



# The WOW Factor Excellence - Part 4

The WOW Factor is defined as; A memorable experience that leaves people talking about us in an extremely positive way.

In 2013 the United States was ranked \_\_\_\_\_ in overall \_\_\_\_\_ among developed countries.

We have to get \_\_\_\_\_ and \_\_\_\_\_ when it comes to our diet and our exercise.

“If we want uncommon results, we have to be willing to do uncommon things.”

## **Discussion Questions:**

For the next 3-5 minutes evaluate the questions below, then share your responses.

On a scale of 1-10, how excellent are you in your health?

1 2 3 4 5 6 7 8 9 10

Why did you give yourself this rating?

What benefits would you receive if you improve your rating?

Who do you know that demonstrates discipline in the areas of health and fitness? What do you admire about this person?

What specific action can you apply immediately to improve your overall health?