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



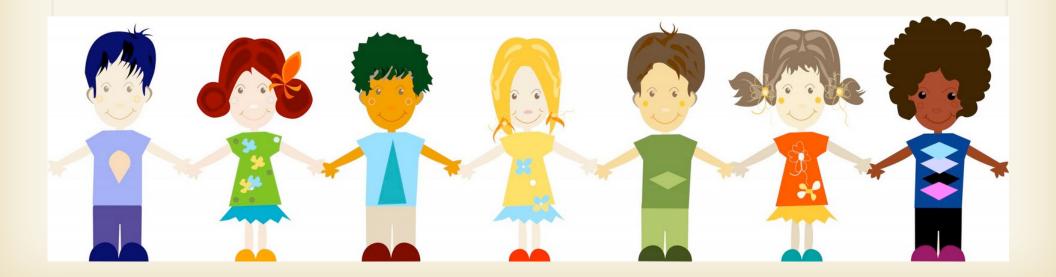
Top 10 Causes of Death

- 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!



How would <u>you</u> define wellness?



◆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"

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



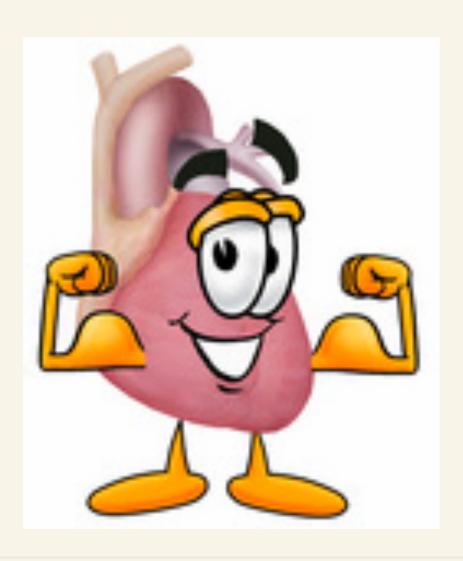
Social Wellness



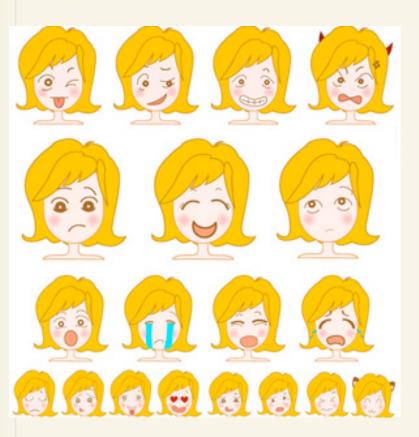
The ability to meet new people of all ages and interact with folks you may not know that well

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.