

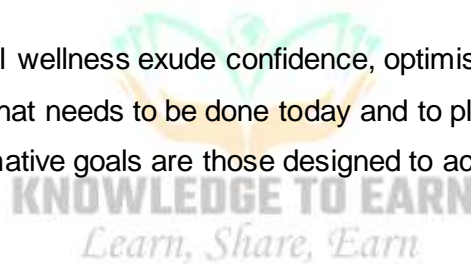
WELLNESS AND HEALTHY BEHAVIORS

As most people do, you have probably set goals. Obviously, your individual goals differ from those of other people, but everyone's goals share one common attribute: their intention to improve individual wellbeing. However, there are as many ideas about how to do that as there are individuals.

Do your goals involve making more money, achieving better health, improving your relationships? Holistic wellness involves all those aspects of life and more.

This document explains the importance of overall wellness, which is about more than being physically and mentally healthy, free from illness and disease. In fact, the study of wellness incorporates all aspects of life. Achieving overall wellness means living actively and fully.

People in this state of overall wellness exude confidence, optimism, and self-efficacy; they have the energy reserves to do what needs to be done today and to plan for a better tomorrow. The most effective and transformative goals are those designed to achieve the highest level of personal wellness.



DIMENSIONS OF WELLNESS.

Wellness is a familiar term, but what is its true definition? Is it simply the absence of disease? This chapter will define all the components of holistic wellness and describe the factors that contribute to not only a person's physical and mental health, but also their ability to develop, thrive, succeed, enjoy life, and meet challenges head on with confidence and resolve.

To achieve this type of overall wellness, a person must be healthy in nine interconnected dimensions of wellness: physical, emotional, intellectual, spiritual, social, environmental, occupational, financial, and cultural.

THE NINE DIMENSIONS OF WELLNESS.

1. PHYSICAL WELLNESS

People who are physically well actively make healthy decisions on a daily basis. They eat a nutritionally balanced diet; they try to get an adequate amount of sleep, and they visit the doctor routinely. They make a habit of exercising three to five times per week; they have the ability to identify their personal needs and are aware of their body's limitations. They maintain positive interpersonal relationships and make healthy sexual decisions that are consistent with their personal values and beliefs.

2. EMOTIONAL WELLNESS

An emotionally well person successfully expresses and manages an entire range of feelings, including anger, doubt, hope, joy, desire, fear, and many others. People who are emotionally well maintain a high level of self-esteem. They have a positive body-image and the ability to regulate their feelings. They know where to seek support and help regarding their mental health, including but not limited to, seeking professional counseling services.

KNOWLEDGE TO EARN
Learn, Share, Earn

3. INTELLECTUAL WELLNESS

Those who enjoy intellectual wellness engage in lifelong learning. They seek knowledge and activities that further develop their critical thinking and heighten global awareness. They engage in activities associated with the arts, philosophy, and reasoning.

4. SPIRITUAL WELLNESS

People who can be described as spiritually well have identified a core set of beliefs that guide their decision making, and other faith based endeavors. While firm in their spiritual beliefs, they understand others may have a distinctly different set of guiding principles.

They recognize the relationship between spirituality and identity in all individuals.

5. SOCIAL WELLNESS

A socially well person builds healthy relationships based on interdependence, trust, and respect. Those who are socially well have a keen awareness of the feelings of others. They develop a network of friends and co-workers who share a common purpose, and who provide support and validation.

6. ENVIRONMENTAL WELLNESS

An environmentally well person appreciates the external cues and stimuli that an environment can provide. People who have achieved environmental wellness recognize the limits to controlling an environment and seek to understand the role an individual plays in the environment.

7. OCCUPATIONAL WELLNESS

An occupationally well person enjoys the pursuit of a career which is fulfilling on a variety of levels. This person finds satisfaction and enrichment in work, while always in pursuit of opportunities to reach the next level of professional success.

8. FINANCIAL WELLNESS

Those who are financially well are fully aware of their current financial state. They set long- and short-term goals regarding finances that will allow them to reach their personal goals and achieve self-defined financial success.

9. CULTURAL WELLNESS

Culturally well people are aware of their own cultural background, as well as the diversity and richness present in other cultural backgrounds. Cultural wellness implies understanding, awareness and intrinsic respect for aspects of diversity. A culturally well person acknowledges and accepts the impact of these aspects of diversity on sexual orientation, religion, gender, racial and ethnic backgrounds, age groups, and disabilities.

FOSTERING WELLNESS IN YOUR LIFE.

You are once again feeling motivated to eat better, exercise more, drink less caffeine or make any number of the positive lifestyle changes you have been telling yourself you want to make.

You have tried before, probably declaring another attempt as a New Year's resolution, but without experiencing much success. Making a lifestyle change is challenging, especially when you want to transform many things at once.

This time, think of those changes not as a resolution but as an evolution. Lifestyle changes are a process that take time and require support. Once you are ready to make a change, the difficult part is committing and following through. So do your research and make a plan that will prepare you for success. Careful planning means setting small goals and taking things one step at a time.

Here are five tips from the American Psychological Association (APA) that will assist you in making lasting, positive lifestyle and behavior changes:

1) MAKE A PLAN THAT WILL STICK.

Your plan is a map that will guide you on this journey of change. You can even think of it as an adventure. When making your plan, be specific. Want to exercise more? Detail the time of day when you can take walks and how long you will walk. Write everything down, and ask yourself if you are confident that these activities and goals are realistic for you. If not, start with smaller steps. Post your plan where you will most often see it as a reminder.

2) START SMALL.

After you've identified realistic short-term and long-term goals, break down your goals into small, manageable steps that are specifically defined and can be measured.

Is your long-term goal to lose 20 pounds within the next five months? A good weekly goal would be to lose one pound a week. If you would like to eat healthier, consider as a goal for the week replacing dessert with a healthier option, like fruit or yogurt. At the end of the week, you will feel successful knowing you met your goal.

3) CHANGE ONE BEHAVIOR AT A TIME.

Unhealthy behaviors develop over the course of time, so replacing unhealthy behaviors with healthy ones requires time. Many people run into problems when they try to change too much too fast. To improve your success, focus on one goal or change at a time. As new healthy behaviors become a habit, try to add another goal that works toward the overall change you are striving for.

4) INVOLVE A BUDDY.

Whether it be a friend, co-worker or family member, someone else on your journey will keep you motivated and accountable. Perhaps it can be someone who will go to the gym with you or someone who is also trying to stop smoking. Talk about what you are doing. Consider joining a support group. Having someone with whom to share your struggles and successes make the work easier and the mission less intimidating.

5) ASK FOR SUPPORT.

Accepting help from those who care about you and will listen strengthens your resilience and commitment. If you feel overwhelmed or unable to meet your goals on your own, consider seeking help from a psychologist. Psychologists are uniquely trained to understand the connection between the mind and body, as well as the factors that promote behavior change. Asking for help does not mean a lifetime of therapy; even just

a few sessions can help you examine and set attainable goals or address the emotional issues that may be getting in your way.

BEHAVIORS THAT PROMOTE WELLNESS

Bad habits are hard to break, but choosing to eat healthier and exercise more provides benefits that go far beyond a more ideal body weight and shape. Being physically fit can stave off many of the diseases and medical conditions. Exercise reduces stress and eases depression.

Healthier employees are also more productive. Being physically fit nurtures the mind, body, and spirit and is the cornerstone of wellness. The information below provides information about behaviors within your control that contribute to an improved quality of life and increased wellness.

Changing or modifying lifestyle behaviors provide a variety of health and wellness benefits that can reduce your risk of diseases and conditions, improve your productivity and reduce your health care costs. In addition to changes you can make at home, take advantage of any wellness programs your employer offers.

A. ADEQUATE SLEEP

Lack of sleep can lead to fatigue, jitters, and stress because your body does not get adequate time to repair itself each night. To improve your sleep, stop “brain work” at least an hour before bedtime, and eat no later than three hours before you go to bed to let your food digest. Decreased room temperatures help you sleep better, working with your body’s natural process of lowering its temperature as you sleep. Take a nap during the day to help maintain your alertness if you can’t get a full night’s sleep.

B. SMOKING CESSATION

Tobacco use leads to a number of health problems, including emphysema and lung cancer. An employee who smokes can cost an employer up to \$1,300 more annually

than a non-smoking worker, according to the Centers for Disease Control as reported by the Wellness Council of America. For this reason, many businesses offer smoking cessation programs to employees at no charge.

C. BETTER DIET

The right diet provides your body with the macronutrients, vitamins and minerals it needs for peak performance. Diet can directly reduce your risk for heart attack, stroke, hypertension, poor cholesterol, osteoporosis and diabetes. Work with a dietitian to learn your nutrition needs, which change as you get older. For example, teen girls and women need more iron, vitamin D and calcium as they age.

D. WEIGHT LOSS

Keeping your weight at a healthy level can help reduce joint pain, back pain and help prevent heart attack, stroke and diabetes. The American Wellness Council estimates that businesses lose 100 million employee workdays annually from lower back pain.

E. STRESS RELIEF

If you have a stressful job, difficult personal situation or other factors in your life that cause you worry and anxiety, stress-reduction activities can help reduce related health problems, which can include high blood pressure, stroke and heart attack. Stress can make you snap at coworkers or release your negativity to family members. De-stress with exercise, music, counseling, yoga or other activities that take your mind off your problems.

F. EXERCISE

Exercise provides a host of wellness benefits for your mind and body. Regular exercise can improve your “good” cholesterol levels, help you lose weight, improve heart health, increase muscular endurance and build muscle. During exercise, your body produces more endorphins; neurotransmitters that help you feel relaxed and positive.

BEHAVIOR MODIFICATION

Making permanent lifestyle changes is one of the greatest challenges a person can face. This section will explore how changes to behavior occur, the psychological barriers that hamper efforts to change, and tips for making lasting change.

HOW CHANGES IN BEHAVIOR OCCUR

The Trans theoretical Model, also called the **Stages of Change Model**, was developed by James Prochaska and Carlo DiClemente in the late 1970s. Considered the dominant model for describing how behavior changes occur, it evolved through studies examining the experiences of smokers who quit on their own and comparing them with the experiences of those requiring further treatment.

The goal of those studies was to understand why some people were capable of quitting on their own. It was determined that people quit smoking if they were ready to do so. Thus, the Trans theoretical Model (TTM) focuses on the decision-making of the individual and is a model of intentional change.

The TTM operates on the assumption that people do not change behaviors quickly and decisively. Rather, change in behavior, especially habitual behavior, occurs continuously through a cyclical process. The TTM is not a theory but a model; different behavioral theories and constructs can be applied to various stages of the model where they may be most effective.

The TTM theorizes that individuals move through six stages of change:

- Pre- contemplation,
- Contemplation,
- Preparation,
- Action,
- Maintenance, and
- Termination.

Termination was not part of the original model and is less often used application of stages of change for health related behaviors. For each stage of change, different intervention strategies are most effective at moving the person to the next stage of change and subsequently through the model to maintenance, the ideal stage of behavior.

SIX STAGES OF CHANGE:

STAGE1: PRE CONTEMPLATION

In this stage, people do not intend to take action in the foreseeable future (defined as within the next 6 months). People are often unaware that their behavior is problematic or produces negative consequences. People in this stage often underestimate the pros of changing behavior and place too much emphasis on the cons of changing behavior.

STAGE 2: CONTEMPLATION

In this stage, people are intending to start the healthy behavior in the foreseeable future (defined as within the next 6 months). People recognize that their behavior may be problematic, and a more thoughtful and practical consideration of the pros and cons of changing the behavior takes place, with equal emphasis placed on both. Even with his recognition, people may still feel unsure toward changing their behavior.

STAGE 3: PREPARATION (DETERMINATION)

In this stage, people are ready to take action within the next 30 days. People start to take small steps toward the behavior change, and they believe changing their behavior can lead to a healthier life.

STAGE 4: ACTION

In this stage, people have recently changed their behavior (defined as within the last 6 months) and intend to keep moving forward with that behavior change. People may exhibit this by modifying their problem behavior or acquiring new healthy behaviors.

STAGE 5: MAINTENANCE

In this stage, people have sustained their behavior change for a while (defined as more than 6 months) and intend to maintain the behavior change going forward. People in this stage work to prevent relapse to earlier stages.

STAGE 6: TERMINATION

In this stage, people have no desire to return to their unhealthy behaviors and are sure they will not relapse. Since this is rarely reached, and people tend to stay in the maintenance stage, this stage is often not considered in health promotion programs. To progress through the stage people apply cognitive, affective, and evaluative processes.

Ten processes of change have been identified, with some processes being more relevant to a specific stage of change than other processes. These processes result in strategies that help people make and maintain change.

TEN PROCESSES OF CHANGE:

1. Consciousness

Raising Increasing awareness about the healthy behavior.

2. Dramatic Relief

Emotional arousal about the healthy behavior, whether positive or negative arousal.

3. Self-Reevaluation

Self-reappraisal to realize the healthy behavior is part of who they want to be.

4. Environmental Reevaluation

Social reappraisal to realize their unhealthy behavior affects others.

5. Social Liberation

Environmental opportunities that exist to show society is supportive of the healthy behavior.

6. Self-Liberation

Commitment to change behavior based on the belief that achievement of the healthy behaviors is possible.

7. Helping Relationships

Finding supportive relationships that encourage the desired change.

8. Counter-Conditioning

Substituting healthy behaviors and thoughts for unhealthy behaviors and thoughts.

9. Reinforcement Management

Rewarding the positive behavior and reducing the rewards that comes from negative behavior.

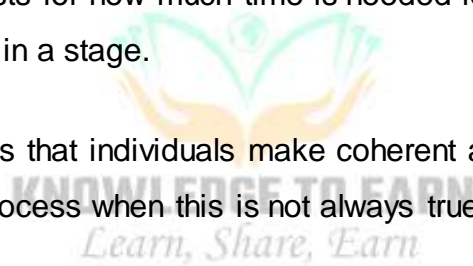
10. Stimulus Control

Re-engineering the environment to have reminders and cues that support and encourage the healthy behavior.

LIMITATIONS OF THE TRANS THEORETICAL MODEL

Limitations of the model include the following:

- The theory ignores the social context, in which change occurs, such as socioeconomic status and income.
- The lines between the stages can be arbitrary with no set criteria of how to determine a person's stage of change. The questionnaires that have been developed to assign a person to a stage of change are not always standardized or validated.
- No clear sense exists for how much time is needed for each stage, or how long a person can remain in a stage.
- The model assumes that individuals make coherent and logical plans in their decision-making process when this is not always true.



LIFESTYLE MODIFICATION BARRIERS

Dr. James M. Olson, a psychology professor at the University of Western Ontario, London, has identified several psychological barriers that commonly prevent people from taking action, even when inaction poses a threat to their health.

These barriers occur during 3 stages of behavior modification: admission of the problem, initial attempts to change, and long-term change as outlined below:

1. BARRIERS TO ADMISSION OF THE PROBLEM

The first step in lasting change is admitting a problem exists. People often fail to change behavior that poses a risk to their health because they deny a risk exists, trivialize their

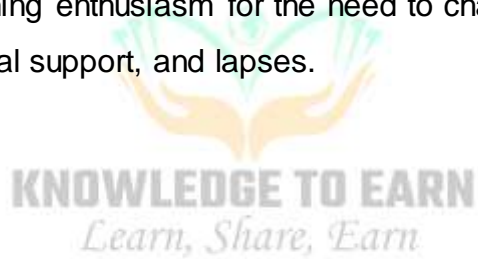
personal risk, feel invulnerable, make a faulty conceptualization, (i.e., they attribute early warning signs to a benign cause), or experience debilitating emotions when contemplating preventative measures.

2. BARRIERS TO INITIAL ATTEMPTS TO CHANGE

At this stage, people acknowledge the need to change but struggle to accomplish their goals. This failure is a result of lack of knowledge, low self-efficacy (the belief in one's own ability to succeed at change), and dysfunctional attitudes.

3. BARRIERS TO LONG-TERM CHANGE

Just because a person has experienced success in changing a behavior, that doesn't mean the change is permanent. Barriers to long-term change include cognitive and motivational drift (diminishing enthusiasm for the need to change), lack of perceived improvement, lack of social support, and lapses.



FITNESS PRINCIPLES

COMPONENTS OF HEALTH-RELATED FITNESS

In order to carry out daily activities without being physically overwhelmed, a minimal level of fitness is required. To perform daily activities without fatigue, it is necessary to maintain health in five areas:

- ❖ Cardiorespiratory endurance,
- ❖ Muscular strength,
- ❖ Muscular endurance,
- ❖ Flexibility, and
- ❖ Body composition.

These five areas are called the components of health related fitness. Development of these areas will improve your quality of life, reduce your risk of chronic disease, and optimize your health and well-being.

Below is a brief description of each.

1. CARDIORESPIRATORY ENDURANCE

Cardiorespiratory endurance is the ability to carry out prolonged, large muscle, dynamic movements and it relates to your heart's ability to pump blood and your lungs' ability to take in oxygen.

2. MUSCULAR STRENGTH

Muscular strength is the ability of the muscles to exert force over a single or maximal effort.

3. MUSCULAR ENDURANCE

Muscular endurance is the ability to exert a force over a period of time or repetitions.

4. FLEXIBILITY

Flexibility is the ability to move your joints through a full range of motion.

5. BODY COMPOSITION

Body composition is the relative amount of fat mass to fat-free mass. As previously stated, these areas are significant in that they influence your quality of life and overall health and wellness.

SKILL-RELATED COMPONENTS OF FITNESS

In addition to the 5 health-related components, there are 6 skill-related components that assist in developing optimal fitness:

1. Speed,
2. Agility,
3. Coordination,
4. Balance,
5. Power, and
6. Reaction Time.



Although important, these areas do not directly affect a person's health. A person's ability to perform ladder drills (also known as agility drills) is not related to his/her heart health. However, coordination of muscle movements may be helpful in developing muscular strength through resistance training. As such, they may indirectly affect the 5 areas associated with health-related fitness. Skill related components are more often associated with sports performance and skill development.

PRINCIPLES OF ADAPTATION TO STRESS

The human body adapts well when exposed to stress. The term **stress**, within the context of exercise, is defined as an exertion above the normal, everyday functioning. The specific activities that result in stress vary for each individual and depend on a person's level of fitness.

For example, a secretary who sits at a desk all day may push his/her cardiorespiratory system to its limits simply by walking up several flights of stairs.

For an avid runner, resistance training may expose the runner's muscles to muscular contractions the athlete is not accustomed to feeling.

Although stress is relative to each individual, there are guiding principles in exercise that can help individuals manage how much stress they experience to avoid injury and optimize their body's capacity to adapt. Knowing a little about these principles provides valuable insights needed for organizing an effective fitness plan.

1. OVERLOAD PRINCIPLE

Consider the old saying, "No pain, and no gain." Does exercise really have to be painful, as this adage implies, to be beneficial? Absolutely not. If that were true, exercise would be a lot less enjoyable. Perhaps a better way to relay the same message would be to say that improvements are driven by stress. Physical stress, such as walking at a brisk pace or jogging, places stress on production, increased breathing, and even increased sweating for temperature regulation. As these subsequent adaptations occur, the stress previously experienced during the same activity, feels less stressful in future sessions. As a result of the adaptation, more stress must be applied to the system in order to stimulate improvements, a principle known as the **overload principle**.

For example, a beginning weightlifter performs squats with 10 repetitions at 150 pounds. After 2 weeks of lifting this weight, the lifter notices the 150 pounds feels easier during the lift and afterwards causes less fatigue. The lifter adds 20 pounds and continues with the newly established stress of 170 pounds. The lifter will continue to get stronger until his/her maximum capacity has been reached, or the stress stays the same, at which point the lifter's strength will simply plateau. This same principle can be applied, not only to gain muscular strength, but also to gain flexibility, muscular endurance, and cardiorespiratory endurance.

2. FITT

In exercise, the amount of stress placed on the body can be controlled by four variables: **F**requency, **I**ntensity, **T**ime (duration), and **T**ype, better known as FITT.

The FITT principle, as outlined by the American College of Sports Medicine (ACSM) falls under the larger principle of overload.

a) FREQUENCY AND TIME

Each variable can be used independently or in combination with other variables to impose new stress and stimulate adaptation. Such is the case for frequency and time.

Frequency relates to how often exercises are performed over a period of time. In most cases, the number of walking or jogging sessions would be determined over the course of a week. A beginner may determine that 2–3 exercise sessions a week are sufficient enough to stimulate improvements. On the other hand, a seasoned veteran may find that 2–3 days is not enough to adequately stress the system. According to the overload principle, as fitness improves, so must the stress to ensure continued gains and to avoid plateauing.

The duration of exercise, or time, also contributes to the amount of stress experienced during a workout. Certainly, a 30-minute brisk walk is less stressful on the body than a 4-hour marathon. Although independent of one another, frequency and time are often combined into the blanket term, **volume**. The idea is that volume more accurately reflects the amount of stress experienced. This can be connected to the **progression principle**. For example, when attempting to create a jogging plan, you may organize 2 weeks like this:

- Week 1: three days a week at 30 minutes per session
- Week 2: four days a week at 45 minutes per session

At first glance, this might appear to be a good progression of frequency and time. However, when calculated in terms of volume, the aggressive nature of the progression is revealed. In week 1, three days at 30 minutes per session equals 90 minutes of total exercise. In week two, this amount was doubled with four days at 45 minutes, equaling 180 minutes of total exercise. Doing too much, too soon, will almost certainly lead to burnout, severe fatigue, and injury. The progression principle relates to an optimal overload of the body by finding an amount that will drive adaptation without compromising safety.

b) TYPE OF EXERCISE

Simply put, the type of exercise performed should reflect a person's goals. In cardiorespiratory fitness, the objective of the exercise is to stimulate the cardiorespiratory system. Other activities that accomplish the same objective include swimming, biking, dancing, cross country skiing, aerobic classes, and much more.

As such, these activities can be used to build lung capacity and improve cellular and heart function. However, the more specific the exercise, the better.

While vigorous ballroom dancing will certainly help develop the cardiorespiratory system, it will unlikely improve a person's 10k race time. To improve performance in a 10k, athletes spend the majority of their time training by running, as they will have to do in the actual 10k.

Cyclists training for the Tour de France, spend up to six hours a day in the saddle, peddling feverishly. These athletes know the importance of training the way they want their body to adapt. This concept, called the **PRINCIPLE OF SPECIFICITY**, should be taken into consideration when creating a training plan.

c) INTENSITY

Intensity, the degree of difficulty at which the exercise is carried out, is the most important variable of FITT. More than any of the other components, intensity drives adaptation. Because of its importance, it is imperative for those beginning a fitness program to quantify intensity, as opposed to estimating it as hard, easy, or somewhere in between. Not only will this numeric value provide a better understanding of the effort level during the exercise session, but it will also help in designing sessions that accommodate individual goals.

How then can intensity be measured? Heart rate is one of the best ways to measure a person's effort level for cardiorespiratory fitness. Using a percentage of maximum lifting capacity would be the measure used for resistance training.

3. REST, RECOVERY, AND PERIODIZATION

For hundreds of years, athletes have been challenged to balance their exercise efforts with performance improvements and adequate rest. The **principle of rest and Recovery (or principle of recuperation)** suggests that rest and recovery from the stress of exercise must take place in proportionate amounts to avoid too much stress.

One systematic approach to rest and recovery has led exercise scientists and athletes alike to divide the progressive fitness training phases into blocks, or periods. As a result, optimal rest and recovery can be achieved without overstressing the athlete. This training principle, called **periodization**, is especially important to serious athletes but can be applied to most exercise plans as well. The principle of periodization suggests that training plans incorporate phases of stress followed by phases of rest.

4. REVERSIBILITY

Chronic adaptations are not permanent. As the saying goes, “Use it or lose it.”

The **principle of reversibility** suggests that activity must continue at the same level to keep the same level of adaptation. As activity declines, called **detraining**, adaptations will recede.

5. INDIVIDUAL DIFFERENCES

While the principles of adaptation to stress can be applied to everyone, not everyone responds to stress in the same way.