



# Wellness



## An Introduction



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## 1 What is Wellness

### 1.1 Definition of Wellness

It's difficult to be precise about where the term 'Wellness' originated.

However, it was partly inspired by the preamble to the [World Health Organization's](#) 1948 constitution which said:

*"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."*

By the mid 1990's, the word had been adopted into common language.

A clear unambiguous definition remains elusive, but there is general agreement that:

1. *Wellness is a conscious, self-directed and evolving process of achieving your full potential*
2. *Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment*
3. *Wellness is positive and affirming*

Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.

It is a holistic process that recognizes that problems in one aspect of life are very likely to have impacts in others.



## 2 Wellness and Fitness in Today's World

Most would agree that we live in an age of enlightenment and advanced medicines.

Given what we know, we should be some of the most fit, most well human beings.

So why is the opposite often true?

How can this have happened? Why?

The following report looks at what we need to be fit and well.

We'll look at the conditions that must be met in order for us to be fit and well.

We'll also look at some of the more creative, fun and unique forms that self-help and medicine have taken over the last several centuries.

We'll think about some of the more generalized areas of wellness, fitness and overall good health that everyone should strive to attain.

Then we'll discuss the various areas of individual concern including:

- fitness,
- wellness,
- the importance of mind, body and soul,
- the development of good health practices.

We'll help understand why these things work together, and why all are necessary for your wellness.



### 3 The Relationship Between Wellness and Fitness

We're all bombarded with health and fitness information whenever we read magazines watch TV, browse the internet or social media.



There seems to be a constant flow of advertisements and articles designed to impart much needed information about the state of fitness and health in the world today.

And of course, it also tells us what we as responsible citizens should do.

But just stop and think for a moment.

How do you determine your current fitness and wellness levels?

Does your doctor tell you?

Does she ask each time you visit if you believe yourself to be fit and well?

Probably not.

And he/she does not give you any method for determining the status on your own.

Fitness centers abound.

You most likely have one nearby.

It's probably staffed with counselors who can test your fitness level.



### 3.1 What about your wellness level?

We know that fitness and wellness are connected, but we also know that they're not the same thing.

Advances in modern medicine and improvement in living conditions in many parts of the world have led to increases in average life expectancy.

People are living longer.

Unfortunately, as technology has progressed, in general living standards have increased and we all have access to plentiful and tasty food.

We don't need to think about preparing our own food from basic ingredients anymore – we can just go to the store and buy whatever we want.

This has contributed to an increase in both overeating and unhealthy eating.



It seems that as we advance in one area, we regress in others.

However, this doesn't have to be so.

Reaching a place of responsibility, where we combine our physical health, with our wellness can enhance and improve those extra years of life.

### 3.2 Being fit and being well are totally different conditions.

Your wellness rating is dependent upon your immune system, and what vitamins, supplements, and nutrition you provide for your immune system.

*Fit people can sometimes be unwell.*

*Well people can sometimes be unfit.*

However, when you do combine the two, and use sound principles based on clean living, exercise, and healthy eating, you attain a state of equilibrium where you are both fit and well.



It is comparable, in some ways to the Chinese philosophy of yin and yang.  
The balance that must exist in the whole relies heavily on the balancing of the halves.

Being both fit and well, is one of the joys of being alive.

The energy levels that we experience are beyond compare, and the happiness we feel helps us to put life in perspective.

That's an accomplishment we pass along to our children in the example that we set before them.

Whether we like it or not, we are true practitioners of the philosophies that we follow in our daily lives.

The example we provide for our family, our children especially, speaks volumes to them about their own responsibilities in maintaining their health.

Being healthy is a true combination of wellness and fitness, body and mind.

Our spirit, soul, or inner voice is a benefactor in this experience.

Wellness encompasses our state of being, mind, and health.

It is a condition of the whole.

**The joining of wellness and fitness in our life is a condition of the mind, body, and soul.**





## 4 Are Wellness, Fitness and Health Really The Same Thing?

We've said before that being fit and being well are totally different conditions but forgive the repetition.

This is important.

Your wellness rating is dependent upon your immune system, and what vitamins, supplements, and nutrition you provide for your immune system.

Fit people can sometimes be unwell. And well people can sometimes be unfit

It's strange, but most people don't take the time to understand the health advantages of being both fit and well.

Most of us read and absorb the information we're given through the media and health organizations, but how many of us wonder if we're receiving all the information we need, or simply the part that is someone somewhere wants us to know (often for profit).

### 4.1 Fitness Centers



Fitness centers need your monthly fees to remain operational.

They have no real concern about the condition of your immune system.

Physical fitness is a condition of the body alone.

### 4.2 Medical Centers



Hospitals and doctors need you as a patient in order to remain operational.

They want you to know you need to be fit and well, but often leave out important information that affect your wellness and, therefore, your ability to be fit.

They sometimes treat the symptoms, and not the root cause.





### 4.3 Healthy Eating



Think about your eating habits.

What about vitamins?

What role does our daily intake play in your health, wellness, and fitness?

The answer is that it's much more than you have been led to believe or understand.

The **body's ability to remain well** under anything other than ideal conditions is a direct result of the nutrition received on a daily basis.

The **mind's ability to remain well** is, again, a direct result of our nutrition intake. For instance, the human brain doesn't develop well without the necessary input of protein in our daily diet

### 4.4 Health, Fitness and Wellness

The terms are often used interchangeably.

Quite often someone will talk about their health, when they're really addressing a fitness issue.

Then you will encounter conversations where the word wellness is used to discuss a health issue.

The inter relationships are still new in many people's minds, so there will probably continue to be confusion as to the proper use of each term.

However, it's much more important that we take an active role in our wellness, fitness and overall health than we use the right words for it!

When we think of our quality of life, we need to think about the role our overall health, fitness and wellness have to play, and not just focus on one of them.



## 5 The Quality of Life: Is Health Important?

Everyone should take the time to educate themselves and their children, about the benefits of healthy eating.

Learning to eat for life in a health-conscious way is one of the best guarantees for a long and fulfilling life.

The quality of our lives is as important as the quantity to most individuals, but we often make an unconscious decision and choose between quality and quantity.

For example, we choose to overeat, eat unhealthily, not exercise, smoke, drink alcohol – all manner of things that we know are bad for us.

Things we know will shorten our life expectancy.

But things we choose to do anyway.

We choose quality (or at least perceived quality) of life over quantity.

Sometimes an imbalance in one area of life can cause an imbalance in another.

We are familiar with the concept of comfort eating, where we feel bad about something in our lives, but instead of addressing the problem, we eat (usually junk food) to make ourselves feel better.

### 5.1 Obesity and Quality of Life

The issue of obesity brings the debate to the forefront.

At the extreme, what kind of quality of life can someone have who can barely walk because of their weight?

Less extreme obesity can simply mean you have difficulty in finding clothes to fit, or in tying shoe laces or getting out of breath walking upstairs.

The point here is that if your obesity stops you doing something you want or expect to be able to do, your quality of life is diminished.



## 5.2 So how did we go from physically fit to obese?

### 5.2.1 Doing less manual work

Think about your life compared to that of your grandparents.

Think about a harvest a few hundred years ago. The corn was cut and threshed manually.



Compare that with the modern farmer and his combine harvester



It's pretty easy to see which is the harder work for the people involved.

And it's pretty obvious that if the modern farmer consumes as much food as his predecessor while doing less physical work, he is going to gain weight!

### 5.2.2 Healthy Eating

At the same time that we started to do less manual labour, standards of living improved, and food technology improved.

Suddenly we had greater choice and greater quantity than ever before, and much of that choice was included processed food.

Our diets changed.



**We all used to prepare and eat fresh natural seasonal food.**

We had no choice.  
It's all there was!

**Now we often eat processed and preserved food.**



We can!  
It's available and easy!

### 5.2.3 Improved living standards

As more and easier food and drink options became available, our living standards improved.

We were no longer having to spend hours in the kitchen preparing food.

We could afford to buy the convenience foods.

Is it really any surprise that we overindulged?



### 5.2.4 Lack of Education

Not many decades ago, no-one needed to know the dangers of over eating, unhealthy eating and poor lifestyle choices.

Back then, you worked hard, ate what you could and tended to live a healthier life 'by default'.

As things changed, education took a while to catch up, and perhaps isn't really there now!

**We know what's healthy and what isn't**





although experts / advertising etc. seems to pull us in different directions, so it isn't always straightforward.



**We know that exercise is important**



but we don't really know how much exercise we need, and we can't easily calculate the relationship between exercise and food.

So for example, how much further do we need to walk if we have a burger and fries for dinner instead of chicken and salad?

**We know that we shouldn't eat too much.**



But we don't really know what too much is – or do we!

Leave the table wanting more is a bit imprecise.

Measuring out portions is fine, but how big is 'a portion', and how do you do that when you're not at home?

### 5.3 Information Overload

The bottom line is that it is your responsibility to determine how much nourishment you (and any children or others that you are responsible for) need, how much physical exercise you (and they) need, and how best to accomplish those ends.

You can, of course ask for help, and there's lots about.

But you can't get away from the fact that it is YOUR responsibility.

Calorie needs, nutritional needs, physical needs, and education about those needs is information you need to understand, at least as it applies to you and your dependents.

You can get the information from our local doctor, library, or fitness center.





There is a whole lot of information available to help educate you and to help you make good health choices, no matter what the age group.

#### 5.4 So does health matter to your quality of life?

The question posed at the beginning of this section was: Is health important to your quality of life?

The answer is a resounding YES.

Whatever life you choose to lead, no matter what your field of interest, your level of education, or your level of income, your life is tremendously affected by your health.

Maintaining your health is one of the most important things you can do as an individual to enjoy the time you have on this earth.

And it's not just you. It is also one of the most important things you can do for your family. With giant steps forward in medical science, we will tend to live longer, but if we don't take care of ourselves, that could mean many years as burdens to our children?

Of course, if we do take better care of ourselves, the later years of our lives can be a time of great joy?

If we make the right choices, then we have a better chance than ever before of living life to the full.



## 6 What Makes Us Well?

*Wellness is:*

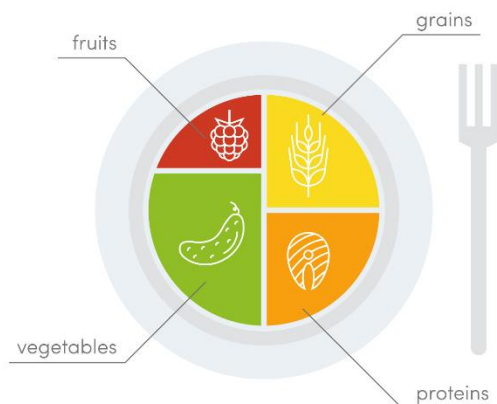
- *a conscious, self-directed and evolving process of achieving your full potential*
- *multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment*
- *positive and affirming*



### 6.1 Looking after your body

#### 6.1.1 Nutrition

Nutrition is all about providing your body with the necessary food, vitamins, and minerals so that you continue to thrive in your daily life processes.



**HEALTHY PLATE**

We are all products of what we eat, so a good place to start is with an examination of your eating habits.

- if your eating habits are unhealthy, or do not provide your body with everything it needs in proper measure, your body will not thrive. It will not reach its full potential
  - Consider either changing your diet or taking supplements to make sure you are getting your recommended daily allowances of vitamins and minerals.
  - If the nutrition we need, we're not going to be healthy individuals at the end of the process.
- Do you take in more calories than your body needs? Are you supplementing your vitamins and minerals to? If you're not making the most basic of efforts to take care of your nutritional needs, you aren't a well individual.



### 6.1.2 Exercise

Think about your exercise habits.

Do you have any?

If not, then you really do need to form them because if there aren't any exercise routines to examine, there will be no wellness.

Everyone, no matter what their age, benefits from exercise.



Whether it is organized exercise activities, free weights, or simply establishing a personal routine, exercise is an excellent wellness tool.

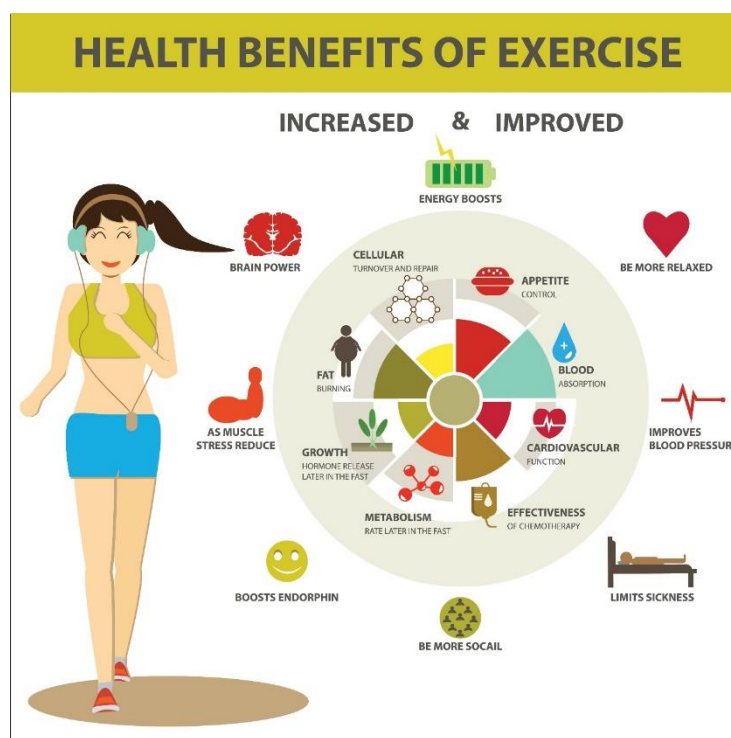
But to become habit, exercise must be fun, so choose something you enjoy.

And remember that if you take no exercise at all at the moment, ease in gently.

Don't push too hard too soon and injure yourself before you really start.

And if you're in any doubt, speak to your doctor before you start.

Exercise keeps our bodies conditioned, our mental sharpness working at top speed, and thanks to the physical aspect, we get a boost to our cardio health, extra calorie burn, and more oxygen to those cells!





### 6.1.3 Dealing with Stress

Being able to deal with the daily stresses of life keeps us well.

We're all busy, of course, but it's important we take time for ourselves.

There are many ways to achieve this – and different ones work best for different people.

Some things that you might like to try are:

- Meditation
- Therapy (and there are any number of different therapies out there)
- Massage
- Going for a walk or
- simply take the time for a nice, hot bath.



The body tends to retain stress in the muscle of the shoulder and back.

- Take the time to relax.
- Do relaxation exercises if they help
- Combine with physical exercise for the entire body.

A combination of healthy eating, exercise and relaxation will certainly help you to achieve and maintain a state of wellness.

### 6.1.4 Good Personal Habits

Personal habits can keep us well.

They can also prevent us from being well.



If you smoke, drink, or don't allow yourself enough sleep, you're not the well individual you could be.

These things work against us, but it can take extreme discipline to stop.

Smoking fills our body with carcinogens, and works to keep us tired and lethargic.

We need to find a way to give ourselves enough time to devote to all areas of our physical needs, from our nutritional intake

needs, to our physical fitness needs, to the need for quiet time contributes to our level of wellness.

How well we allocate time for these needs, and the choices we make in fulfilling these needs, will go a long way to determining how well we are.





## 7 How Do We Evaluate Wellness?

Wellness of the body occurs when all the body processes, physical and mental are functioning at the peak levels.

It takes more than a trip to the gym, or a walk in the park to achieve a complete body wellness – although those things are a part of it.

To evaluate our state of wellness, we need to understand what being well means to us.

We make our lives more enriched and easier to live.

We are able to reap the benefits of well thought out plans of diet and exercise many years into our life, just because we have taken the time to remain well and fit.

### 7.1.1 The Immune System



The immune system is a tell sign of your state of wellness and one of the real benefits of a healthy, well immune system is the prolonging of the onset of many age-related diseases.

Conditions such as macular degeneration, Alzheimer's, strokes, heart attacks, and overall feelings of good health depend upon a healthy immune system.

### 7.1.2 A Lifetime of Benefit



Our ability to continue in a normal routine many years past the accepted age of retirement is a goal achieved through maintaining a state of wellness.

To many older people, their work becomes a genuine source of enjoyment.

Work no longer appears as the thief of our free time.

It becomes an old friend that we are accustomed to visiting.

It can become a reason to continue to get up and go about our day.

Their ability to carry on is a direct result of their state of wellness.





### 7.1.3 Mental Capacity



In evaluating our wellness goals, and state of being, the mental capacity for continued learning, teaching, and experiencing is a top priority.

Mental sharpness comes from continued use of the mind to learn, communicate and think. The benefit of retaining those resources is critical to attaining and maintaining a state of wellness.

### 7.1.4 Physical Benefits

What about the physical benefits of continued wellness?

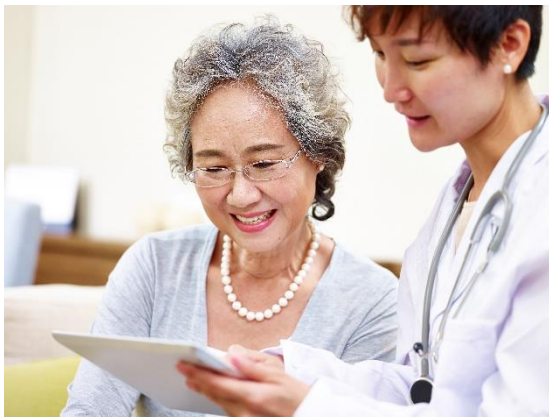
The peace of mind that comes from knowing your body is in top shape, ready to deal whatever comes along, is a priceless possession.

To know that you've spent your day wisely and invested in yourself is a real accomplishment.

The benefits you get from adding just 20 minutes of exercise to your daily routine are unbelievable. And everyone can find 20 minutes to invest in their own future – if only they understand how important it is!

Personally, I walk for exercise, and I can attest to the increase in energy, and with persistence and time, walking can have a massive effect on your weight.

Increased energy levels are one of the greatest benefits of a well and fit body.



Continued wellness and evaluation of our level of wellness is a lifetime responsibility.

If we use our resources wisely and educate ourselves about the things our body needs to maintain wellness, over the duration of our life, it isn't a difficult thing to attain.

The benefits of continued wellness are reaped will into our later years. Look at it as an investment you make, not of dollars and cents, but of time and education.

The return on your investment is unmatched by any prescription.



## 8 What Are Your Wellness Needs?

As we go about our busy lives, the truth is, it's easy to forget about our wellness needs.

In fact, for most people, it probably never even crosses their mind.

But even when we are well, we have needs that help us to sustain that wellness.

### 8.1 Wellness and Immunity

Your wellness rating is directly related to your immune system, and that in turn is directly related to the vitamins, and nutrition you provide it.



The good news is that there are many foods that will boost your immune system

The body's ability to remain well under anything other than ideal conditions is a direct result of the nutrition it receives on a daily basis.

The mind's ability to remain well is also a direct result of our nutritional intake.

However, when you use sound principles based on clean living, exercise, and healthy eating, you attain a state of equilibrium where you are meeting your nutritional wellness needs.

### 8.2 Alternative and Holistic Medicine

It's not the purpose of this book to be in any way critical of modern medicine.

Indeed modern medicine is based on scientific fact whereas some alternative and holistic treatments are much more belief based.

But that doesn't mean you should ignore them.

Many alternative treatments are alternative in the sense that they are an alternative to modern medicine, but they are now fairly commonplace, and you give yourself the best chance of wellness by considering different approaches.

The following paragraphs discuss some of the more common.

#### 8.2.1 Chiropractors

We don't think of the chiropractor until some part of our body isn't functioning as it should, most often our back.

But what about chiropractic care for the well individual?

It is a benefit to the well person to visit a chiropractor when nothing seems wrong?



The very nature of chiropractic care is the belief in the body's own healing properties. Quite often, we can have small problems in one area of our body, and not even realize it until the effect is felt in a much larger way, somewhere else.



The practice of chiropractic care focuses on the relationship between your spine and your nervous system.

The spine is the structure, and the nervous system is the function.

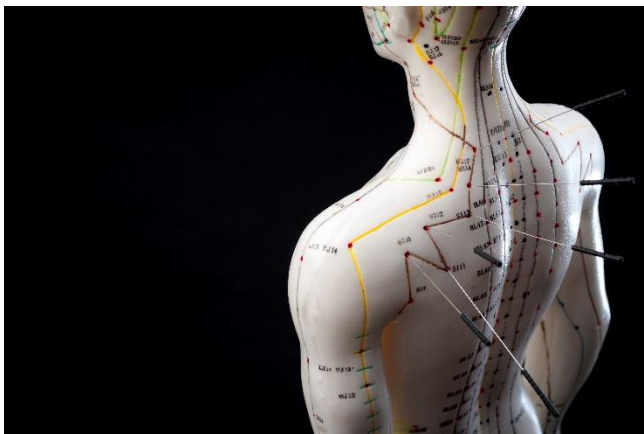
Chiropractic believes these two systems work in unison to keep and then restore your body's health.

### 8.2.2 Acupuncture

Acupuncture is the basic foundation for Traditional Chinese Medicine and is based on the belief that there are two opposing and inseparable forces within our body.

They are known as the Yin and Yang of the entire person.

- The Yin is representative of the cold, slow, or passive principle.
- The Yang represents the hot, excited or active principle.
- A healthy state is achieved by maintaining a balance state of the yin and yang.



This is done through vital pathways or meridians that allow for the flow of qi, or vital energy.

The vital energy flow occurs along pathways known as meridians.

These meridians connect over 2,000 acupuncture points along the body.

There are 12 main meridians, and 8 secondary meridians.

Although traditional western medicine does not completely understand how acupuncture works, the proof that it does work has been shown in several studies conducted by western medical facilities.



### 8.2.3 Meditation

Meditation is another form of preventive maintenance.



We need it to help maintain our overall wellness.

Meditation is preventive maintenance for the mind.

It gives us the opportunity to reflect on our inner self, to listen to that small inner voice that is supposed to help guide and direct our mental processes, but in the modern world, is often drowned out due to excessive noise pollution.





## 9 Wellness of the Body

We've already learned that Wellness refers to the condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits.

Nutrition refers to the nurturing of our body, in our ability to keep it healthy and functioning as it is supposed to do.

It can be summed up as our ability to provide our body with all the necessary food, vitamins, and minerals so that we continue to thrive in our daily life processes

Wellness of the body occurs when all the body processes, physical and mental are functioning as the peak levels.

Many factors come into play when we consider our body's wellness.



The daily intake of food, vitamins, and water are absolute necessities, but we should not think of them in isolation.



Physical exercise is equally important to the wellness of our body.

It's important that our food consumption and exercise are in balance. For that reason, it's important to think of them together.

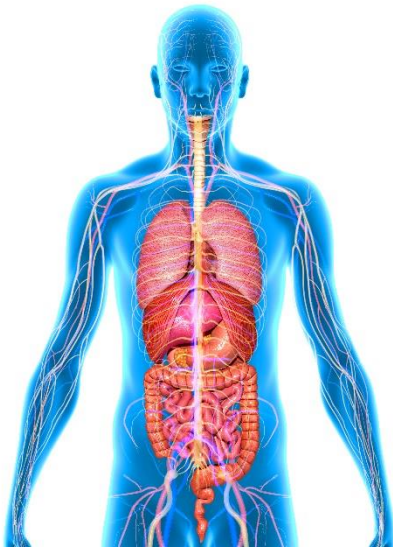
Many people become a little less active with age, but very often maintain the same appetite, and eat as much as they did.

The equation here is a simple one. Eat more than your body uses, and you will increase your weight and consequently decrease your wellness.

But we must always try to think of the whole.

The body includes all our physical processes, our mind, and our physical being as a whole.

When we think about wellness of the body, it's easy to think about our cardiovascular needs and our weight.



But our bodies are much more than heart and a nice figure.

We need to think about the rest of our bodies too. Our organs, muscles, bones; all of it!

We maintain a wellness of the entirety.

Daily physical exercise needs to benefit the body as a whole, giving it time to rest and restore what has been depleted over the course of the day.

Of course, we also need to make sure we supply our entire body with the nutrition necessary for healthy function.

If we learn about the things our body needs to maintain wellness and apply them over the course of our life, wellness isn't a difficult thing to attain.

But you cannot abuse your body for years, and then hope for immediate results in trying to attain an overall wellness.

It didn't become unwell overnight, and it won't become well again that quickly. Perseverance is key.

And good habits really do matter.

Proper attention to the physical needs of each part of your body results in the wellness of the whole.

The parts of your physical body do not exist in isolation.

They work with each other for the benefit of the whole, and if they are not working together, it's to the detriment of the whole.

The physical body is more complex and powerful than any piece of equipment we have invented.

It takes far more abuse than is believable, and yet continues to operate, even without the daily requirements being met.

Feed diesel to a petrol car and it will break down much more quickly than our body will with the wrong food.

Our bodies truly are fascinating machines.

But even more fascinating temples, when we choose to treat them as temples!





## 10 Wellness of the Spirit

Wellness of the spirit refers to our ability to cope with the everyday stresses and strains of living our life.

Things can sometimes seem quite overwhelming, and if we don't allow enough time for wellness of the spirit, we lose our ability to function properly.



One way this inability to cope shows itself is with anxiety attacks. These can be very mild or unbelievably severe. Our system goes into a form of shock. Nothing is physically wrong, and nothing is wrong mentally to cause the panic. We have lost control of our spirit!

The loss of control can be momentary, or it can last for years.

The most debilitating part of the process is the inability to function even in the most usual of routines.

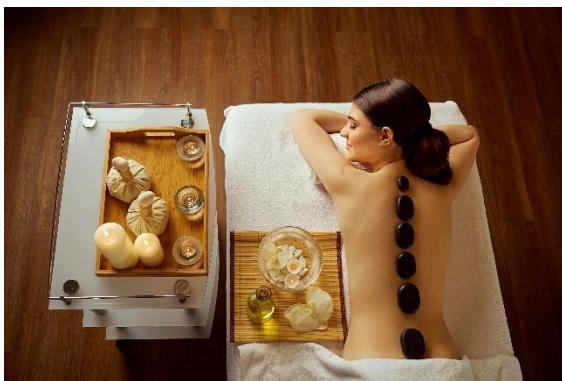
Short trips to the grocery store become impossible, because of the panic they create within the person.

And the attacks are frightening events, and the fear that only add to the panic. The person experiencing these attacks feels as if they have lost control over their ability to function. They cannot meet deadlines; they aren't able to provide for their family, there are a host of reasons that cause us to come to the place of loss of control.

Many people believe the hectic pace of life enhances the need to give our spirit, our soul, our inner voice a chance to be heard.

We drown out any opportunity to connect with ourselves because we schedule everything, multi-task everything, and leave no time for ourselves.

It's impossible to listen to your inner needs, if you're talking on the phone, listening to the radio, or interacting with your children or social media.



At the same we have audio, video, and even massage clinics that offer us the chance to slow down and connect with our inner self.



Never before has there been so much help available.

But we need discipline and devotion to our own health and well-being.

It's easy to forget that the only way to sustain the person we are and the person we want to be is to keep all aspects of that person well.

Wellness requires concentrated effort, discipline, and devotion, to our body, mind and soul. The wellness of our spirit or soul affects all other parts of our person, as evidenced in the presence of panic attacks, mental breakdowns, and the inability to cope.

The need to attend to our wellness needs should be added to our daily "to do" list, so that we schedule in enough time for ourselves!





## 11 Wellness of the Mind

Our spiritual input is a determining factor when establishing our wellness level.

We all need the benefit of spiritual reflection, as a way of cleansing ourselves of the toxins of our daily life.

Spirituality is a way of assuring ourselves of a renewing, and rebirth of ourselves as caring humans.

Wellness encompasses our state of being, mind, and health. It is a condition of the whole.

Wellness is a condition of the mind, body, and soul.



Meditation is preventive maintenance for the mind.

Our spirituality and meditation practices are the tools we have available to keep our mind as well as we keep our bodies.

The mind is a complicated and versatile machine, but it can become overwhelmed and unable to function correctly, if we don't take the time to keep it well and cared for.

Our mind has various levels of operation, known as brainwaves.

As we pass through the different stages of our day, we enter various stages of brain wave activity.

The brain uses this to allow us time to rest and cope with all the pieces of information we've received.

When we don't leave enough time for these processes or we don't get enough rest, our mind cannot maintain its state of wellness, just like our bodies aren't capable of wellness if there is no chance to rest and replenish.



Modern alternative medicine and holistic healers believe in the power of the energy that flows through our bodies; this energy radiates from our mind as well.

It is believed to be the chief from of transportation for our body nervous system to carry out communication.

Breathing techniques, music, aromas, and candle therapy are all ways we utilize the opportunities to reflect on our day, allow our mind to rest and replenish itself for further use.

We must remember to make time to maintain mental wellness just as we do for physical wellness.

As we go about these tasks, quite often the opportunities for physical and mental enhancement are interchangeable.

We can relax our mind as we take our twenty-minute walk.

We can build muscle strength as we meditate.

Just as all parts if our bodies and minds are interconnected, the things we do to maintain or build wellness in one area can often help in others.

Simple things like listening to music can help us to relax and regroup.



It's not always the most formal of occasions that we find an available chance to reflect and listen to that inner voice.

It can be in the middle of the day, with the wind blowing through your hair, and the radio turned up really loud!





## 12 Are You Well?

Wellness refers to the condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits.

Nutrition refers to the nurturing of our body, in our ability to keep it healthy and functioning as it is supposed to do.

Our ability to provide the body with all the necessary food, vitamins, and minerals so that we continue to thrive in our daily life processes.

But do we know if we are really well?

### 12.1 Eating Habits

The first place to start would be with the examination of your eating habits.



Since we are a product of what we eat, if our eating habits are unhealthy, or do not provide for the nutrition we need, we're not going to be healthy individuals at the end of the process.

Do you take in more calories than your body needs?

Are you supplementing your vitamins and minerals to make sure you are getting your recommended daily allowances?

If you're not making the most basic of efforts to take care of your nutritional needs, you are unlikely to be a well individual.

You may not look sick or feel sick.



You may not have any noticeable symptoms of ill-health, but you're not the well individual you could be.

## 12.2 Exercise Habits

Next, you might want to look at your exercise habits, if there are any. If there aren't any exercise routines to examine, no wellness.



Everyone, no matter what their age, benefits from exercise. It keeps our bodies conditioned, our mental sharpness working at top speed, and thanks to the physical aspect, we get a boost to our cardio health, extra calorie burn, and more oxygen to those cells!

## 12.3 Stress Levels

Think about the stress levels in your life.

Do work in an environment with high levels of stress?

Is your personal life a source of comfort or does it add to your stress levels?

Do you engage in some form of stress-relieving activity?

Stress is the number one contributor to heart attacks and strokes, because it speeds up the affect of the real culprits.

Stress is out of control for many adults today.

We manage to schedule every moment of our free time, and leave ourselves no time for quiet reflection, or to deal with life's unexpected emergencies.

### 12.3.1 Dealing with Stress

Unfortunately, smoking and drinking are often as a coping mechanism; a way to deal with the effects of stress.

Of course, they do not provide any real help.

<http://wellness.glebe-systems.com>





If you smoke, drink, or lose sleep to excess, you're not the well individual you could be. Smoking, drinking, and loss of sleep work to our detriment, and it takes extreme discipline to stop.

There are many chances for us to stop and question our efforts to maintain wellness, but most of us don't take them.

But it is beneficial to our overall health, the quality and quantity of our life, to make every effort to be well, healthy, individuals.

