

WHAT IS WELLNESS?

According to Webster's Dictionary: A state of being well.

WELLNESS IS...

1. **A choice:**
 - a. A personal decision to strive for optimal health
 - b. Something that a person must take ownership of. It cannot be given to someone.
 - c. A compilation of daily decisions that we make that lead us to the person we choose to become.
2. **A way of life:**
 - a. A balanced lifestyle you design to reach highest potential
 - b. The continual enhancing and deepening of one's life experience.
3. **A process:**
 - a. Understanding there is no end, it requires continual effort and understanding that health and happiness are possible in every moment
 - b. This process moves us toward being Proactive and Responsible, and a Healthier existence.
4. **The integration of body, mind, and soul:**
 - a. An awareness that choices we personally make in one area affect all other areas.

WELLNESS IS...

**Accepting ourselves today,
allowing us to search for who we choose to become tomorrow.**

SIX DIMENSIONS [AREAS] OF WELLNESS:

1. **Intellectual:** Mental activities, knowledge, sharing information (challenge our minds, think critically).
2. **Social:** Contribute to our human and physical environments with pursuit harmony families & community.
3. **Spiritual:** Pursuit meaning & purpose in human existence with development of deep appreciation for life (tolerance & live consistent with our values and beliefs).
4. **Emotional:** Awareness & acceptance of our feelings & behaviors, positive attitude, realistic assessment of personal limitations, stress management, satisfying relationships, and development of autonomy.
5. **Physical:** Encourages regular physical activity for cardiovascular flexibility & strength (*Choose to be physically fit than to be out of shape.*), knowledge about food, nutrition, (*Choose to consume foods and beverages that enhances our life rather than impair it.*) and medical care (*To be proactive with our health and use the medical system appropriately.*), and the discouraging of tobacco, drugs, and immoderate or illegal use of alcohol (*To avoid all toxins which compromise our health and well-being.*).
6. **Occupational:** Choosing work that is personally satisfying and enriching, and development of a positive attitude about our occupation and life plan.

THE COMPONENTS OF WELLNESS:

Wellness is an interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle.

The key words in the above statement are process, aware, choices, and success.

- **Process:** Means that you never arrive at a point where there is no further possibility of improving.
- **Aware:** Means that you are by nature continuously seeking more information about how you can improve.
- **Choices:** Means that you have considered a variety of options and selected those that seem to be in your best interest.
- **Success:** Is determined by you to be your personal collection of accomplishments for your life.

THE COMPONENTS OF FITNESS:

Health is a state of complete mental, physical and social wellbeing whereas fitness is the ability to meet the demands of a physical task. Exercise scientists have identified nine components that comprise the definition of fitness.

The following lists each of the nine components and an example of how they are used:

- **Strength** – the extent to which muscles can exert force by contracting against resistance (e.g. holding or restraining an object or person).
- **Power** – the ability to exert maximum muscular contraction instantly in an explosive burst of movements. The two components of power are strength and speed (e.g. jumping or sprint start).
- **Agility** – the ability to perform a series of explosive power movements in rapid succession in opposing directions (e.g. Zig Zag running or cutting movements).
- **Balance** – the ability to control the bodies' position, either stationary (e.g. a handstand) or while moving (e.g. a gymnastic stunt).
- **Flexibility** – the ability to achieve an extended range of motion without being impeded by excessive tissue like fat or muscle (e.g. executing a leg split).
- **Local Muscle Endurance** – a single muscle's ability to perform sustained work (e.g. rowing or cycling).
- **Cardiovascular Endurance** – the heart's ability to deliver blood to working muscles and their ability to use it (e.g. running long distances).
- **Strength Endurance** – a muscle's ability to perform a maximum contraction time after time (e.g. continuous explosive rebounding through an entire basketball game).
- **Co-ordination** – the ability to integrate the above listed components so that effective movements are achieved (e.g. efficiency at any activity or sport specific task)

A Normative Model of Physical Therapist Professional Education: 2004

A vision for physical therapist professional education that is a consensus-based model reflecting contemporary entry-level performance expectations for students who graduate from physical therapist professional education programs.

Practice Management Expectations for the topic of: **Prevention, Health Promotion, Fitness, and Wellness:**

- *Provide culturally competent physical therapy services for prevention, health promotion, fitness, and wellness to individuals, groups, and communities.*
- *Promote health and quality of life by providing information on health promotion, fitness, wellness, disease, impairment, functional limitation, disability, and health risks related to age, gender, culture, and lifestyle within the scope of physical therapy practice.*

Prevention: Activities directed toward:

- 1) Achieving and restoring optimal functional capacity.
- 2) Minimizing impairments, functional limitations, and disabilities.
- 3) Maintaining health (thereby preventing further deterioration of future illness).
- 4) Creating appropriate environmental adaptations to enhance independent function.

Primary Prevention:

- Prevention of disease in a susceptible or potentially susceptible population through such specific measures as general health promotion efforts.

Secondary Prevention:

- Efforts to decrease the duration of illness, severity of disease, and sequelae through early diagnosis and prompt intervention.

Tertiary Prevention:

- Efforts to limit the degree of disability and promote rehabilitation and restoration of function in patients/clients with chronic and irreversible diseases.

Health Promotion:

- The combination of educational and environmental supports for actions and conditions of living conducive to health. The purpose of health promotion is to enable people to gain greater control over the determinants of their own health.

Fitness:

- A dynamic physical state – comprising cardiovascular/pulmonary endurance; muscle strength, power, endurance, and flexibility; relaxation; and body composition – that allows optimal and efficient performance of daily and leisure activities.

Wellness:

- An active process of becoming aware of and making choices toward a more successful existence.