traditional metrics of success--money and power--has led to an epidemic of burnout and stress-related illnesses, and an erosion in the quality of our relationships, family life, and, ironically, our careers. In being connected to the world 24/7, we're losing our connection to what truly matters. Our current definition of success is, as *Thrive* shows, literally killing us. We need a new way forward. In a commencement address Arianna gave at Smith College in the spring of 2013, she likened our drive for money and power to two legs of a three-legged stool. They may hold us up temporarily, but sooner or later we're going to topple over. We need a third leg--a third metric for defining success--to truly thrive. That third metric, she writes in *Thrive*, includes our well-being, our ability to draw on our intuition and inner wisdom, our sense of wonder, and our capacity for compassion and giving. As Arianna points out, our eulogies celebrate our lives very differently from the way society defines success. They don't commemorate our long hours in the office, our promotions, or our sterling PowerPoint presentations as we relentlessly raced to climb up the career ladder. They are not about our resumes--they are about cherished memories, shared adventures, small kindnesses and acts of generosity, lifelong passions, and the things that made us laugh. In this deeply personal book, Arianna talks candidly about her own challenges with managing time and prioritizing the demands of a career and raising two daughters--of juggling business deadlines and family crises, a harried dance that led to her collapse and to her aha moment. Drawing on the latest groundbreaking research and scientific findings in the fields of psychology, sports, sleep, and physiology that show the profound and transformative effects of meditation, mindfulness, unplugging, and giving, Arianna shows us the way to a revolution in our culture, our thinking, our workplace, and our lives.

what is virgin pulse wellness program: *Workplace Wellness that Works* Laura Putnam, 2015-06-08 A smarter framework for designing more effective workplace wellness programs *Workplace Wellness That Works* provides a fresh perspective on how to promote employee well-being in the workplace. In addressing the interconnectivity between wellness and

organizational culture, this book shows you how to integrate wellness into your existing employee development strategy in more creative, humane, and effective ways. Based on the latest research and backed by real-world examples and case studies, this guide provides employers with the tools they need to start making a difference in their employees' health and happiness, and promoting an overall culture of well-being throughout the organization. You'll find concrete, actionable advice for tackling the massive obstacle of behavioral change, and learn how to design and implement an approach that can most benefit your organization. Promoting wellness is a good idea. Giving employees the inspiration and tools they need to make changes in their lifestyles is a great idea. But the billion-dollar question is: what do they want, what do they need, and how do we implement programs to help them without causing more harm than good? *Workplace Wellness That Works* shows you how to assess your organization's needs and craft a plan that actually benefits employees. Build an effective platform for well-being Empower employees to make better choices Design and deliver the strategy that your organization needs Drive quantifiable change through more creative implementation Today's worksite wellness industry represents a miasma of competing trends, making it nearly impossible to come away with tangible solutions for real-world implementation. Harnessing a broader learning and development framework, *Workplace Wellness That Works* skips the fads and shows you how to design a smarter strategy that truly makes a difference in employees' lives—and your company's bottom line.

what is virgin pulse wellness program: *The Handbook of Wellness Medicine* Waguih William IsHak, 2020-08-20 This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health.

what is virgin pulse wellness program: *Work Stronger* Pete Leibman, 2018-07-31 As author and high performance coach Pete Leibman demonstrates in this eye-opening book, stronger hours (not longer hours) are the key to feeling and performing your best over the long term. *Work Stronger* provides a step-by-step, science-based approach for increasing your energy, decreasing your stress, and taking your performance to a higher level. This book also features practical tips and powerful insights from private interviews that Leibman conducted with more than twenty-five prominent leaders. The group includes Chip Bergh, the president and CEO of Levi Strauss & Co., Dick Costolo, the former CEO of Twitter, and Janine Allis, an investor on *Shark Tank*. You'll learn how to form stronger habits in four key areas (nutrition, exercise, focus, and renewal) that are highly correlated with greater health, well-being, and performance. You can also get a free assessment of your current habits, and you can download a free copy of *The Work Stronger Workbook* at WorkStronger.com.

what is virgin pulse wellness program: *Global Practices on Effective Talent Acquisition and Retention* Christiansen, Bryan, Aziz, Muhammad Abdul, O'Keeffe, Elle Lily, 2024-06-03 Studies have indicated that employers across the globe face difficulties in filling critical roles, sparking a worldwide war for talent. This talent war, once a temporary market condition, has now solidified into the New Normal. Leaders recognize that success in this era demands the construction of optimal teams for strategic competitive advantage amid global uncertainty and hypercompetition. As explored in detail within the pages of *Global Practices on Effective Talent Acquisition and Retention*, this book serves as an indispensable guide for scholars and practitioners navigating the intricacies of talent management in the current global scenario. This project aspires to create a comprehensive reference material delving into diverse aspects of current global talent realities. It aims to provide scholars and practitioners with recent empirical, practical, and theoretical research on talent acquisition and retention practices worldwide. The emphasis is on sustainable practices that drive organizational success across multiple industries. The impact of this publication will resonate in both application and the direction of future research.

what is virgin pulse wellness program: *Wellness for a Healthy Asia* Asian Development Bank, 2021-10-01 The health and well-being of Asians took a battering during the coronavirus disease (COVID-19) pandemic. Wellness, or the active pursuit of activities for holistic health, is vital for a sound mind and body. As such, now is an opportune time to take stock of the current state of

wellness and the wellness economy in Asia. Asians are blessed with rich wellness traditions they can leverage in their quest for mental and physical health. This timely book examines the key drivers of the demand for wellness in the region. It also sets out concrete policy options for promoting wellness among all Asians.

what is virgin pulse wellness program: Bubble Wrap Kevin McFadden, 2015-12-28 Bubble Wrap - The Benefits Book was written to assist employers who have or are considering implementing a meaningful employee benefits program for their valued employees. Employee benefits are designed to protect employees and their families from expected and unexpected life events and to make their lives easier, less stressful and more secure. This book in its easy to read format will provide the reader with a great reference to make good decisions as they relate to their company sponsored benefits program.

what is virgin pulse wellness program: Workplace Attachments James Grady, Victoria Grady, Patrick McCreesh, Ian Noakes, 2019-07-04 How fast can your organization change? How long does it take to adopt new technology? Do things run the same when you bring in a new leader? How does the culture evolve with new acquisitions? There is an underlying thread in all these questions. Workplace attachment or our instinctual (biological) response to attach to both tangible and intangible objects continuously throughout life. Workplace Attachments: Managing Beneath the Surface provides the first comprehensive review of attachment in the workplace. We explore the biological and evolutionary roots of our attachments, explain how you can find attachment behaviour in your workplace, and help you proactively understand attachment behaviour with your team. Our practical research, case studies, and story-telling will help you understand how attachment behaviour impacts you, your employees, your peers and ultimately the culture of your organization. Once you understand how people attach, detach, and re-attach to objects and elements of your organization, you will be able to real and lasting change.

what is virgin pulse wellness program: Wellbeing: The Five Essential Elements Tom Rath, James K. Harter, 2010-05-04 Shows the interconnections among the elements of well-being, how they cannot be considered independently, and provides readers with a research-based approach to improving all aspects of their lives.

what is virgin pulse wellness program: Mental Wellness Programs for Employees R.H. Egdahl, D.C. Walsh, W.B. Goldbeck, 2012-12-06 Address to the Conference on Employee Mental Wellness by Walter B. Wriston, Chairman, Citicorp The mental well-being of employees is a subject of fundamental importance to each of us, our companies, our professions, and the nation. Both the Washington Business Group on Health and Boston University's Center for Industry and Health Care should be commended for the timely initiative this conference represents. I hope it will be come an ongoing effort to improve the mental health services to the nation's private sector workers and their dependents. I have had a deep interest in the delivery of health care for a long time, both from the perspective of a major employer and from my participation in the governance of New York Hospital-Cornell Medical Center. It has also been my privilege to chair the Business Round table's Task Force on Health and to serve on the President's Labor Management Committee which, among other things, has been working on health care problems. This experience obviously does not give me any claim to special expertise on the issue of mental health. It may prove helpful, however, as we work together formulating our thoughts about the nation's health system, the role of industry, and where the mental health issue fits into the picture.

what is virgin pulse wellness program: Self-Tracking Btihaj Ajana, 2017-10-01 This book provides an empirical and philosophical investigation of self-tracking practices. In recent years, there has been an explosion of apps and devices that enable the data capturing and monitoring of everyday activities, behaviours and habits. Encouraged by movements such as the Quantified Self, a growing number of people are embracing this culture of quantification and tracking in the spirit of improving their health and wellbeing. The aim of this book is to enhance understanding of this fast-growing trend, bringing together scholars who are working at the forefront of the critical study of self-tracking practices. Each chapter provides a different conceptual lens through which one can

examine these practices, while grounding the discussion in relevant empirical examples. From phenomenology to discourse analysis, from questions of identity, privacy and agency to issues of surveillance and tracking at the workplace, this edited collection takes on a wide, and yet focused, approach to the timely topic of self-tracking. It constitutes a useful companion for scholars, students and everyday users interested in the Quantified Self phenomenon.

what is virgin pulse wellness program: Basic Concepts of Health Care Human Resource Management Nancy J. Niles, 2019-02-05 Basic Concepts of Health Care Human Resource Management, Second Edition is a comprehensive overview of the role of Human Resource Management (HRM) in all aspects of healthcare management. Beginning with a survey of HRM, from its beginnings to present-day trends, the text moves on to cover state and federal healthcare laws, codes of ethics, staffing organizations, training and development, employee relations, and long-term planning. The Second Edition continues to provide the essential tools and strategies for HRM personnel to become empowered custodians of change in any healthcare organization. Taking into account the increasing diversity of patients and employees, the effects of technology and globalization on healthcare delivery, the credentialing of health care providers, and the measurement of labor productivity and much more, this text is an essential resource for HRM students and practitioners alike.

what is virgin pulse wellness program: Reducing Compassion Fatigue, Secondary Traumatic Stress, and Burnout William Steele, 2019-10-16 This workbook addresses the vital questions helpers, responders, and organizations have about self-care and its relationship to resilience and sustained effectiveness in the midst of daily exposure to trauma victims and or situations. Packed with activities, worksheets, and interactive learning tools, the text provides neuro-based and trauma-sensitive recommendations for improving the ways clinicians care for themselves. Each 'session' helps clinicians identify their personal self-care needs and arrive at an effective self-care plan that promotes resilience in the face of daily exposure to trauma-inducing situations and reduces the effects of compassion fatigue and burnout. Reducing Compassion Fatigue, Secondary Traumatic Stress, and Burnout is an essential workbook for any helper or organization looking to enhance compassionate care.

what is virgin pulse wellness program: Creating Mindful Leaders Joe Burton, 2018-03-28 Unleash your inner mindful leader Mindfulness, emotional intelligence and resilience are the "must have skills" for modern leaders—yet many professionals are too stressed to know where to start. Creating Mindful Leaders provides deep insights and easy practices based in neuroscience, brain training and positive psychology to help professionals thrive in the "age of disruption." Written by a global COO turned successful tech entrepreneur, the book provides a roadmap to greater health, happiness and performance. It speaks to every professional wanting to reduce stress, achieve greater success and enjoy life more. Offers immediately actionable techniques for professionals at all skill levels Provides relatable, real-world advice Helps build resilience while changing your relationship to stress Shares a roadmap for sustainable performance in the face of ongoing change Creating Mindful Leaders provides an informed, humorous and expert peak into the sources of stress caused by the modern pace of living and offers practical, actionable tools and techniques as the antidote to manage stress, increase resilience, and improve your wellbeing, performance, relationships, sleep and physical health.

what is virgin pulse wellness program: Self-Fidelity Cassandra Goodman, 2020-11-24 Working life can feel like a never-ending masterclass on how to fit in. Comparing ourselves to others and to standards that are not our own, we strive to prove, mould and 'fix' ourselves. It's so easy to feel overwhelmed, depleted and inadequate. But what if true success and vitality flows from being who we are, not changing who we are? What if everything we need is already inside of us? What if we just need to release the things that weigh us down? This is book is for anyone who: Believes that work can be life-enhancing, not soul-destroying Is sick and tired of trying to 'fix', mould and prove themselves Wants to experience greater fulfillment, success and vitality Beneath all the layers of conditioning, under the masks and armour, we all want the same things. We want to live and work in

a way that honours the truth of who we are. We want to feel seen, really seen. John Mellencamp sang, 'Life goes on, long after the thrill of living is gone' but it does not have to be this way. The practice of self-fidelity lifts us out of a half-dead existence to rediscover the thrill of living - through our work. This practice supports us to wake up and reconnect to our true nature and to our abundant inner natural resources. Self-Fidelity is a simple, yet powerful practice of remembrance and reconnection. We can all empower ourselves to reimagine our working lives. As we restore our faith in ourselves, we restore our faith in each other.

what is virgin pulse wellness program: The 21-Day Yoga Body Sadie Nardini, 2013-11-05 Are you ready for a total body transformation? In *The 21-Day Yoga Body*, renowned wellness warrior and lifestyle expert Sadie Nardini gives you a program to renovate your body, mind and spirit. This fast-acting program, based on Sadie's potent inspirations, real-world recipes and unique Core Strength Vinyasa yoga style will turbocharge your results: speed up your metabolism, build lean muscle, and burn fat, all while building nutritional savvy and emotional strength. Designed to fit into your busy life, each day of the three-week plan includes a series of daily lifestyle tips, new-generation yoga poses (illustrated with step-by-step photos), breathing and meditation exercises, and nutrition tips and recipes (vegans, vegetarians and meat-eaters alike, welcome!). There's even wine! Here's what results many people are getting in just 3 weeks: • A fun, fresh yoga practice that's based in cutting edge anatomy for the maximum safety, strength, flexibility, and mind-centering benefits for the time you spend on the mat. • More confidence, clarity of purpose, a renewed spirit and the ability to know yourself more deeply and act from your truth. • Daily guidance about how to approach your personal, life and relationship challenges—and totally rock them. • A daily meal plan that gives you a new, creative relationship with food and reveals how to eat fresh, whole—and fantastically well—for a lifetime. • Creative action steps to make all these great ideas a reality and create more success for you on all levels! So get ready to kick some asana, play while you learn, and create your most fit, fierce, and fabulous self ever!

what is virgin pulse wellness program: The Routledge Handbook of Sport and Sustainable Development Brian P. McCullough, Timothy Kellison, E. Nicole Melton, 2022-01-29 The *Routledge Handbook of Sport and Sustainable Development* is a comprehensive and powerful survey of the ways in which sport engages with its social, environmental, and ethical responsibilities. It considers how sport can use its unique profile and platform to influence the attitudes of sport fans and consumers to promote positive social and environmental action around the world and to contribute to sustainable development, perhaps the most important issue of our time. The book is structured around the 17 UN Sustainable Development Goals, with a section devoted to each goal that contains chapters reviewing key theory and current research, measurement and evaluation issues, and the application of current knowledge in real-world development situations. Drawing on research and expertise from management, sociology, development studies, psychology, and other disciplines, the book examines the role that sport must play in areas such as health and well-being, poverty, education, gender equality, decent work, responsible consumption, and climate action. Representing a keynote work on the wider social responsibilities of sport as both an industry and sociocultural activity, this is essential reading for any advanced student or researcher working in sport development, sport management, sport sociology, event studies, development studies, or environmental studies, and for any development practitioner or sport management professional looking to understand how to achieve positive social change in and through sport.

what is virgin pulse wellness program: Wellbeing at Work Jim Clifton, Jim Harter, 2021-06-01 What if the next global crisis is a mental health pandemic? It is here now. One-third of Americans have shown signs of clinical anxiety or depression, and the current state of suffering globally has risen significantly. The mental health pandemic manifests everywhere, not least in your workplace. As organizations around the world face health and social crises, as well as economic uncertainty, acknowledging and improving wellbeing in your workplace is more critical than ever. Increasingly, leaders and managers must support mental health and cultivate resilience in employees — not just increase engagement and performance. Based on more than 100 million Gallup global interviews,

Wellbeing at Work shows you how to do just that. Coauthored by Gallup's CEO and its Chief Workplace Scientist, Wellbeing at Work explores the five key elements of wellbeing — career, social, financial, physical and community — and how organizations can help employees and teams thrive in those elements. The book also gives leaders ideas and action items to help employees use their innate talents and strengths to thrive in each of the wellbeing elements. And Wellbeing at Work introduces a metric to report a person's best possible life: Gallup Net Thriving, which will become the "other stock price" for organizations. In a world where work and life are more blended than ever, maximizing employee wellbeing takes on greater urgency. Wellbeing at Work shows leaders how to create a thriving and resilient culture. If you and your leaders don't change the world, who will? Wellbeing at Work includes a unique code to take the CliftonStrengths assessment, which reveals your top five strengths.

what is virgin pulse wellness program: State of The Global Workplace Gallup, 2017-12-19 Only 15% of employees worldwide are engaged at work. This represents a major barrier to productivity for organizations everywhere – and suggests a staggering waste of human potential. Why is this engagement number so low? There are many reasons — but resistance to rapid change is a big one, Gallup's research and experience have discovered. In particular, organizations have been slow to adapt to breakneck changes produced by information technology, globalization of markets for products and labor, the rise of the gig economy, and younger workers' unique demands. Gallup's 2017 State of the Global Workplace offers analytics and advice for organizational leaders in countries and regions around the globe who are trying to manage amid this rapid change. Grounded in decades of Gallup research and consulting worldwide -- and millions of interviews -- the report advises that leaders improve productivity by becoming far more employee-centered; build strengths-based organizations to unleash workers' potential; and hire great managers to implement the positive change their organizations need not only to survive – but to thrive.

what is virgin pulse wellness program: Why Washington Won't Work Marc J. Hetherington, Thomas J. Rudolph, 2015-09-14 Polarization is at an all-time high in the United States. But contrary to popular belief, Americans are polarized not so much in their policy preferences as in their feelings toward their political opponents: To an unprecedented degree, Republicans and Democrats simply do not like one another. No surprise that these deeply held negative feelings are central to the recent (also unprecedented) plunge in congressional productivity. The past three Congresses have gotten less done than any since scholars began measuring congressional productivity. In Why Washington Won't Work, Marc J. Hetherington and Thomas J. Rudolph argue that a contemporary crisis of trust—people whose party is out of power have almost no trust in a government run by the other side—has deadlocked Congress. On most issues, party leaders can convince their own party to support their positions. In order to pass legislation, however, they must also create consensus by persuading some portion of the opposing party to trust in their vision for the future. Without trust, consensus fails to develop and compromise does not occur. Up until recently, such trust could still usually be found among the opposition, but not anymore. Political trust, the authors show, is far from a stable characteristic. It's actually highly variable and contingent on a variety of factors, including whether one's party is in control, which part of the government one is dealing with, and which policies or events are most salient at the moment. Political trust increases, for example, when the public is concerned with foreign policy—as in times of war—and it decreases in periods of weak economic performance. Hetherington and Rudolph do offer some suggestions about steps politicians and the public might take to increase political trust. Ultimately, however, they conclude that it is unlikely levels of political trust will significantly increase unless foreign concerns come to dominate and the economy is consistently strong.

what is virgin pulse wellness program: Pricing Lives W. Kip Viscusi, 2020-10-06 How society's undervaluing of life puts all of us at risk—and the groundbreaking economic measure that can fix it Like it or not, sometimes we need to put a monetary value on people's lives. In the past, government agencies used the financial cost of death to monetize the mortality risks of regulatory policies, but this method vastly undervalued life. Pricing Lives tells the story of how the government

came to adopt an altogether different approach--the value of a statistical life, or VSL—and persuasively shows how its more widespread use could create a safer and more equitable society for everyone. In the 1980s, W. Kip Viscusi used the method to demonstrate that the benefits of requiring businesses to label hazardous chemicals immensely outweighed the costs. VSL is the risk-reward trade-off that people make about their health when considering risky job choices. With it, Viscusi calculated how much more money workers would demand to take on hazardous jobs, boosting calculated benefits by an order of magnitude. His current estimate of the value of a statistical life is \$10 million. In this book, Viscusi provides a comprehensive look at all aspects of economic and policy efforts to price lives, including controversial topics such as whether older people's lives are worth less and richer people's lives are worth more. He explains why corporations need to abandon the misguided cost-of-death approach, how the courts can profit from increased application of VSL in assessing liability and setting damages, and how other countries consistently undervalue risks to life. *Pricing Lives* proposes sensible economic guideposts to foster more protective policies and greater levels of safety in the United States and throughout the world.

what is virgin pulse wellness program: *Healthy Teachers, Happy Classrooms* Marcia L. Tate, 2022-01-21 Bestselling author Dr. Marcia L. Tate delivers 12 brain-based principles for avoiding teacher burnout and increasing health and wellness for teachers. These research-backed strategies will help you thrive personally and professionally. Each chapter digs into the benefits of these self-care and stress management tips and offers suggestions for bringing the practice to life in your classroom. Avoid teacher burnout with these self-care tips for teachers and other educators: Understand the root causes and symptoms of educator and teacher stress, overwhelm, and burnout. Learn practical strategies proven to help you live better, live longer, and become a better teacher. Integrate wellness principles and coping strategies into your daily life so you feel rejuvenated and ready to serve others. Translate your wellness to the classroom, creating happy, ready-to-learn students. Maintain a lifestyle of happiness and health for long-term success. Contents: Introduction Chapter 1: Passion for Your Purpose Chapter 2: Laughter Chapter 3: Optimism Chapter 4: Games Chapter 5: Movement Chapter 6: Music Chapter 7: Calm Surroundings Chapter 8: Close Personal Relationships Chapter 9: Nutrition Chapter 10: Sleep Chapter 11: Spirituality Chapter 12: Purpose Epilogue References and Resources Index

what is virgin pulse wellness program: *Religions and Extraterrestrial Life* David A. Weintraub, 2014-07-16 In the twenty-first century, the debate about life on other worlds is quickly changing from the realm of speculation to the domain of hard science. Within a few years, as a consequence of the rapid discovery by astronomers of planets around other stars, astronomers very likely will have discovered clear evidence of life beyond the Earth. Such a discovery of extraterrestrial life will change everything. Knowing the answer as to whether humanity has company in the universe will trigger one of the greatest intellectual revolutions in history, not the least of which will be a challenge for at least some terrestrial religions. Which religions will handle the discovery of extraterrestrial life with ease and which will struggle to assimilate this new knowledge about our place in the universe? Some religions as currently practiced appear to only be viable on Earth. Other religions could be practiced on distant worlds but nevertheless identify both Earth as a place and humankind as a species of singular spiritual religious importance, while some religions could be practiced equally well anywhere in the universe by any sentient beings. Weintraub guides readers on an invigorating tour of the world's most widely practiced religions. It reveals what, if anything, each religion has to say about the possibility that extraterrestrial life exists and how, or if, a particular religion would work on other planets in distant parts of the universe.

what is virgin pulse wellness program: *The Living Kitchen* Tamara Green, Sarah Grossman, 2019-01-22 An essential resource and cookbook for anyone diagnosed with cancer, filled with nearly 100 nourishing recipes designed to support treatment and recovery. A cancer diagnosis can be overwhelming, frightening, and uncertain. Like many others, you may be unsure about what to do next. You'll want to learn more about what's ahead and what you should eat to nutritionally support your body at a time when eating and cooking may simply be too challenging. *The Living*

Kitchen will help cancer patients and their caregivers navigate every stage of their cancer therapy, before, during, and after treatment. Within the pages of this indispensable guide, certified nutritionists Sarah Grossman and Tamara Green provide easy-to-understand, research-based nutritional information on the science behind how food relates to your health and the effects of cancer. As experts in cancer care cooking, Sarah and Tamara have included nearly 100 healthy, easy-to-prepare, whole-food recipes specially designed to relieve specific symptoms and side effects of cancer and its therapies (including loss of appetite, sore mouth, altered taste buds, nausea, and more) and to strengthen your body once in recovery. With energizing snacks and breakfasts; superfood smoothies, juices, and elixirs; soothing soups and stews; and nutrient-rich, flavorful main dishes, these are recipes that you, your family, and your caregivers will all enjoy. At once informative and inspiring, empowering and reassuring, The Living Kitchen will educate cancer patients and their caregivers about the power of food.

what is virgin pulse wellness program: Dying for a Paycheck Jeffrey Pfeffer, 2018 In this timely, provocative book, Jeffrey Pfeffer contends that many modern management commonalities such as long hours, work-family conflict, and economic insecurity are toxic to employees--hurting engagement, increasing turnover, and destroying people's physical and emotional health--while also being inimical to company performance. He argues that human sustainability should be as important as environmental stewardship. You don't have to do a physically dangerous job to confront a health-destroying, possibly life-threatening workplace....In Dying for a Paycheck, Jeffrey Pfeffer marshals a vast trove of evidence and numerous examples from all over the world to expose the infuriating truth about modern work life: even as organizations allow management practices that actually sicken and kill their employees, those policies do not enhance productivity or the bottom line, thereby creating a lose-lose situation. Exploring a range of important topics, including layoffs, health insurance, work-family conflict, work hours, job autonomy, and why people remain in toxic environments, Pfeffer offers guidance and practical solutions that all of us--employees, employers, and the government--can use to enhance workplace well-being. We must wake up to the dangers and enormous costs to today's workplace, Pfeffer argues. Dying for a Paycheck is a clarion call for a social movement focused on human sustainability. Pfeffer makes clear that the environment we work in is just as important as the one we live in, and with this urgent book he opens our eyes and shows how we can make our workplaces healthier and better.--jacket flaps

what is virgin pulse wellness program: Enhancing Cognitive Fitness in Adults PAULA HARTMAN-STEIN, Asenath LaRue, 2011-08-02 Late life is characterized by great diversity in memory and other cognitive functions. Although a substantial proportion of older adults suffer from Alzheimer's disease or another form of dementia, a majority retain a high level of cognitive skills throughout the life span. Identifying factors that sustain and enhance cognitive well-being is a growing area of original and translational research. In 2009, there are as many as 5.2 million Americans living with Alzheimer's disease, and that figure is expected to grow to as many as 16 million by 2050. One in six women and one in 10 men who live to be at least age 55 will develop Alzheimer's disease in their remaining lifetime. Approximately 10 million of the 78 million baby boomers who were alive in 2008 can expect to develop Alzheimer's disease. Seventy percent of people with Alzheimer's disease live at home, cared for by family and friends. In 2008, 9.8 million family members, friends, and neighbors provided unpaid care for someone with Alzheimer's disease or another form of dementia. The direct costs to Medicare and Medicaid for care of people with Alzheimer's disease amount to more than \$148 billion annually (from Alzheimer's Association, 2008 Alzheimer's Disease Facts and Figures). This book will highlight the research foundations behind brain fitness interventions as well as showcase innovative community-based programs to maintain and promote mental fitness and intervene with adults with cognitive impairment. The emphasis is on illustrating the nuts and bolts of setting up and utilizing cognitive health programs in the community, not just the laboratory.

what is virgin pulse wellness program: Build It Glenn Elliott, Debra Corey, 2018-02-01 The current way of treating people at work has failed. Globally, only 30% of employees are engaged in

their jobs, and in this fast-paced world that's just not enough. The world's best companies understand this, and have been quietly treating people differently for nearly two decades. Now you can learn their secrets and discover The Engagement Bridge™ model, proven to build bottom line value for companies through sustainable employee engagement. Companies with the best cultures generate stock market returns of twice the general market and enjoy half the employee turnover of their peers. Their staff innovate more, deliver better customer service and, hands-down, beat the competition. These companies outperform and disrupt their markets. They break the rules of traditional HR, they rebel against the status quo. Build it has found these rebels and the rulebreakers. From small startups to global powerhouses, this book shows that courage, commitment, and a people-centric mindset, rather than money and resources, are what you need to turn an average business into a category leader. The book follows the clear and proven Engagement Bridge™ model, developed from working with thousands of leading companies worldwide on their own employee engagement journeys. The practical model highlights the areas that leaders need to examine in order to build a highly engaged company culture and provides a framework for success. Build it is packed with tips, tools and real-life examples from employers including NASDAQ, Unilever, IBM, KPMG, 3M, and McDonald's to help you start doing this not tomorrow, but today. Readers will learn: How employee engagement helps companies perform The key factors that drive engagement, and how they work together What the world's most rebellious companies have done to break the rules of traditional HR and improve engagement How to implement The Engagement Bridge™ model to boost productivity, innovation, and better decision-making Unique in this category, Build it is written from two sharply different perspectives. Glenn Elliott is a multi-award winning Entrepreneur of the Year, CEO and growth investor. He talks candidly about the mistakes and missteps he has made whilst building Reward Gateway into a \$300m category leader in employee engagement technology. Debra Corey brings 30 years experience in senior level HR roles at global companies such as Gap, Quintiles, Honeywell and Merlin Entertainments. She shares the practical tools and case studies that can kickstart your employee engagement plan, bringing her own pragmatic and engaging style to each situation.

what is virgin pulse wellness program: The Virgin Way Richard Branson, 2014-09-09 In September 2012, a YOUNGOV poll conducted in Britain found that the person British workers would most like as their manager was Sir Richard Branson. With over 40 years in business, Richard Branson is an inspiring pioneer of humanitarian projects and an iconic business leader. In The Virgin Way: How to Listen, Learn, Laugh and Lead, Richard shares and distils his secrets of leadership and success. Featuring anecdotes from his own business dealings, as well as his observations of many others who have inspired him — from politicians, business leaders, explorers, scientists and philanthropists — Richard reflects on the qualities he feels are essential for success in today's world. This is not a conventional book on leadership. There are no rules — but rather the secrets of leadership that he has learned along the way from his days at Virgin Records, to his recent work with The Elders. Whether you're at the beginning of your career, or head of a Fortune 500 company — this is your guide to being your own CEO (Chief Enabling Officer) and becoming a true leader — not just a boss.

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all while generating solid financial returns. Author and B Corp owner Ryan Honeyman worked closely with over 100 B Corp CEOs and senior executives to share their tips, advice, and best-practice ideas for how to build a better business and how to meet the rigorous standards for—and enjoy the benefits of—B Corp certification. This book makes the business case for improving your social and environmental performance and offers a step-by-step “quick start guide” on how your company can join an innovative and rapidly expanding community of businesses that want to make money and make a difference.

what is virgin pulse wellness program: The Heart of Wellness Kavitha M Chinnaiyan, 2018-01-08 Discover the Healing Power of Bliss Rx Transform your relationship with habits, lifestyle, and disease using Dr. Kavitha Chinnaiyan's remarkable approach to health. Integrating modern medicine and the ancient wisdom of Yoga, Vedanta, and Ayurveda, *The Heart of Wellness* shows you how to break free of the false assumption that disease is something you need to fight. Instead, you'll explore the mind-body connection and your true nature so that you can end suffering and embrace the unlimited bliss of who you are. You'll begin by examining the nature of disease: the causative and risk factors, the role of diet, exercise, and medication, and how Eastern and Western medical practices can come together. A holistic and self-paced practice is outlined, based on the author's successful *Heal Your Heart Free Your Soul* program. With it you'll learn to reduce stress, attend to inner needs with meditation and breathwork, declutter your outer life, increase forgiveness and gratitude, and so much more. Praise: [The Heart of Wellness] is a must-read for anyone who wants to truly understand what it means to live whole-heartedly—regardless of one's state of health.—Christiane Northrup, MD, New York Times bestselling author of *Goddesses Never Age* Along with her expert modern medical knowledge, [Kavitha] has brought compassion, gratitude, and Vedic wisdom in a clinical, helpful way to bring about total health.—Vasant Lad, BAMS, MASc, Ayurvedic physician and author of *The Complete Book of Ayurvedic Home Remedies*

what is virgin pulse wellness program: The Daniel Plan Rick Warren, Dr. Daniel Amen, Dr. Mark Hyman, 2013-12-03 NEW YORK TIMES BESTSELLER *The Daniel Plan* is far more than a diet plan. It is an appetizing approach to achieving a healthy lifestyle by optimizing the five key essentials of faith, food, fitness, focus, and friends. Unlike the thousands of other books on the market, this book is not about a new diet, guilt-driven gym sessions, or shame-driven fasts. Your path to holistic health begins here, as Pastor Rick Warren and fitness and medical experts Dr. Daniel Amen and Dr. Mark Hyman guide you to incorporate healthy choices into your current lifestyle. The concepts in this book will encourage you to deepen your relationship with God and develop a community of supportive friends who will encourage you to make smart food and fitness choices each and every day. This results in gradual changes that transform your life as they help you: Conquer your worst cravings Find healthy replacement foods for the foods you love Discover exercise you enjoy Boost your energy and kick-start your metabolism Lose weight Think more clearly Explore biblical principles for health . . . and ultimately create an all-around healthy lifestyle It's time to feast on something bigger than a fad. Start your journey to impactful, long-lasting, and sustainable results today! Plus, get more from *The Daniel Plan* with *The Daniel Plan Cookbook*, *The Daniel Plan Journal*, and *The Daniel Plan 365-Day Devotional*.

what is virgin pulse wellness program: Say Grace Steve Palmer, 2019-11-19 *Living Sober in an Industry Ravaged by Addiction* As a child, Steve Palmer never belonged--not in school, not in his troubled home, not with friends. After his father and grandfather passed away, he was sent to a series of rehabs and halfway houses before ending up on the streets. Drugs and alcohol soon became a way of life. Eventually, he would go on to a career running some of the country's most celebrated and innovative fine dining establishments. But first, he had to learn how to be sober in an industry awash with alcohol and drugs. Thanks to coworkers that were able to love him when he couldn't love himself, Steve got sober. He escaped addiction alive. Many in the industry do not. No other industry has higher rates of alcohol and drug abuse. People are losing careers and families. They're losing their health. They're losing their lives. This is the story of one man who found healing and recovery in the industry that enabled his addiction--and he's on a quest to help others do the same.

what is virgin pulse wellness program: Evaluating Health Promotion David Scott, Ros Weston, 1998 The contributors provide a general overview of evaluation in initiatives designed to promote better health. They highlight successful and unsuccessful campaigns and offer a coherent study of the theory and practice of evaluation in this discipline.

what is virgin pulse wellness program: Wellness 100 DO Amber French, Kari Morris, 2012-07-20 Just thinking about dieting or eating right can feel overwhelming and heavy for most of us, but Dr. Amber French and chef Kari Morris show us that it doesn't have to be. Winner of the 2013 Indie Next Generation Award in the Diet/Nutrition/Food category, Wellness 100 presents a realistic and optimistic option with simple guidelines and healthy, easy, and delicious recipes that are respectful of busy lifestyles. Plus, the program naturally works to combat diseases of aging such as heart disease, stroke, cancer, diabetes, and obesity. Can you imagine wanting to eat healthy and enjoying a diet program? With Wellness 100, you can because it is an attainable lifestyle, not a fad diet. Based on hundreds of studies, research articles, and books by respected authors, the program will teach you how to eat a variety of readily available fresh and colorful foods with the proper amount of carbohydrates and protein for lifelong weight management and better health. Wellness 100 gets us back to basics, teaching us to make better choices when it comes to our eating habits instead of being lost in a world of confusing food labels and savvy marketing of convenience (processed) foods and fad diets. Shopping, cooking, and eating according to Wellness 100 guidelines is achievable and rewarding.

what is virgin pulse wellness program: The Human Advantage Suzana Herculano-Houzel, 2016-03-18 Why our human brains are awesome, and how we left our cousins, the great apes, behind: a tale of neurons and calories, and cooking. Humans are awesome. Our brains are gigantic, seven times larger than they should be for the size of our bodies. The human brain uses 25% of all the energy the body requires each day. And it became enormous in a very short amount of time in evolution, allowing us to leave our cousins, the great apes, behind. So the human brain is special, right? Wrong, according to Suzana Herculano-Houzel. Humans have developed cognitive abilities that outstrip those of all other animals, but not because we are evolutionary outliers. The human brain was not singled out to become amazing in its own exclusive way, and it never stopped being a primate brain. If we are not an exception to the rules of evolution, then what is the source of the human advantage? Herculano-Houzel shows that it is not the size of our brain that matters but the fact that we have more neurons in the cerebral cortex than any other animal, thanks to our ancestors' invention, some 1.5 million years ago, of a more efficient way to obtain calories: cooking. Because we are primates, ingesting more calories in less time made possible the rapid acquisition of a huge number of neurons in the still fairly small cerebral cortex—the part of the brain responsible for finding patterns, reasoning, developing technology, and passing it on through culture. Herculano-Houzel shows us how she came to these conclusions—making “brain soup” to determine the number of neurons in the brain, for example, and bringing animal brains in a suitcase through customs. *The Human Advantage* is an engaging and original look at how we became remarkable without ever being special.

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you have brilliance and strength available to you at any time

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