



habits

Wellness

NEWSLETTER | ISSUE #17 | JANUARY – MARCH 2018

“I fear that technology will surpass our human interaction. The world will have a generation of idiots.”

Albert Einstein

Do you remember back in school where the dilemmatic question was to write an essay about the advantages or disadvantages of TV? 📺

Today, we don't talk about TV anymore, the dilemma is: Is social media bringing people closer together or it is actually breaking relationships apart?

Any comments?

“Technology can be our best friend, and technology can also be the biggest party pooper of our lives. It interrupts our story, interrupts our ability to have a thought or a daydream, to imagine something wonderful, because we're too busy bridging the walk from the cafeteria back to the office on the cellphone”.

Steven Spielberg



For most of us, our phones have become an extension of our hands, and if they're not in our hands, they're in our purses, our back pockets, or on the counter just a few centimeters away.

Mobile phones have become a necessity for every human being. One cannot imagine life without it. Being a part of today's technological world.



MAKE THE USE OF YOUR CELLPHONE HEALTHY

To mitigate the dependency on the cellphones, we at HABITS will share some alternative solutions that can be considered in your daily routine. The solutions are not so dramatic to deny any form of cellphones, however, at the same time such measures allow the users to mitigate dependency and direct your attention to other activities.

- 1• Leave the mobile devices in a basket at your home entrance. 📱📦
- 2• During friends' gatherings in a café, put the phones in

the middle of the table and whoever uses the device, will pay for the table. 😊

3• Mark a "Mobile Free" Day or Hour or Evening to spend with the family or friends. 🚫

4• Discover a new world - engage in new activities that give you pleasure, as Personal Training, Yoga, Pilates & Massage.



5• #BFF home workshop - Learning new stuff will always take you out from the stressful and boring times. 🧐

NOT ENOUGH??

8 MORE REASONS FOR YOU TO FORGET ABOUT YOUR CELLPHONE

1. Life satisfaction declines when we are too connected.
2. Our kids are fascinated with what we are fascinated with.
3. We learn empathy through eye contact.
4. Phones instantly take us out of the moment.
5. Time spent digitally connected could be better spent developing connections with each other and the great outdoors.

6. Guarantee better sleeping hours - turn your phone off at night.
7. Too much texting or similar activities can cause pain in fingers, wrists and eyes - take frequent breaks.
8. Nearly half of smartphone users say they can't live without their phones - plan a no-phone time.



What are the TOP 10 reasons for using SOCIAL MEDIA?

55% of people use social media to stay in touch with what friends are doing.

Ref: Globalwebindex - 7th April 2015





91% of American adults and 60% of teens own this device, which has revolutionized communication in the 21st century.

Proponents of the “cellphonization” say that cellphones are useful in their daily lives and help to keep up with the vigorous rhythm of modern life.

One cannot deny the huge benefits of the different social platforms we have on our cellphones, including **Facebook, Instagram, WhatsApp, YouTube, etc...** They have literally made the world within hands; reachable and always connected, wherever you are. Partners, friends, relatives, colleagues are all easily reachable now that the social media is within this small box. The idea of distance has changed its perspective in the past years.

When Pew Research Center - USA, began tracking social media adoption in 2005, just 5% of American adults used at least one of these platforms. By 2011 that percentage had risen up to half of all Americans, and today 69% of the public uses at least two types of social media.

VIRTUAL LIFE vs. REAL LIFE

When & Where it becomes a problem



The funny thing is that people admit the overuse of cellphone may not be healthy for them, but they are still using it.

Almost every home you enter, you notice that every member, specially kids, is locked up having his eyes glued to his phone. No conversations, the one-on-one relationship has disappeared. True that social media is getting people together, but at the same time it is keeping the closest farther. Did by any chance Social Media become an escape from partners' arguments, & the best international gossiping platform? LOL 😂

There must be something missing in our lives that makes us want to escape to that safe little digital box every now and then. But what is it?

Relationships are not the same anymore. Your social life is becoming more and more digital rather than real. **Facebook**, how many friends do you have on your list? How many of them do you see regularly?

Make this equation & check for yourself.

The stressful lifestyle, the less satisfying options for entertainment and the lack of time for people to receive friends, or to go out or to do activities together, might justify the increased use of mobiles...

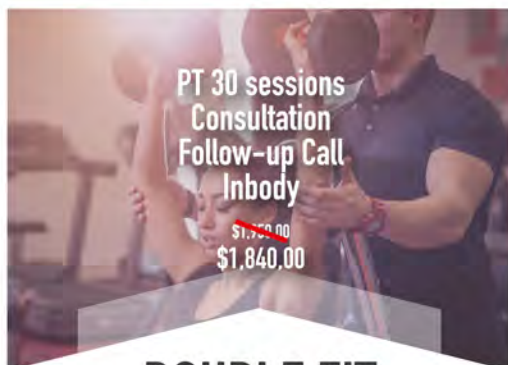
It is becoming more like “go with the flow!” We just go for what is easy and more practical, and less thinking. It holds the same idea as “junk food”. Since it is ready made & easy to eat; why waste time on washing, slicing fruits & vegetables, and cooking? It is just more convenient, but definitely not GOOD or healthy.



It is very interesting how most of the top reasons are all linked to what we call "passive networking" – which means users who come to social media, do so to consume content rather than to actively contribute to the stories.

For many users, social media is part of their daily routine. Roughly three-quarters of Facebook users – and around half of Instagram users – visit these sites at least once a day.

HABITS WELLNESS PACKAGES



PT 30 sessions
Consultation
Follow-up Call
Inbody
~~\$1,799.00~~
\$1,840.00

DOUBLE FIT

HABITS WELLNESS PACKAGES

Terms and conditions apply



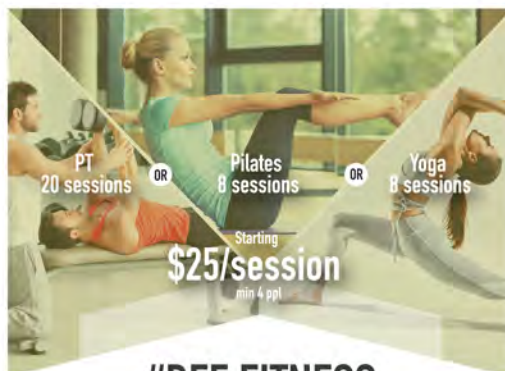
Massage 12 sessions
+
Surprise

Customize your package & get a Special Discount

LAZY D

HABITS WELLNESS PACKAGES

Terms and conditions apply



PT
20 sessions

OR

Pilates
8 sessions

OR

Yoga
8 sessions

Starting
\$25/session
min 4 ppl

#BFF FITNESS

HABITS WELLNESS PACKAGES

Terms and conditions apply



Nutrition Lessons
\$35/person
min 4 ppl

HOME WORKSHOP

HABITS WELLNESS PACKAGES

Terms and conditions apply



Supermarket Tour
\$35/person
min 4 ppl

#BFF SUPERMARKET TOUR

HABITS WELLNESS PACKAGES

Terms and conditions apply

 **HAPPY 2018** 

CALL OUR OFFICES NOW TO BOOK YOUR SESSIONS!

Telephone: 01-370 228 • Mobile: 03-007 405
www.habitswellness.com • info@habitswellness.com

