

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 you 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.