Health and Wellness

Bell Ringer:

What are the top 10 causes of death in the United States for people of all ages?

Think about it, talk about with your neighbor
Top 10 Causes of Death

- Heart Disease
- Cancer
- Lung Disease
- Stroke
- Accidents
- Alzheimer's Disease
- Diabetes
- Kidney Disease
- Influenza/Pneumonia
- Suicide
How would you define

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

~ In other words, just because you feel okay doesn't mean you are okay!
Wellness is the interactive process of becoming aware of and practicing healthy choices to create a more successful & balanced life.

You have to know and understand how to become “well” before you are “well”.

How would you define wellness?
Behaviors that promote wellness

✦ Being a smart consumer
✦ Exercising at least 3 times per week for 60 minutes
✦ Eating a variety of foods from all the food groups
✦ Eating a diet low in fat, cholesterol & sodium
✦ Learning to control anger & aggression
✦ Having fun – taking time for yourself to play/relax
✦ Avoiding alcohol, drugs & tobacco
✦ Being in a positive environment – surrounded by good role models, good people, good social life
Benefits of wellness

✦ Stronger heart, body and mind
✦ Less stress
✦ Better able to deal with stressful situations
✦ Increased life expectancy & better quality of life
✦ Lower cholesterol
✦ Better/more positive self-esteem
✦ Easier to meet new people and socialize
Characteristics of a wellness lifestyle...

✦ Strong sense of personal responsibility
✦ Exceptional physical fitness
✦ Positive outlook
✦ Joy in life & openness to new discoveries about the meaning and purpose of life
Components of Wellness

✦ Social
✦ Physical
✦ Psychological
✦ Intellectual
✦ Environmental
✦ Spiritual
Social Wellness

The ability to meet new people of all ages and interact with folks you may not know that well
Physical Wellness

✦ The ability to go through your day and still have enough energy to do other activities

✦ Being physically fit with a strong heart and body
Psychological Wellness

Accepting your emotions & feelings, realistically and being able to evaluate your limitations, working through problems, setting goals
Intellectual Wellness

Creative & stimulating mental activities, using available resources to expand knowledge & skills
Environmental

Ability to care for the environment, knowing its' resources and how to take care of it.
Spiritual Wellness

Exploring the meaning of life
Asking; who am I? Why do I exist?
Appreciating the beauty of your surroundings
Wellness Wheel

Read each of the statements carefully and decide if the statement is never true, sometimes true, usually true, very often true or always true.

When finished answering the questions, color in the spaces on the wheel, starting at the inside and working out. Color in the number of spaces that matches your answer.

After coloring the wheel, answer the questions that follow to interpret your results.