Wellness

Wellness involves the health of the whole person – the body, mind and spirit.

Wellness is:

- Learning how to stay healthy.
- Practicing good health habits and giving up harmful ones.
- Responding to your body’s warning signs before something serious happens.

Factors Which Cannot* Completely be Controlled:

- Age – older individuals are less able to resist/recover as quickly from illness and injury.
- Environment – polluted air, water, noise, etc. affect everyone to different extents.
- Heredity – genetic traits may make your more susceptible to certain diseases.
- Sex – certain diseases are likely to or only affect one sex or the other.

Factors Which Can Be Controlled:

- Attitude – being optimistic is the first step towards lasting wellness.
- Bad Habits – avoid smoking/alcohol/substance abuse to help prevent serious illness.
- Diet – eat sensibly, nutritious foods - maintain a healthy weight.
- Exercise – promotes healthy heart, lungs and muscles, as well as helps maintain a healthy weight and reduces stress.
- Rest – get 7 to 8 hours of sleep each night.
- Stress – can cause both physical and emotional problems but can be managed and effects controlled.

*Can be minimized by changes in factors which can be controlled.