

# What are Small Changes?



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# Small Changes Explained



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## What is the Pareto Principle?

80

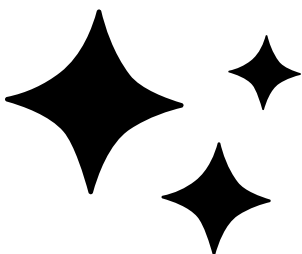
20

Known as the "80/20 Rule" or the "Law of the Vital Few." It states that **80% of outcomes** are from **20% of causes**. This means a majority of consequences we see, are the result of a small number of inputs.

In terms of health:

- A **SMALL** change in your lifestyle can lead to a **BIG** impact on your health and wellbeing.
- For example, "20% of positive lifestyle choices you make will lead to 80% of the positive effects you see."

## Why are Small Changes Important?



### 1 Building new habits

- Large changes can be overwhelming and difficult to maintain. Small lifestyle changes are **easier to achieve and sustain** in the long-term. These changes are more likely to become part of your daily routine over time and help lead you to success.

### 2 Building healthier habits

- Taking the initiative to develop healthier habits can help lower your risk for serious health problems. New habits related to **healthy eating, physical activity, and a healthy mind** can make a positive impact on your overall health.

