

How to Fit A Heart Attack into Your Busy Schedule!

Copyright © 2015 Philip Jones, Calgary

T: 403-225-0633

E: philip-jones@shaw.ca

How to Fit A Heart Attack into Your Busy Schedule!

It's a wonderful life!

- Terrific job

It's a wonderful life!

- Terrific job
- Highly paid

It's a wonderful life!

- Terrific job
- Highly paid
- Leisurely schedule

It's a wonderful life!

- Terrific job
- Highly paid
- Leisurely schedule
- Worry-free

Let's pretend:

- You are busy & stressed

Let's pretend:

- You are busy & stressed
- Aspiring Heart Attackee

Let's pretend:

- You are busy & stressed
- Aspiring Heart Attackee
- Myocardial infarction

Scheduling:

Scheduling:

- Convenient timing?

Longer delay:

- the more diligent
the preparation!

Inadequate preparation:

- increased risk of
a disrupted schedule!

Revised schedule:

- the morgue and
- the cemetery or
- the crematorium

Problems:

- The slab's a bit cold.
- The casket's a bit dark.
- The oven's a bit hot.

Unpublicized statistic:

Unpublicized statistic:

- 100% of Canadians eventually die.

Cardiovascular disease:

- A popular cause of death
- Heart attacks & strokes
- Women equally keen

Planning the event:

- What are your objectives?

Objectives:

- Delay the event.

Objectives:

- Delay the event.
- Reduce the severity.

Objectives:

- Delay the event.
- Reduce the severity.
- Avoid the morgue.

Objectives:

- Delay the event.
- Reduce the severity.
- Avoid the morgue.
- Recover more easily.

To be successful:

- What preparation is necessary?

Objectives:

- Delay the event.
- Reduce the severity.
- Avoid the morgue.
- Recover more easily.

Philip's preparation:

- An early
wake-up call

Woodward's Stores

- Department Manager

Woodward's Stores

- Department Manager
- Predecessor fired
- Key employees fired

Woodward's Stores

- Department Manager
- Predecessor fired
- Key employees fired
- Morale

Woodward's Stores

- Low standards
- My age
- My background

Woodward's Stores

- Low standards
- My age
- My background
- Tough challenge

Diagnosis:

- Duodenitis

Prescription:

- Diet
- Exercise
- Balance





OLD & CRAFTY

OPEN

Kiss & Koppel

4WH B RAK ES

\$84.95 M.V

REBU ILT

T ANSMISSION

\$274 M.CARS

INSTALLED

Would you take

your vehicle

to this place

to be repaired?

VISA

EMERGENCIES
AFTER HOURS
CALL
202-441-1111
FIRE & POLICE
911

Pronto

USH

FRONT
200-2000



LAKE BO

**REG. FOR TOY &
OTHER THINGS ARE & PRE SCHOOL
PROGRAMS APRIL 7 2PM-6PM**

Philip's preparation:

- Good health
- Ideal weight
- Regular exercise
- Blood pressure OK

Philip's preparation:

- Balanced diet
- Never smoked
- Family history OK
- No kids to support

Philip's preparation:

- No debts or mortgage
- Comfortably challenged
- Positive and optimistic
- Strong faith

Only one problem!

- Stress-management

Your fitness level?

- Typical 20-year-old
- Typical 30-year-old
- Typical 40-year-old

Philip's objectives:

- Delay the event.
- Reduce the severity.
- Avoid the morgue.
- Recover more easily.

Which aspects of life

- have no impact
on the health
of your heart?

Your heart's health:

- influenced by every aspect of your life.

How are you doing:

- at home?
- at work?
- in society?
- in solitude?

How are you doing:

- physically?
- intellectually?
- emotionally?
- spiritually?

Most popular method:

Most popular method:

- Management By Drift



COCHRANE
COFFEE
TRADERS



MON-WED
THURS
FRIDAY
SATURDAY
SUNDAY

5:00am-6:00pm
5:00am-6:00pm
5:00am-6:00pm
7:00am-6:00pm
9:00am-6:00pm



for a
Chocol

Bernard



A better approach:

- Identify all
the pertinent
QUESTIONS.

The process:

- Many ANSWERS
will become
obvious.

The process:

- The answers
may reveal
a PROBLEM.

The process:

- Precisely
DEFINE
the problem.

The process:

- The SOLUTION
will emerge
more easily.

The process:

- Questions
- Answers
- Problem
- Definition
- Solution

Have you experienced

- an expanding circumference?

Philip's circumference:

- in his 20's: 30"

Philip's circumference:

- in his 20's: 30"
- in his 30's: 32"

Philip's circumference:

- in his 20's: 30"
- in his 30's: 32"
- in his 40's: 34"

Philip's circumference:

- in his 20's: 30"
- in his 30's: 32"
- in his 40's: 34"
- in his 50's: 36"

For men:

- What waist size is an indicator of increased risk?

For men:

- 37": increased risk
- 40": substantially
increased risk

CU
FR

SWING
INTO
SPRING



7 PIECE TEAK SALAD SET

7 PIECE TEAK SALAD SET

CHILDREN'S CLOTHES

100% COTTON	100%
100% COTTON	100%
100% COTTON	100%
100% COTTON	100%
100% COTTON	100%
100% COTTON	100%
100% COTTON	100%
100% COTTON	100%
100% COTTON	100%
100% COTTON	100%



For women:

- 32": increased risk
- 35": substantially
increased risk

for people older
than you!

Nostalgia



Since you were 18:

- How much has your profile changed?







**Exercise
Coach**



WOODWARD'S
Green Bags

No
Smoking
&
No
Loitering
with in 10' radius of the facility

Woodward's



Sales per capita:

- Highest in
North America

1990: Philip Jones
leaves Woodward's.

Unrelated events:

1990: Philip Jones
leaves Woodward's.

1993: Woodward's
goes broke.

The stress vaccine:

- Limited supply

Essential services:

- Beauticians
- Morticians
- Politicians

In reality:

The only stress-free
situation involves

. . .

In reality:

The only stress-free
situation involves
being dead!

Stressful situation:

- Change it?

Stressful situation:

- Change it?
- Leave it?

Stressful situation:

- Change it?
- Leave it?
- Adjust to it.
- Stew about it.

Stress reduction tool:

- Learn when
to say . . .

Stress reduction tool:

- Learn when
to say “No!”

Say “No” to:

- Excessive demands

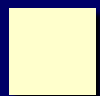
Say “No” to:

- Excessive demands
- Techno-slavery

Say “No” to:

- Excessive demands
- Techno-slavery
- Conflict

Say “No” to:



Greed

Relationships



Stressor:



WAPTWAP

Worthless

Authoritarian

Perversity

Together

With

Autocratic

Pomposity

Gettinolderitis:

Gettinolderitis:

- Inflammation of the ageing glands

In any aspect of life:

- Why do we perform no better than we do?

The main reason:

- We do not fully intend to perform any better!

In any aspect of life:

- Could you do better
if you decide to do so?

If I decide to do so,

- I could adjust my priorities.

If I decide to do so,

I could . . .

- get more exercise;
- get more sleep;
- eat more sensibly . . .

If I decide to do so,

- I could dump
one bad habit.

After your heart attack:

- What one change will you make?

Your choice:

A milligram of prevention
is better than
a kilogram of cure.

Instead of MBD,

we could try . . .

MBFOWYA

AWYWTB

AHTGFWYA

TWYWTB

TGFI!

Management By Figuring Out

- Where You Are And
- Where You Want To Be

Management By Figuring Out

- Where You Are And
- Where You Want To Be
- And How To Get From
Where You Are To
Where You Want To Be

Management By Figuring Out

- Where You Are And
- Where You Want To Be
- And How To Get From
Where You Are To
Where You Want To Be
- Then Go For It!

Step #1

- Figure out where you are.
- Assess your current situation.

Step #2

- Figure out where you want to be.
- Clarify your objectives.

Step #3

- Figure out how to get from where you are to where you want to be.
- Decide what you need to do.

Step #4

Go for it!

Step #4

Go for it!

