



EMPOWER

You Have the Ability to Increase Health
and Happiness in Life and in Work

It Starts With You

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Owner, Regan MOVES: Fitness for People with Challenges







**LRF WOULD LIKE TO
THANK OUR SPONSORS!**

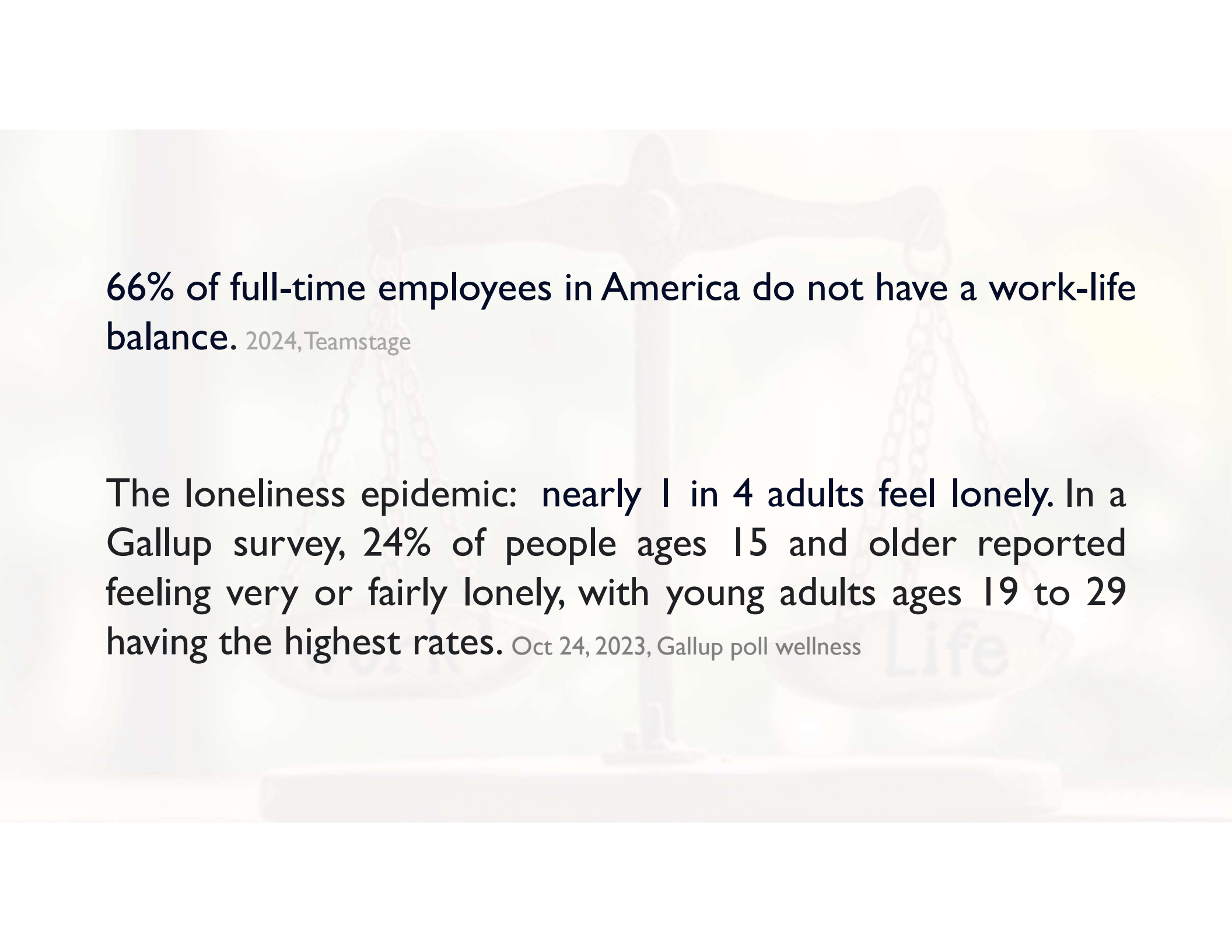
Four Seasons Curling Club
Michael and Kat Reas
Sonny Roberge and Family
Bliss from TSB Injury Law
Connexus Energy
Ham Lake Lions
Terrapin Curling
Radisson St. Paul Downtown
Invictus Brewing Company

**The most precious thing we
have is our life.**



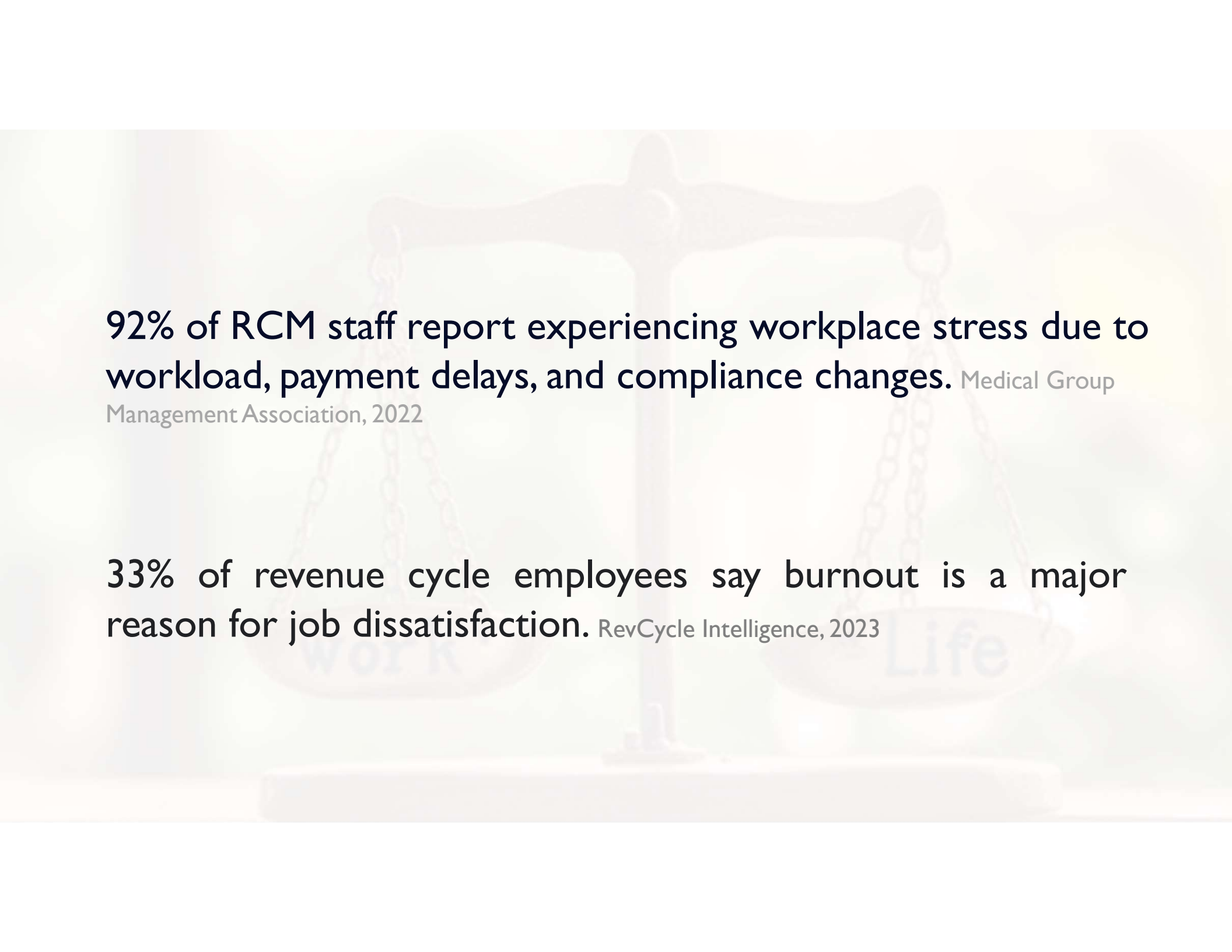
**Therefore,
the most
precious
thing we
have is our
health.**





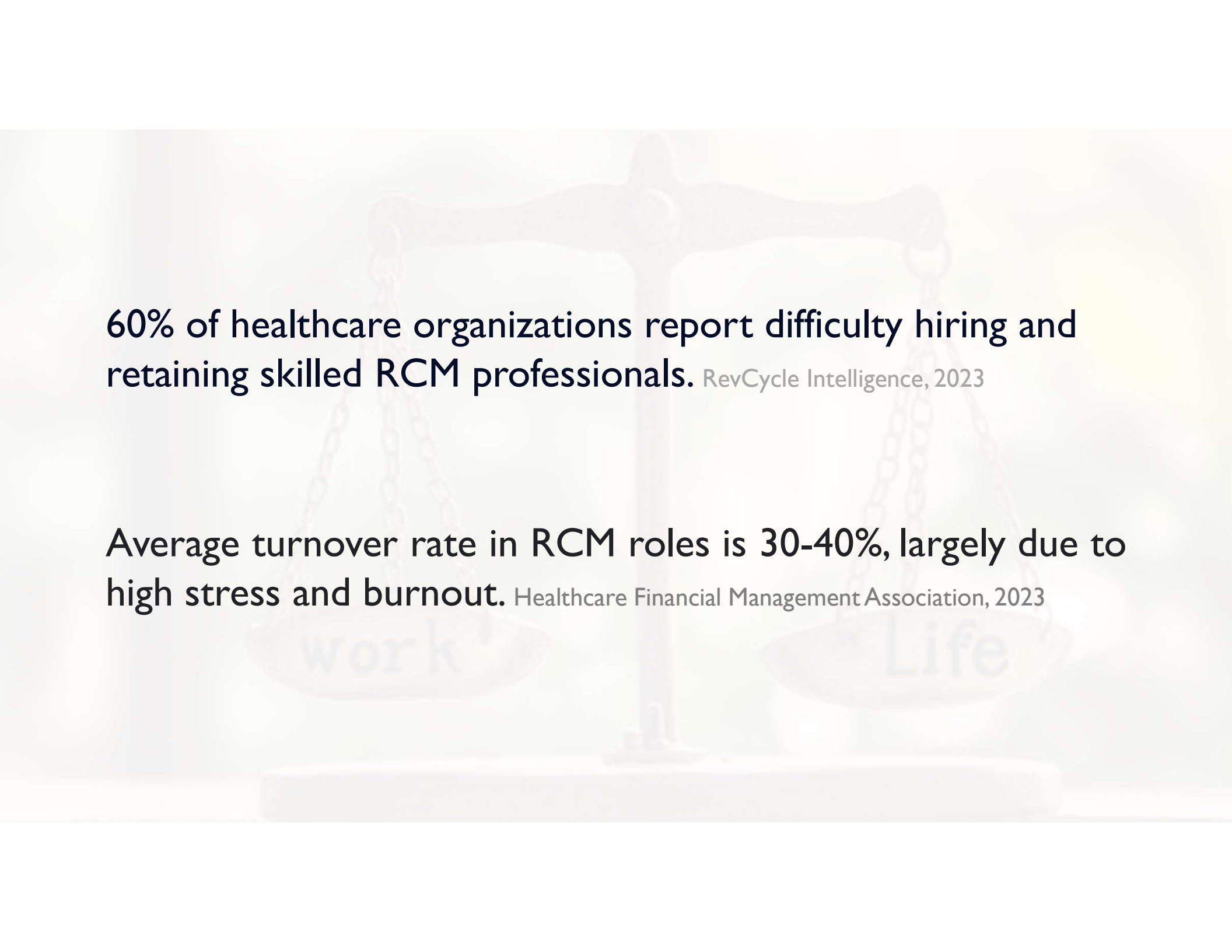
66% of full-time employees in America do not have a work-life balance. 2024, Teamstage

The loneliness epidemic: nearly 1 in 4 adults feel lonely. In a Gallup survey, 24% of people ages 15 and older reported feeling very or fairly lonely, with young adults ages 19 to 29 having the highest rates. Oct 24, 2023, Gallup poll wellness



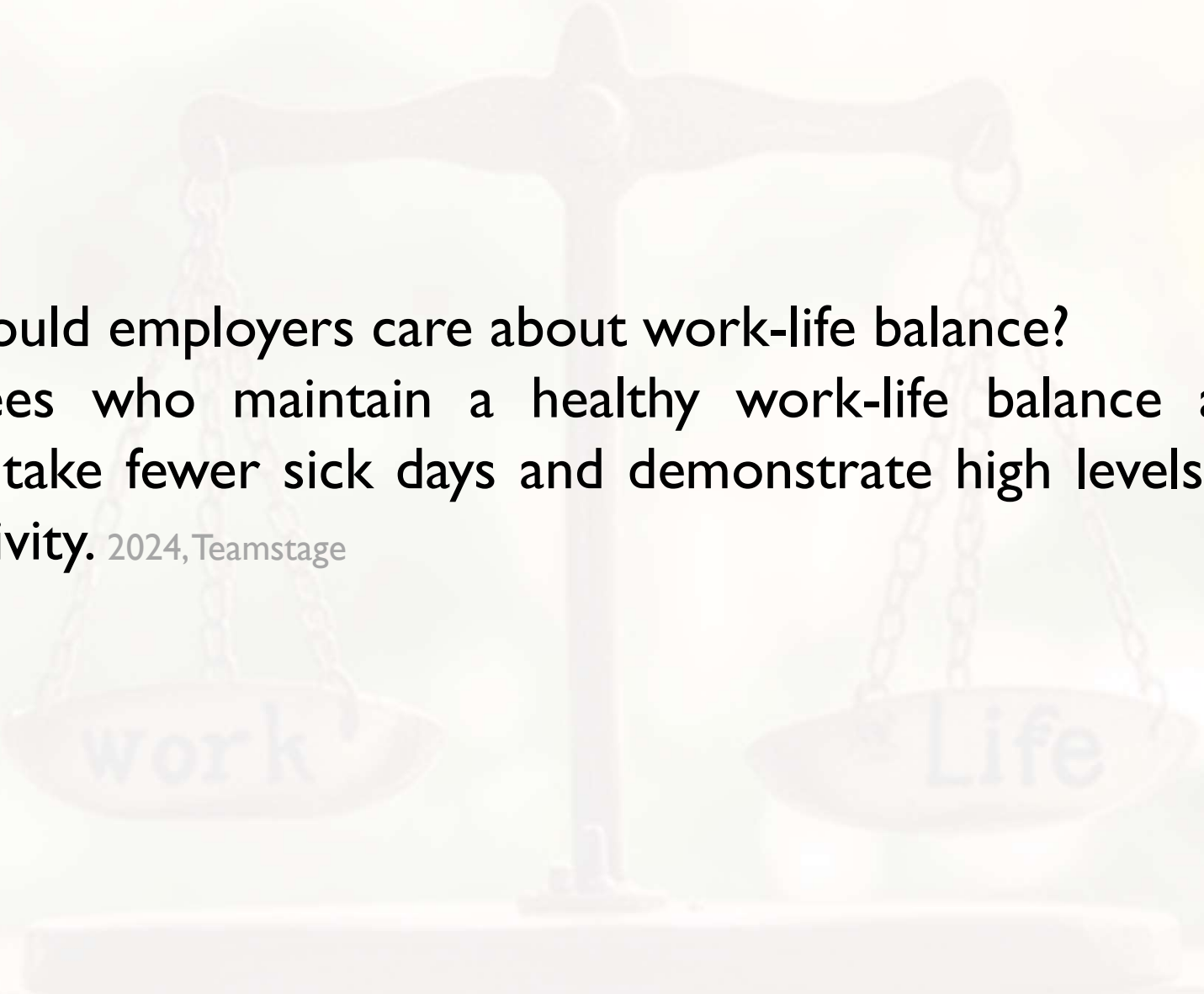
92% of RCM staff report experiencing workplace stress due to workload, payment delays, and compliance changes. Medical Group Management Association, 2022

33% of revenue cycle employees say burnout is a major reason for job dissatisfaction. RevCycle Intelligence, 2023

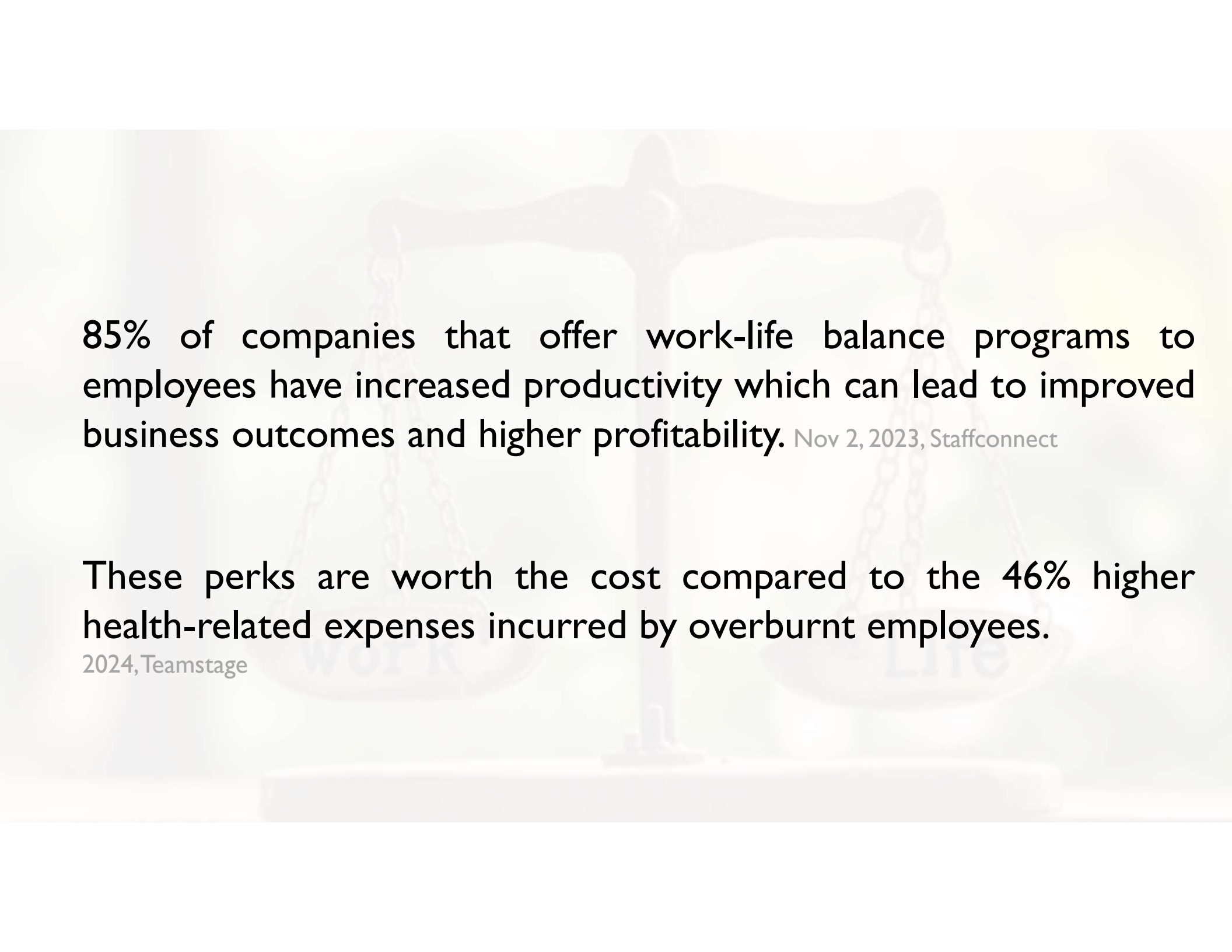


60% of healthcare organizations report difficulty hiring and retaining skilled RCM professionals. RevCycle Intelligence, 2023

Average turnover rate in RCM roles is 30-40%, largely due to high stress and burnout. Healthcare Financial Management Association, 2023



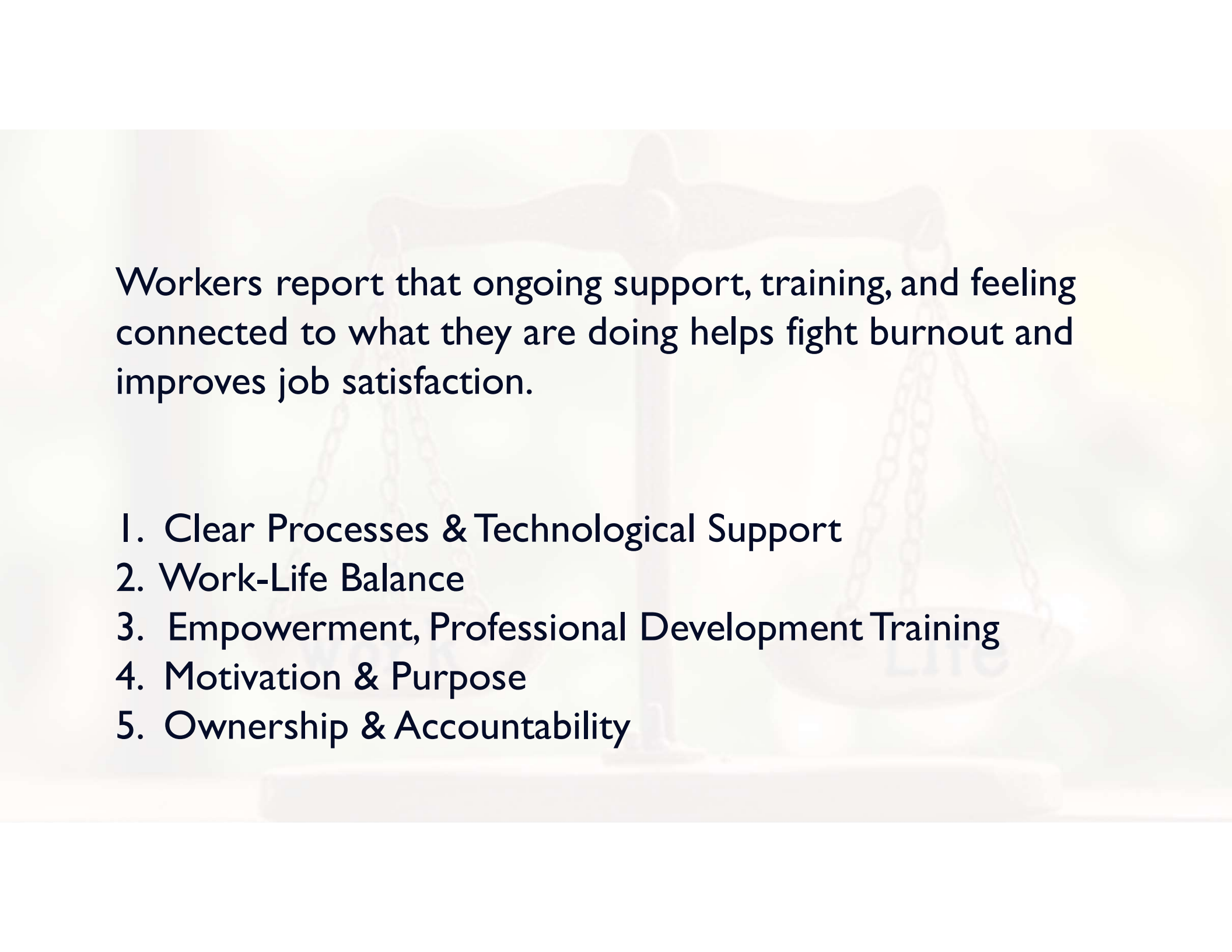
Why should employers care about work-life balance?
Employees who maintain a healthy work-life balance are happier, take fewer sick days and demonstrate high levels of productivity. 2024, Teamstage



85% of companies that offer work-life balance programs to employees have increased productivity which can lead to improved business outcomes and higher profitability. Nov 2, 2023, Staffconnect

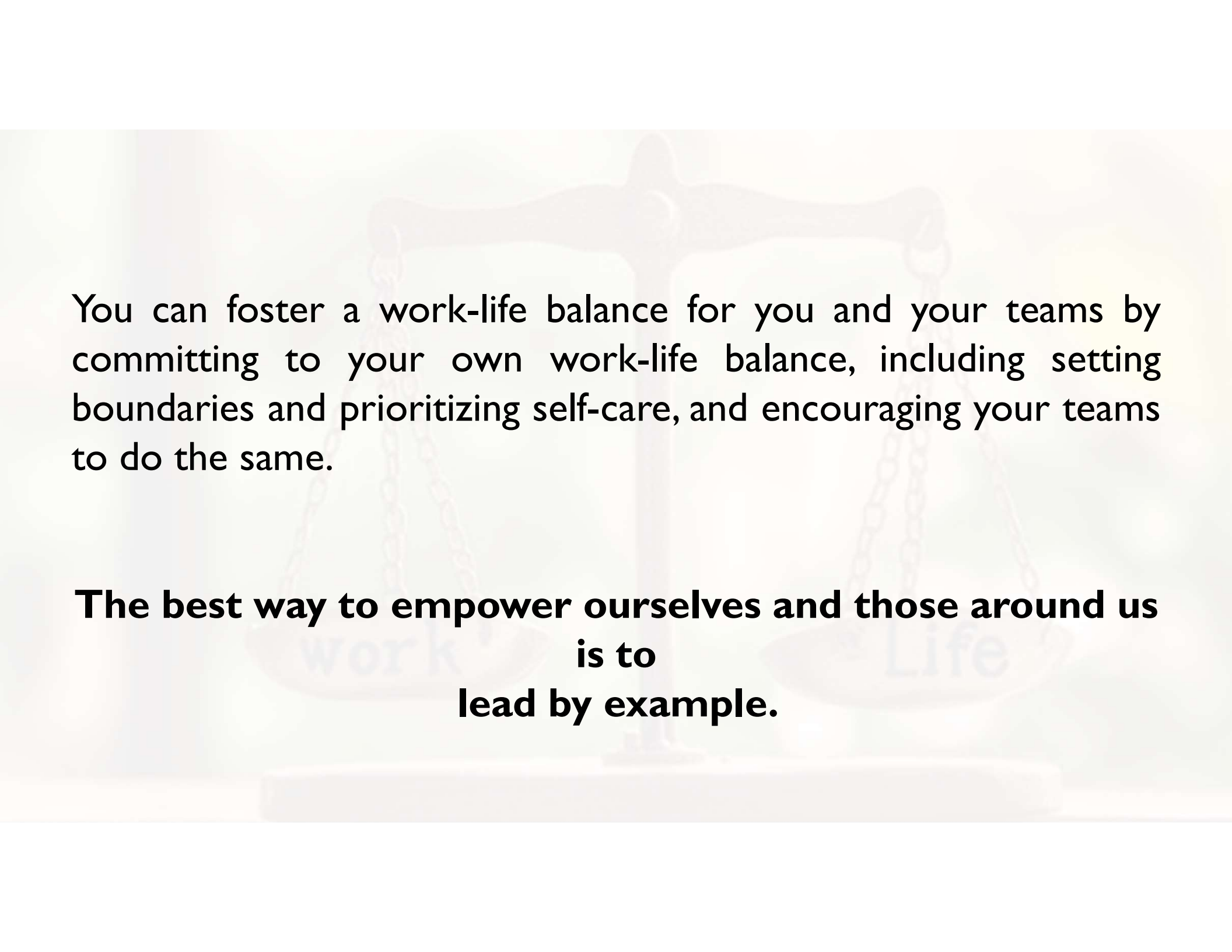
These perks are worth the cost compared to the 46% higher health-related expenses incurred by overburnt employees.

2024, Teamstage



Workers report that ongoing support, training, and feeling connected to what they are doing helps fight burnout and improves job satisfaction.

1. Clear Processes & Technological Support
2. Work-Life Balance
3. Empowerment, Professional Development Training
4. Motivation & Purpose
5. Ownership & Accountability



You can foster a work-life balance for you and your teams by committing to your own work-life balance, including setting boundaries and prioritizing self-care, and encouraging your teams to do the same.

**The best way to empower ourselves and those around us
is to
lead by example.**







1. ***Embolden*** Your Mindset



**It's Not Willpower,
It's Schedule!**



Easy is Effective

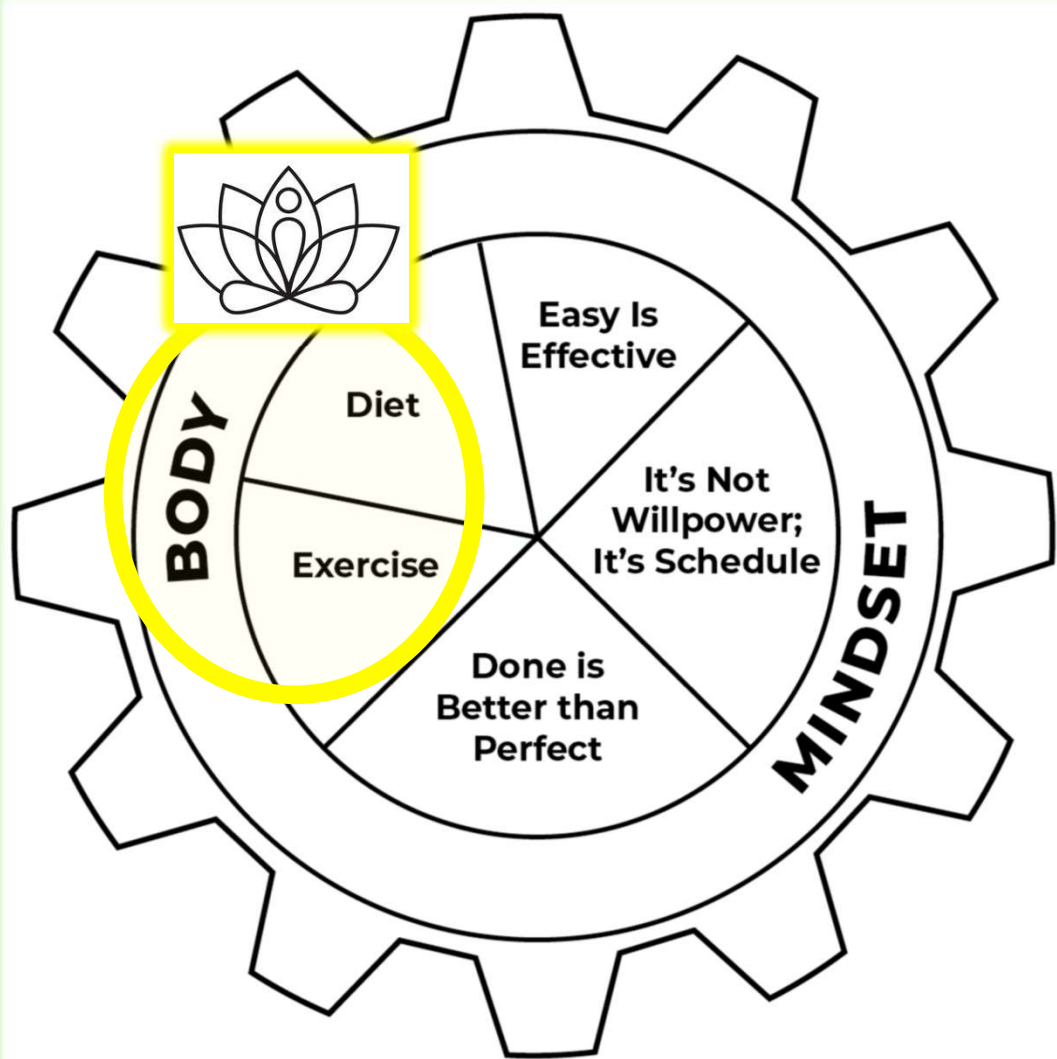






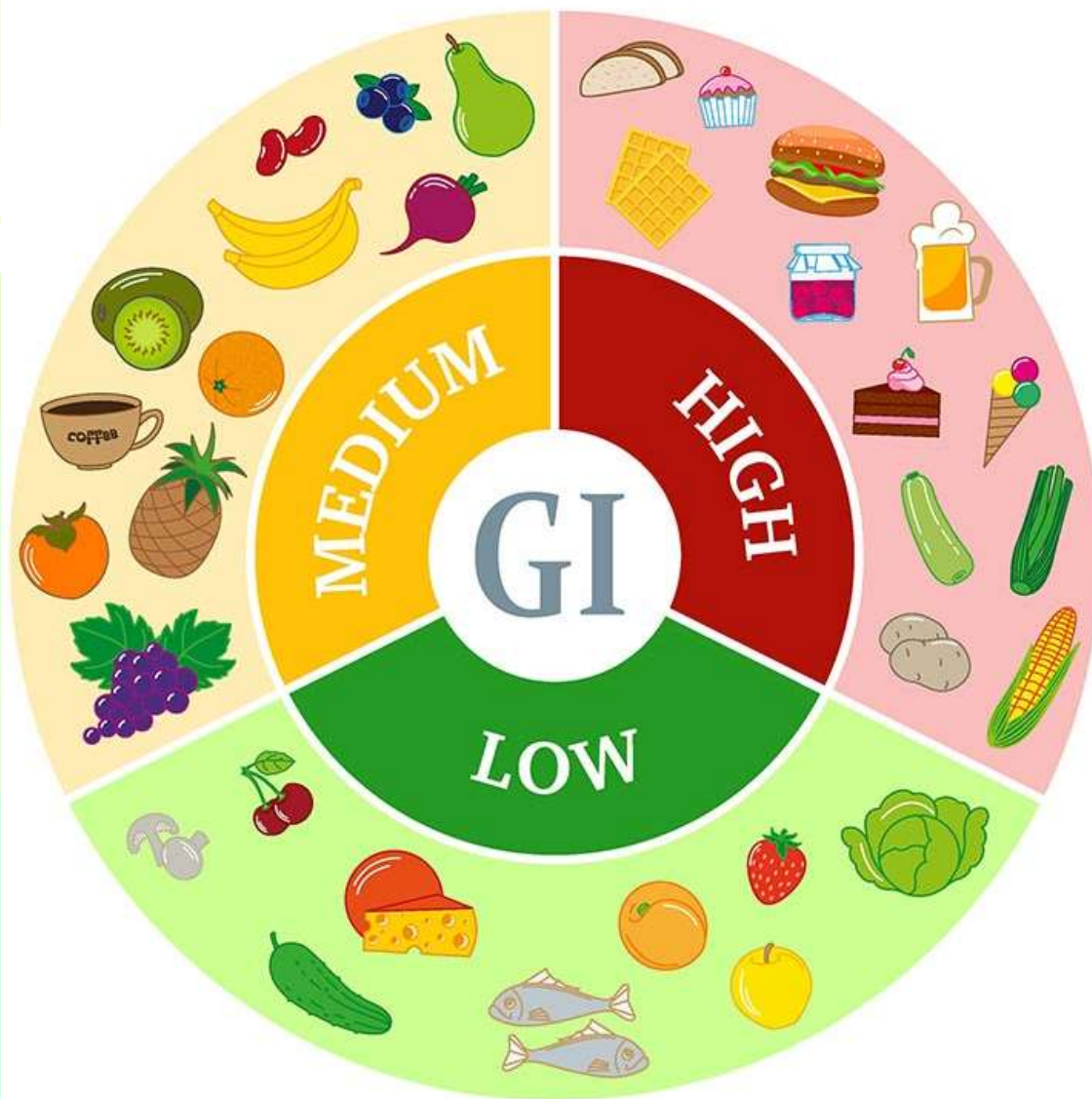
You
Can Do
It







2. **Energize** Your Body & Enrich Your Essence



Low Glycemic Index Diet



- 
1. Follow the Glycemic Index chart
 2. Eat smaller portions (potentially more frequently)
 3. Have protein and fiber with every meal

Tips:

- You don't need a lot of protein (.8g/kg)
- If you're hungry, eat!

3-Day Diet, Try It!

1. Breakfast: big glass of water, apple, egg / eggwhites with olive oil

and/or oatmeal with frozen berries and cinnamon

tea, coffee (with real sugar)

2. Snack:
4 almonds,
fruit

3. Lunch: chicken plus quinoa, soup or salad, rye crackers, and veggies (yam, raw or cooked broccoli, cauliflower, carrots)

4. Snack:
cottage cheese,
prunes,
almonds, turkey
on crackers

5. Supper:
turkey, fish,
chicken or bison
with brown rice
or tofu, a ton of
veggies, salad,
and rye crackers

6. Snack:
oatmeal,
apple



INSTEAD OF :

- white sugar
- white rice
- white pasta
- corn tortilla

EAT:

- raw sugar, brown sugar, agave
- brown rice, quinoa
- spaghetti squash, veg noodles
- wheat tortilla



SUPER FOODS

Rainbow foods

Almonds

Blueberries, cherries

Fish, especially salmon

Nuts, especially walnuts

Leafy greens

Optimize

Food

Intake



Out of
sight, out
of mind



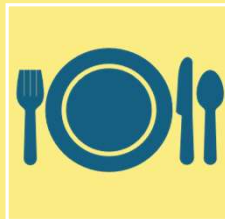
Be mindful



Fork down



Sip of
water



Eat soup and/or
salad before and/or
after meal



Wait



Stand up.
Take stock

How to Keep Eating the Right Food



Flip it to: “we crave what we eat”



Take note of how you feel after incorporating salads



Eat the fruit, not the juice

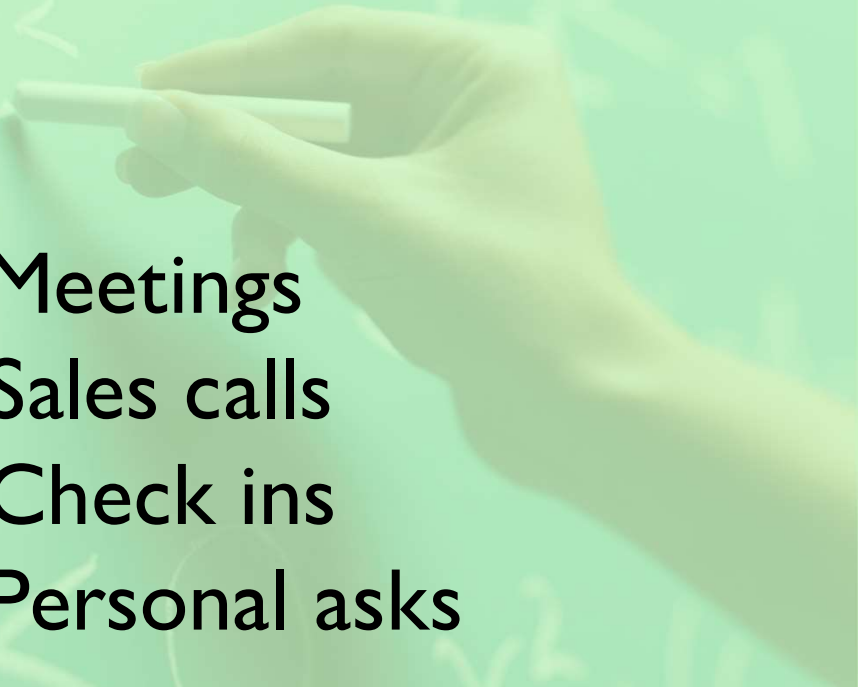


Frozen food is just fine

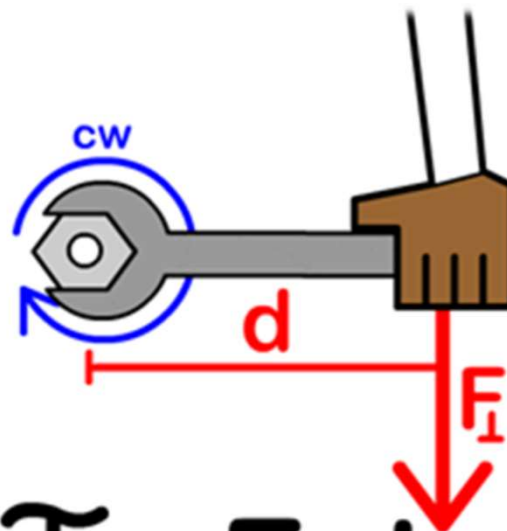
Accountability COUNTS!



- +Your Numbers
- +Water
- +Exercise
- +Sodium
- +Food
- +Meetings
- +Sales calls
- +Check ins
- +Personal asks

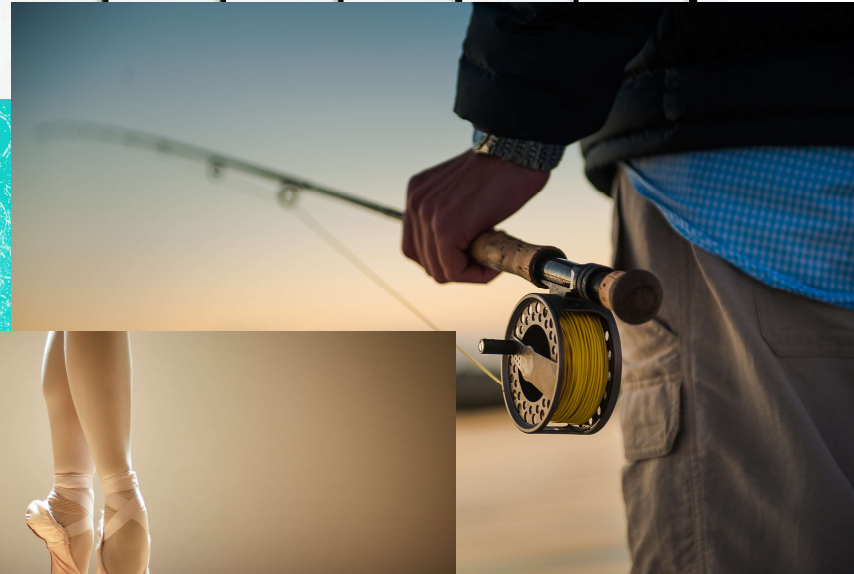


REGAN *MOVES*™



$$\tau = F_{\perp} d$$





JOY!

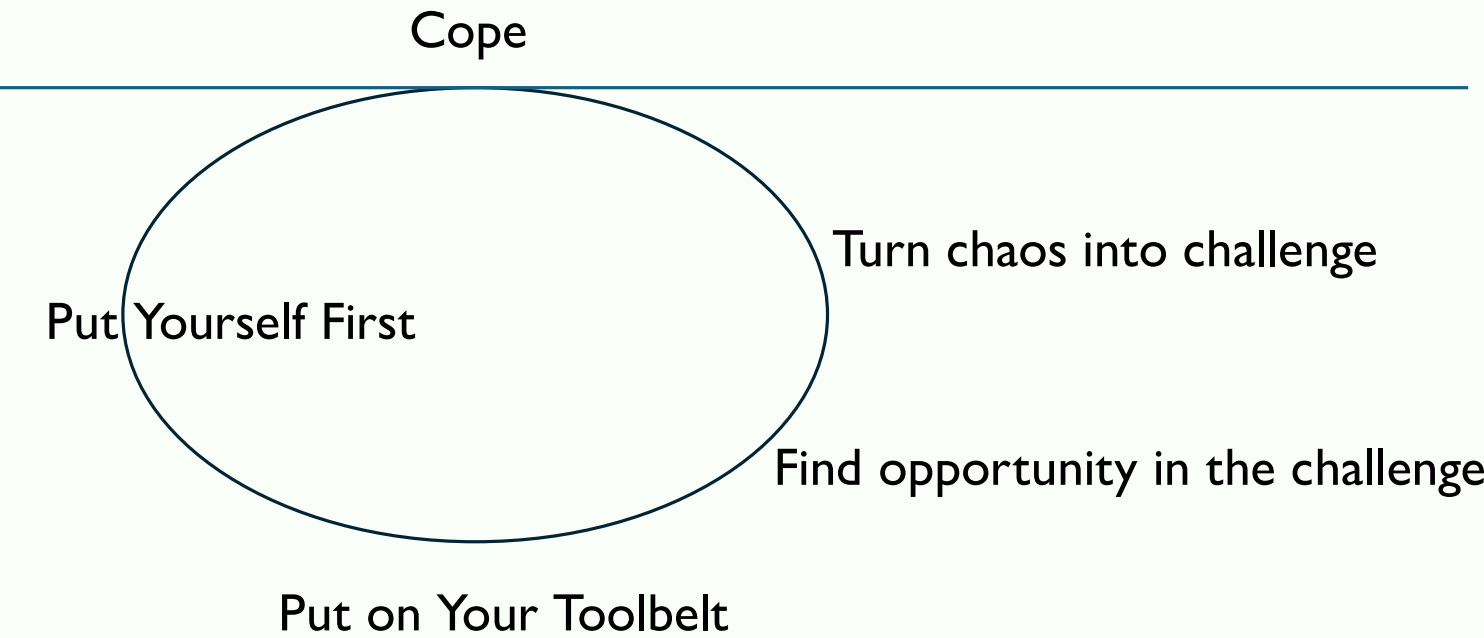


3. ***Enhance*** Your Skillset



Photo Credit:
Sean
Parker/Caters





Cope

Put Yourself First

Turn chaos into challenge

Find opportunity in the challenge

Put on Your Toolbelt



**AND I HAVE SOME REALLY GREAT IDEAS
AND I PUT THEM IN MY IDEA BINDERS.**



“There's nothing we can't do
if we work hard, never sleep,
and shirk all other
responsibilities in our lives.”

- *Leslie Knope*,
fictional character

ENERGY MARBLES!



Skills: self-management & people skills

+Mentorship / Internship
Programs

+Society memberships

+Listening skills workshop

+Conscious decision

+Communication:
speaking, writing, courage

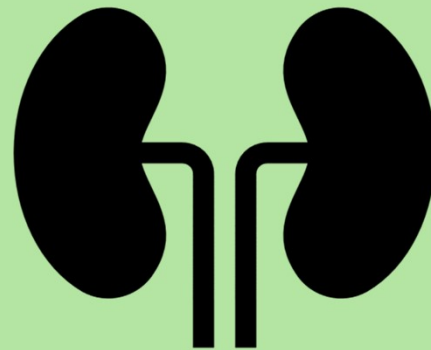
+Create your energy

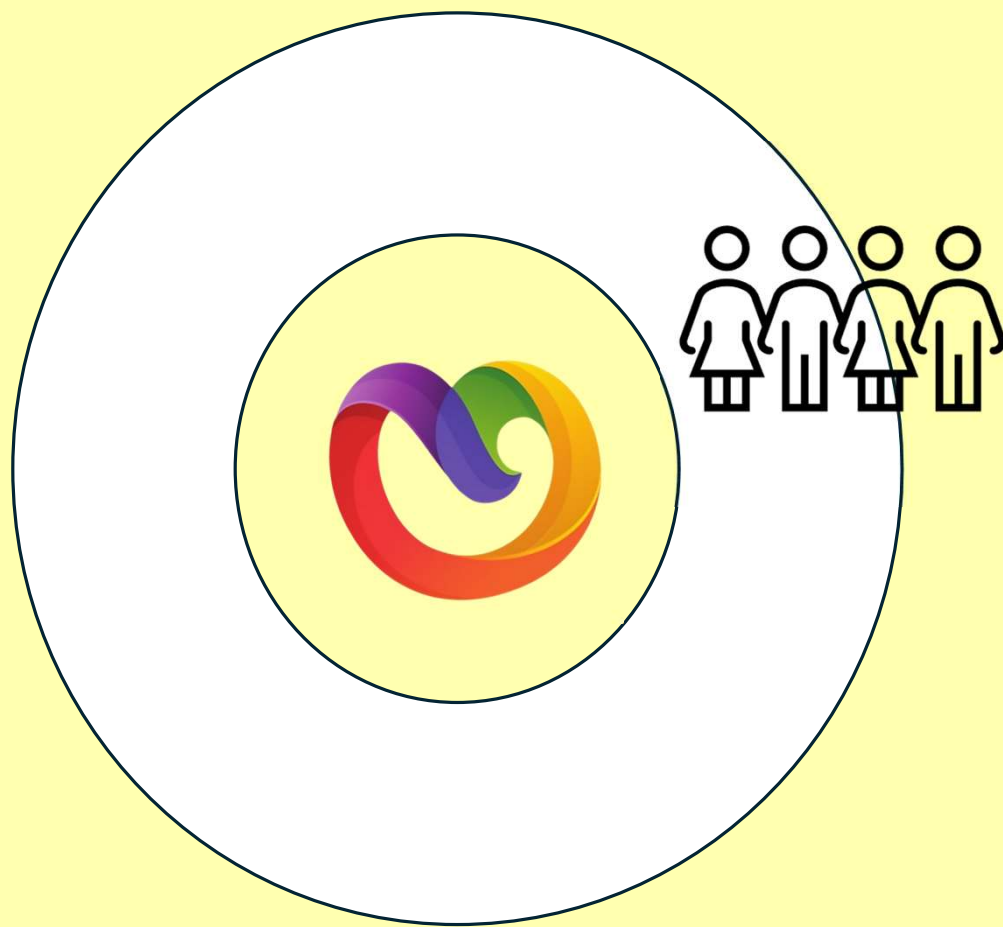
+Set your intention

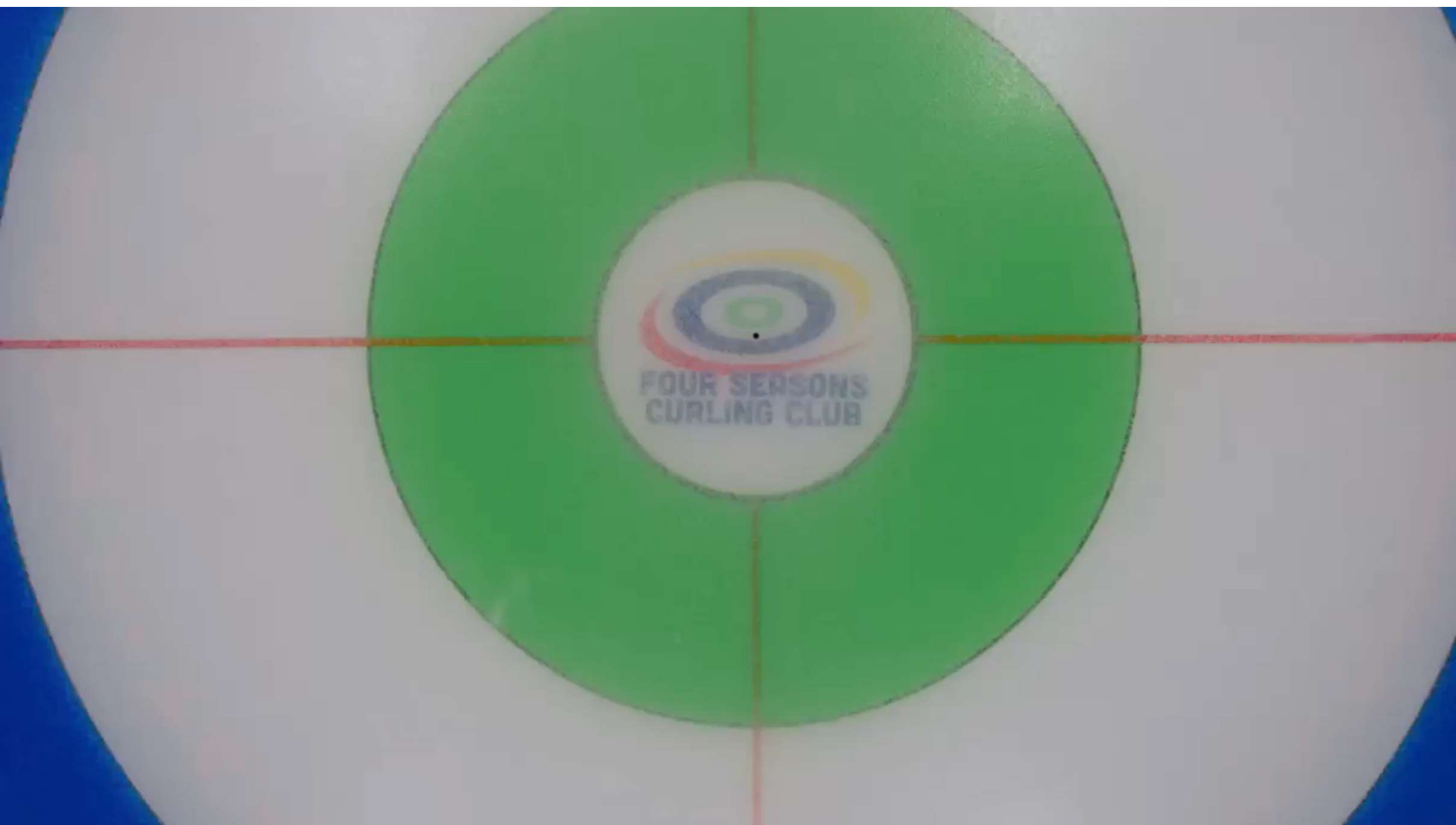
Share the Good Word



4. ***Establish & Engage*** Your Support Network









Teamwork

What does this mean?

WHY are you there?

SHARED MISSION



“Always be a first-rate
version of yourself, instead of
a second-rate version of
somebody else.”

- *Judy Garland,*
singer and actress



High Regard
Grateful
Interested

5. ***Engineer*** Your Life



The background features abstract, wavy, layered shapes in various shades of green and yellow, creating a sense of movement and depth. These shapes are positioned on the left and right sides of the page, framing the central text.

Personal Mission Statement



Decision-Making

- 
- + *Speech overrides thought*
 - + *Visualization*
 - + *90% of life is showing up – speak up*
 - + *EFFORT overrides willpower – reward it*
 - + *If you don't like something change it.*
- Encourage personal power*
- + *Forward, forward, forward, keep going:*
- Steady and Steady wins the race*
- Baby Steps COUNT*
- + *It's OK to WANT to move up*

- 
- + *The good is in the getting*
 - + *Live in the moment*
 - + *The beauty's in the details*
 - + *Take pride in what you're good at*
 - + *Shine Your Light*
 - + *Self Care: 10 seconds*
 - + *Ask for help*
 - + *Magic Bullets*
 - + *Good begets good*



Worksheet



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www.reganmoves.com

www.lets cure lupus.org

Regan MOVES

*The Little Manual of Joint-Safe
Exercise*