

# SKILLS CENTRE OF PROFESSIONAL AND EMPLOYABILITY





# HEALTH AND WELLNESS

## Module-1

### Introduction to Health and Wellness



# Introduction to Health and Wellness



## AIM

This module will develop a basic understanding of Health and Wellness for the participants.

# Introduction to Health and Wellness



## LEARNING OBJECTIVES

1

2

3

# Introduction to Health and Wellness



## LEARNING OUTCOMES

1

2

3

# Introduction to Health and Wellness



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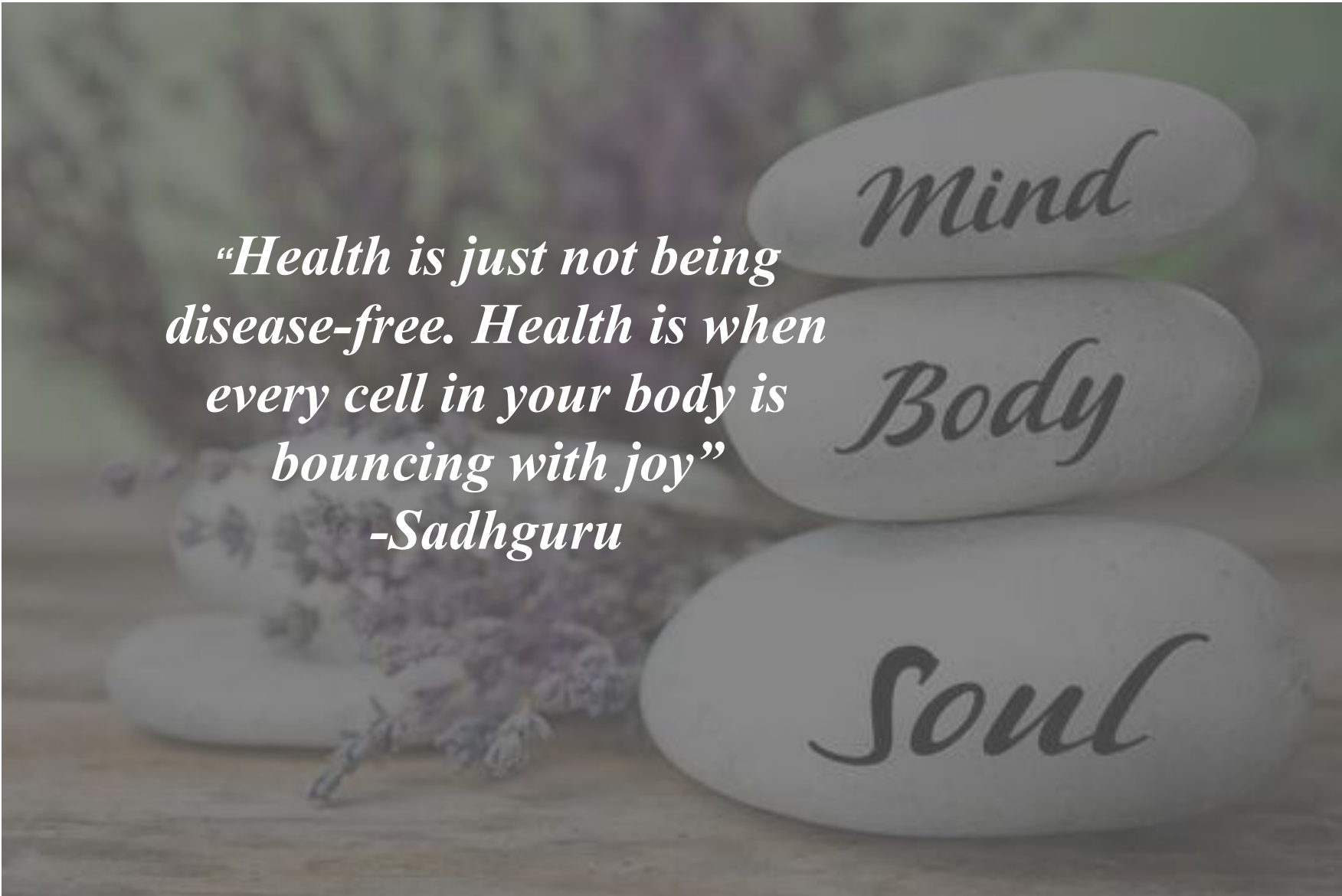
- What is Health and Wellness?
- Determinants of Health
- Dimensions of Wellness
- Activity-Holistic Wellness Curve
- Holistic Well-Being
- Mind-Body Connection
- What is a Balanced Diet?

# Introduction to Health and Wellness



## Table of Contents

- What is Nutrition?
- Macro and Micro Nutrients
- Healthy Eating Pyramid
- What is BMI?
- Physical Activity-Types and Benefits of Exercise
- Sleep Hygiene and its impact
- Stress and Stress Management Techniques



*“Health is just not being  
disease-free. Health is when  
every cell in your body is  
bouncing with joy”*

*-Sadhguru*





## What is Health and Wellness?

### Health

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

The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being.

### Wellness

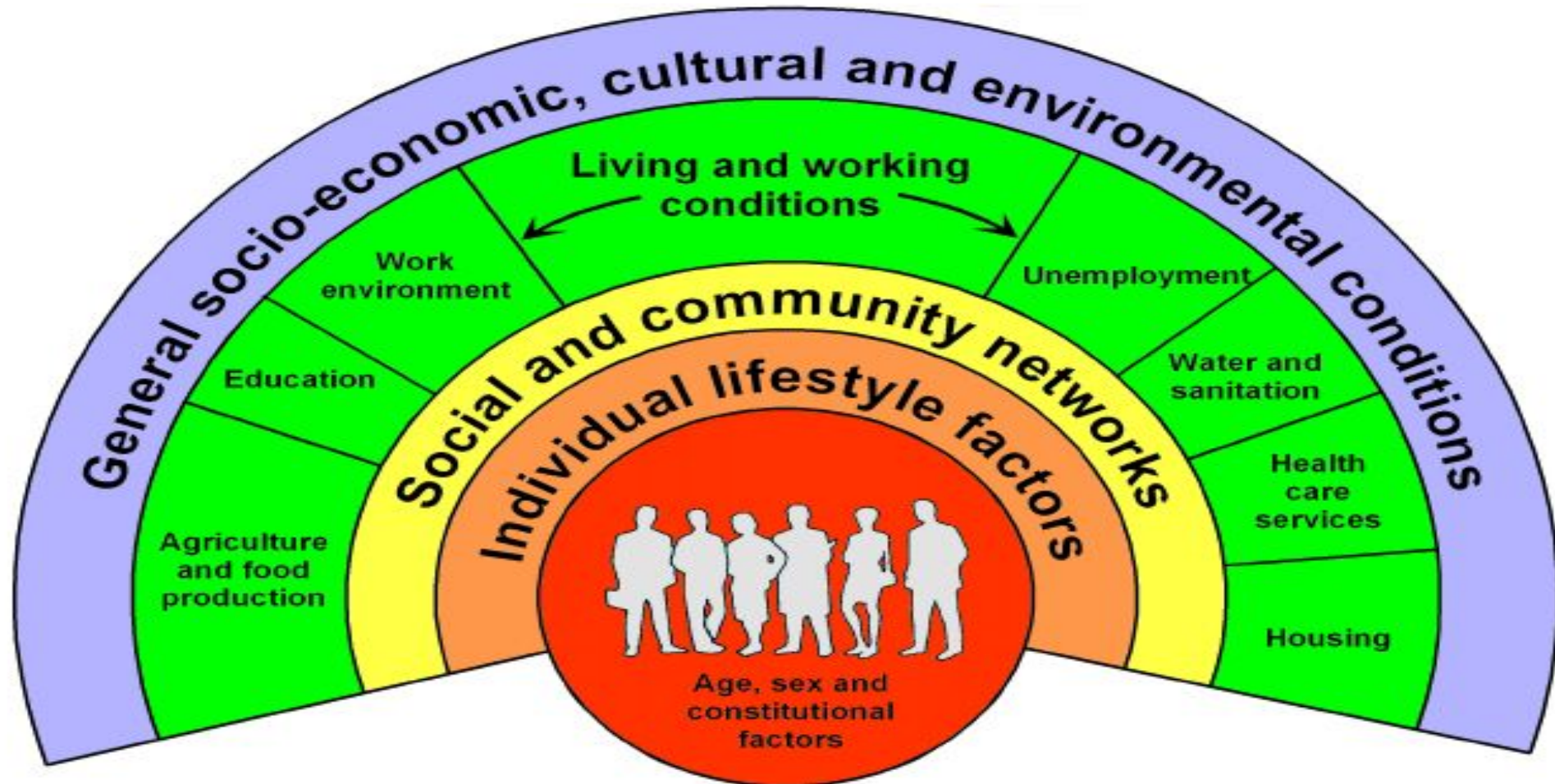
Wellness is defined as a dynamic process of becoming aware of and making conscious choices toward a more balanced and healthy lifestyle.

It includes learning new life skills that address human existence's positive and negative aspects.

# Introduction to Health and Wellness



## Determinants of Health



Source: Dahlgren and Whitehead, 1991



## Dimensions of Wellness

Social Wellness

Physical Wellness

Emotional  
Wellness

Career Wellness

Intellectual  
Wellness

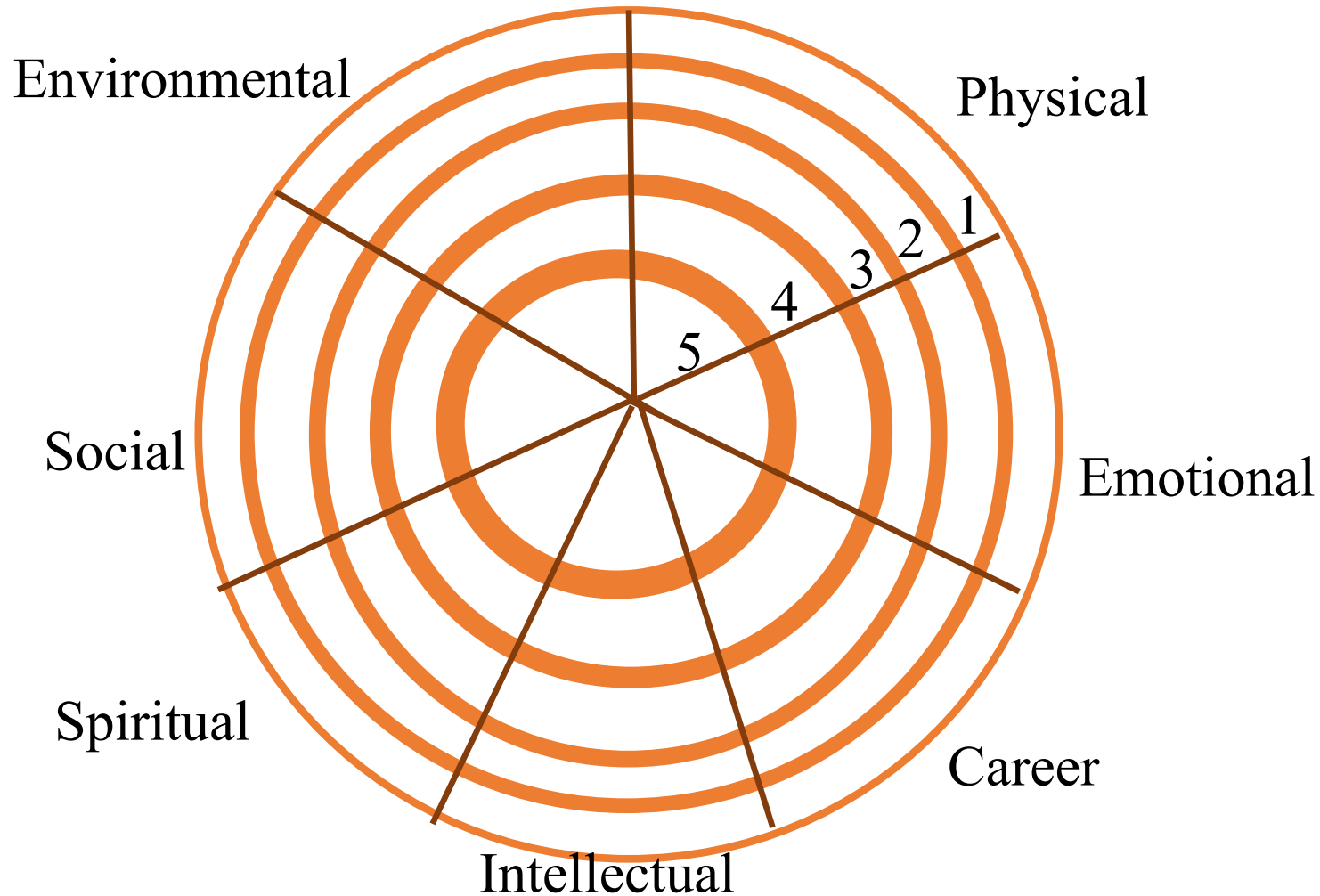
Environmental  
Wellness

Spiritual Wellness

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## Activity-Holistic Wellness Circle



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## Holistic Well-Being

- A holistic approach to well-being integrates all aspects of your health. Since our mind and body are connected, it becomes crucial to take into consideration all the components.
- Everything is interconnected. What you think, you start to feel. What you do (or don't do) affects your thoughts. Therefore, we need to approach our well-being from a holistic perspective.





## Mind Body Connection

- The mind-body connection refers to using your thoughts to influence a physical bodily outcome.

For example, when you eat a big meal full of processed foods, you likely feel lethargic. This sense of discomfort doesn't reside only in the body – it also impacts your mood, thoughts, and feelings. On the other hand, when you eat fresh foods, you experience a spike in energy, a clearer mind, and more positive thoughts.



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## What is Balanced Diet?

- A balanced diet provides all the nutrients in the required amounts and in proper proportion.
- The amount of food needed to meet the daily dietary requirements will differ according to age, gender, physiological status and level of physical activity.
- A balanced diet should have a variety of foods in moderation and proper proportions.





## What is Nutrition?

- The study of nutrients in food, how the body uses them, and the relationship between diet, health, and disease.
- Nutrients include proteins, carbohydrates, fat, vitamins, minerals, fibre, and water.
- Eating a healthy and balanced diet.





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## Macro- Nutrients



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## Micro Nutrients-Vitamins

Vitamin A

Vitamin B1

Vitamin B2

Vitamin B3

Vitamin B5

Vitamin B6

Vitamin B7

Vitamin B9

Vitamin B12

Vitamin C

Vitamin D

Vitamin E

Vitamin K

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## Micro-Nutrients-Minerals

Potassium

Sodium

Calcium

Phosphorus

Magnesium

Zinc

Iron

Manganese

Copper

Selenium



## Healthy Eating Pyramid

- The type of carbohydrate in the diet is more important than the amount of carbohydrate in the diet because some sources of carbohydrates—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others.
- The Healthy Eating Plate encourages consumers to use healthy oils, and it does not set a maximum on the percentage of calories people should get each day from healthy sources of fat.

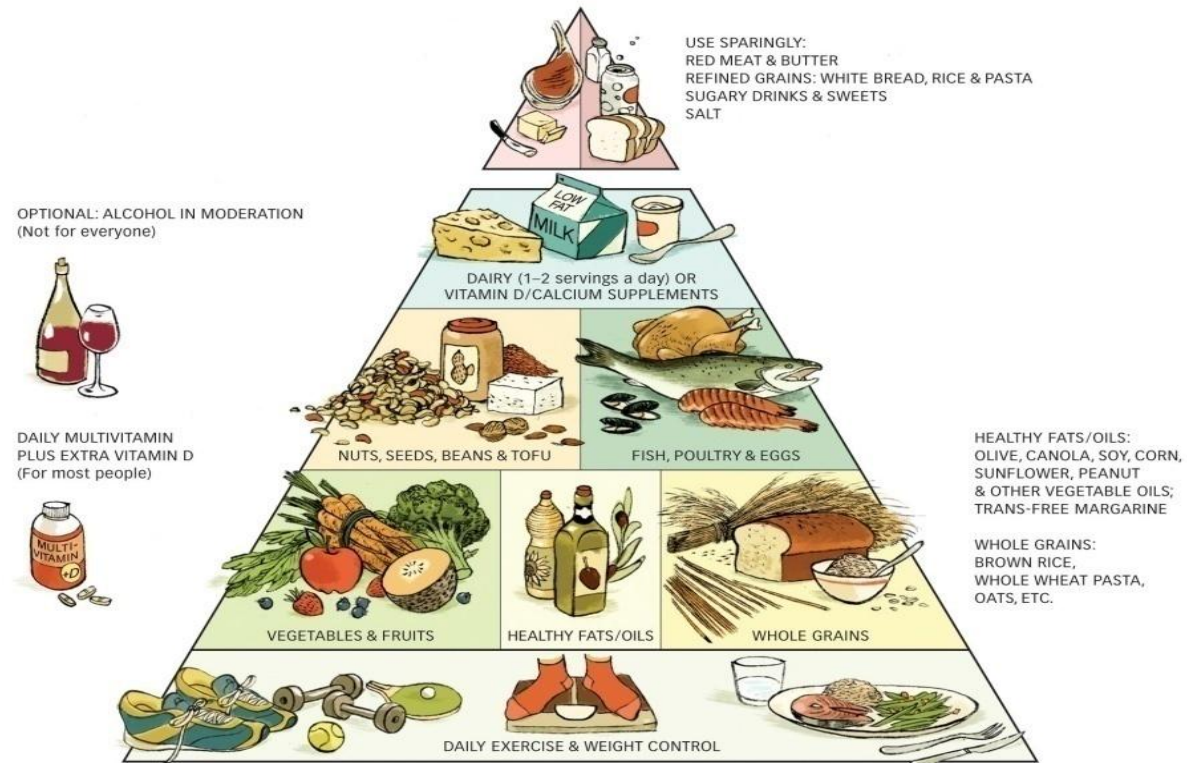
# Introduction to Health and Wellness



## Healthy Eating Pyramid

### THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health





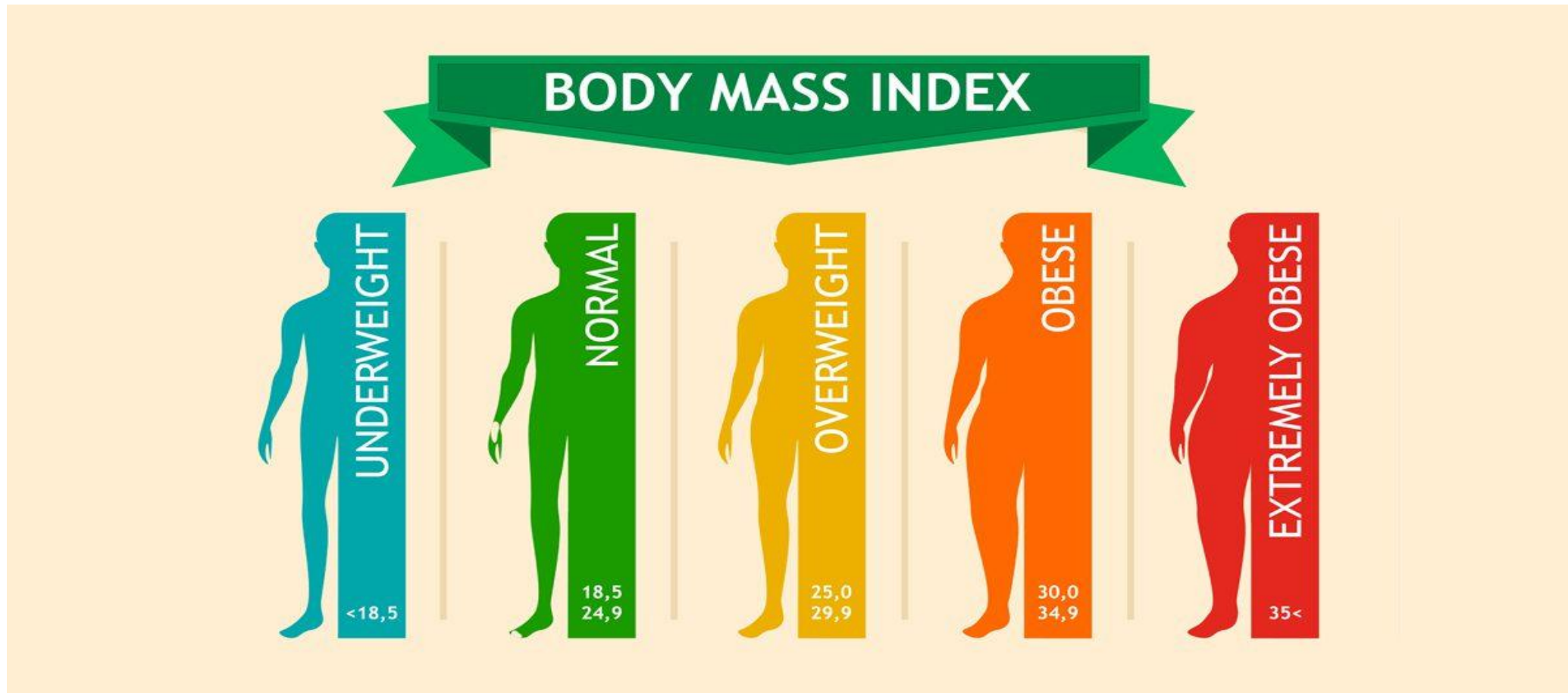
## What is BMI?

- Is a medical screening tool that calculates your body fat percentage by dividing your height by your weight.
- BMI is computed by dividing weight in kilograms (kg) by height in meters squared (m<sup>2</sup>).

$$\text{BMI} = \frac{(\text{weight in kilograms})}{\text{height in meters}^2}$$



## Body Mass Index



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## Physical Activity

- WHO defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure.
- Both moderate- and vigorous-intensity physical activity improve health.
- Popular ways to be active include walking, cycling, wheeling, sports, active recreation and play which can be done at any level of skill and for enjoyment by everybody.

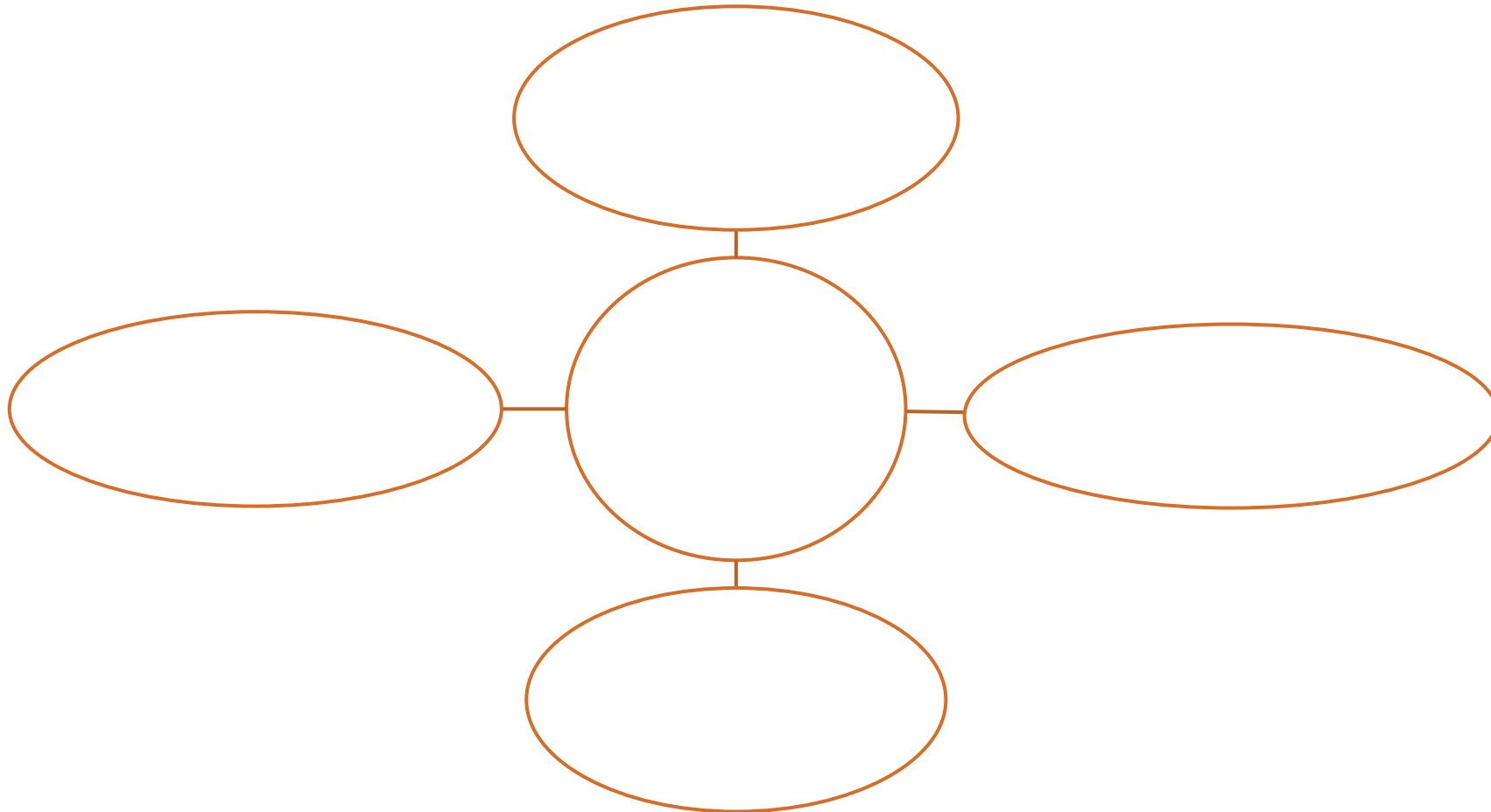




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## Types of Exercise



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## Benefits of Physical Activity

- It improves muscular and cardio-respiratory fitness;
- It improves bone and functional health;
- It reduces the risk of hypertension, coronary heart disease, stroke, diabetes, various types of cancer (including breast cancer and colon cancer), and depression;
- It helps maintain a healthy body weight



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## Sleep Hygiene

- Sleep hygiene encompasses both environment and habits, and it can pave the way for higher-quality sleep and better overall health.
- Everyone, from children to older adults, can benefit from better sleep, and sleep hygiene can play a key part in achieving that goal.
- Having a hard time falling asleep, experiencing frequent sleep disturbances, and suffering daytime sleepiness are the most telling signs of poor sleep hygiene.





## Impact of Sleep Hygiene

- In healthy adults, short-term consequences of sleep disruption include increased stress, reduced quality of life, emotional distress, mood disorders, and cognitive, memory, and performance deficits.
- When sleep disruption becomes a long-term problem, healthy adults could face an increase in hypertension, cardiovascular disease, dyslipidemia, weight-related issues, type 2 diabetes mellitus, and gastrointestinal disorders, among others.

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## Definition of Stress

According to *McGrath*, “A person experiences stress when a situation is perceived as presenting a demand which threatens to exceed the person’s capabilities and resources for meeting it.

Stress occurs when the pressure is greater than the resources.

$$S = P > R$$



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## Techniques of Stress Management

### Eliminating the Stressors

All stresses cannot and stress should not be avoided. Sometimes, the stressor can be eliminated psychologically by changing the meaning of the situation.

### Relaxation Techniques

Autogenic Training

Progressive Muscle Relaxation

Meditation-  
Transcendental and  
Mindfulness

### Social Support

Emotional Support

Instrumental  
Support

Informational  
Support

Appraisal Support

### Physical Exercise

Aerobics

Anaerobic

Flexibility

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## Summary

- Health and wellness refer to the state of overall well-being, encompassing physical, mental, and social aspects of an individual's life. It involves taking proactive steps to maintain and improve one's health through healthy lifestyle choices and practices.
- A balanced diet refers to a pattern of eating that provides all the essential nutrients, vitamins, and minerals needed for optimal health. It involves consuming a variety of foods from different food groups in appropriate portions.



## Summary

- Physical activity plays a crucial role in maintaining overall health and well-being. Engaging in regular physical activities offers numerous benefits for the body and mind.
- Good sleep hygiene is essential for obtaining quality sleep and maintaining overall well-being. Sleep hygiene if practised consistently, can improve their sleep quality, feel more rested, and enhance their overall well-being.
- Stress management techniques are strategies and practices that help individuals effectively cope with and reduce stress. By implementing the techniques, individuals can promote their overall well-being and maintain a healthier stress response.



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## Assessment Questions

**1. Which of the following is not dimension of Wellness?**

- a) Physical
- b) Nutritional
- c) Social
- d) Mental

**Answer: b)**

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## Assessment Questions

**2. The ability to carry out daily tasks and have enough energy to respond to unexpected demands is?**

- a) Metabolism
- b) Physical Fitness
- c) Sedentary Lifestyle
- d) Physical Activity

**Answer: d)**

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## Assessment Questions

**3. Which are the unhealthy habits that are influenced by modern lifestyle?**

- a) Unhealthy Diet
- b) Lack of Physical Fitness and Exercise
- c) Lack of Sleep
- d) All of these

**Answer: d) All of these**

# Introduction to Health and Wellness



## Document Links

Sl. No.	Topic	Document Links
1.	Why you should make good sleep a priority?	<a href="https://summer.harvard.edu/blog/why-you-should-make-a-good-nights-sleep-a-priority/">https://summer.harvard.edu/blog/why-you-should-make-a-good-nights-sleep-a-priority/</a>
2.	Lifestyle Diseases: Types and Risk Factors	<a href="https://www.godigit.com/health-insurance/lifestyle/what-are-lifestyle-diseases">https://www.godigit.com/health-insurance/lifestyle/what-are-lifestyle-diseases</a>
3.	Basics of Cardio Exercises	<a href="https://www.verywellfit.com/everything-you-need-to-know-about-cardio-1229553">https://www.verywellfit.com/everything-you-need-to-know-about-cardio-1229553</a>

# Introduction to Health and Wellness



## Video Links

Sl. No.	Topic	Video Links
1.	Wellness : Break the Cycle	<a href="https://www.youtube.com/watch?v=6VSFpMcjbP4">https://www.youtube.com/watch?v=6VSFpMcjbP4</a>
2.	Social Wellness	<a href="https://www.youtube.com/watch?v=f3dBPulbLSk">https://www.youtube.com/watch?v=f3dBPulbLSk</a>
3.	Relation Between Wellness and Health	<a href="https://www.youtube.com/watch?v=Nr9hqY6q_qY">https://www.youtube.com/watch?v=Nr9hqY6q_qY</a>

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