


Sept 6, 2019

What is wellness?

3 aspects/7 Dimensions of Wellness

Reminder
Classroom
Agreements
are due
today!!

Warm-Up

The direct medical cost associated with physical inactivity= billion



there is no better
time than now
to start living
healthy.

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What do you think Wellness Means?

Wellness is defined as the quality or state of being healthy in body and mind, especially as the result of deliberate effort.

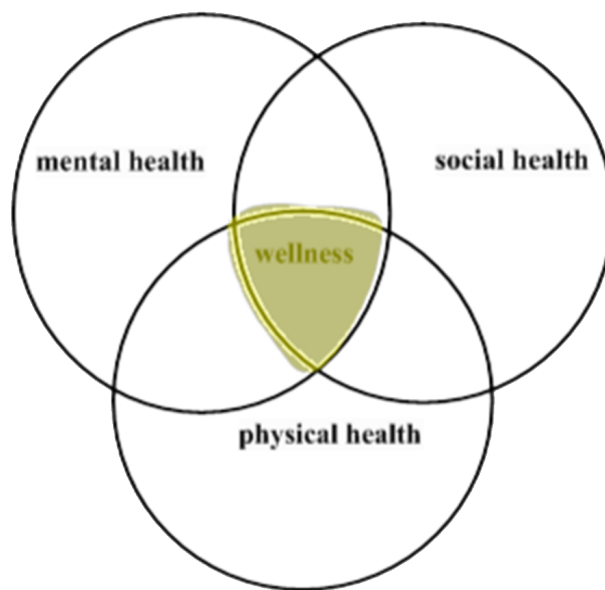
Wellness involves not only behaviors that prevent poor health, but it is also a shift in thinking and attitude.

High level wellness is becoming the best you can be without looking at limitations like gender, race, heredity.



Health is defined as a state of complete physical, mental and social well-being.

These are the 3 components of overall good health and wellness and these 3 components are further divided into the 7 dimensions.



Physical Health = the fitness of your body

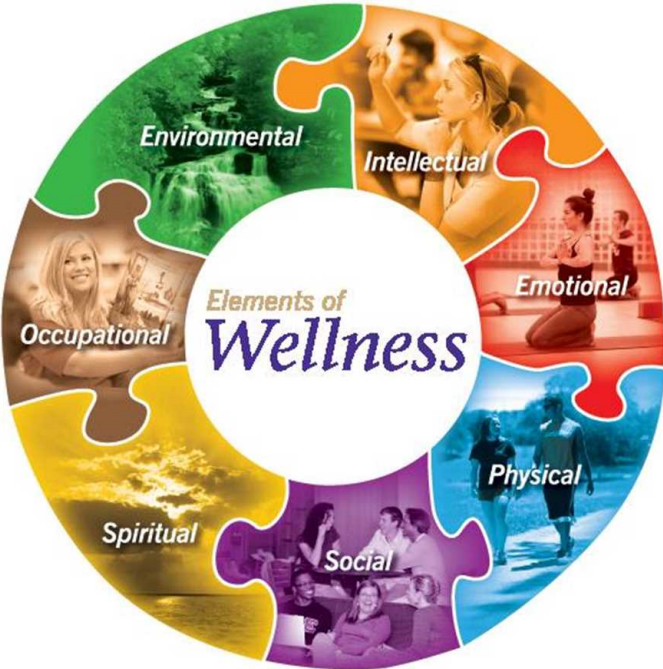
i.e. sleep, eating habits, activity, stress, use of tobacco, alcohol or drugs etc

Mental Health = the way you feel about yourself, your life and the world around you.

i.e. positive attitude, sense of community/ belonging etc

Social Health = the way you get along with friends, family and other people

Wellness Wheel/The 7 Dimensions of Wellness Handout



Activity Assessing your wellness

Read each statement and respond honestly using

2 points = Almost Always

1 point = sometimes/occasionally

0 points = very seldom