



# Focusing on Wellness

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*“Keep your vitality. A life without health is like a river without water.”*

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# ***What is Wellness?***

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

Wellness comes from personal balance, not bodily perfection.





# ***Demographics***

*Growing Old is Not for Sissies!*



*Keep Your Heart Strong*

*“Heart disease kills more people than all cancers combined.”*

# Cardiac Risk Reduction





*Sitting is the new smoking!*

### Endurance

#### Aerobic Training

- Distance, duration, speed

### Mobility

#### Anaerobic Training

- Plyometrics, speed, agility

### Strength

#### Force and Power

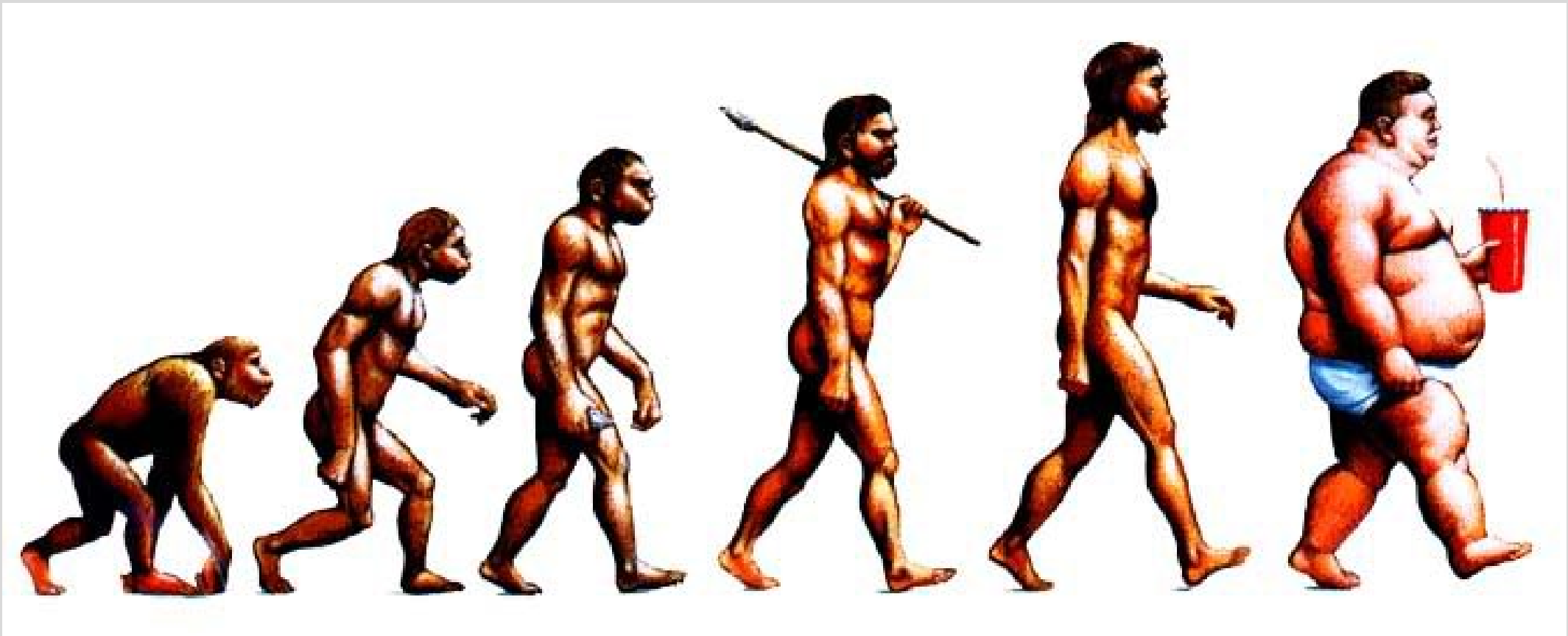
- Weight training, core strength

### Flexibility

#### Injury Prevention

- Static stretching

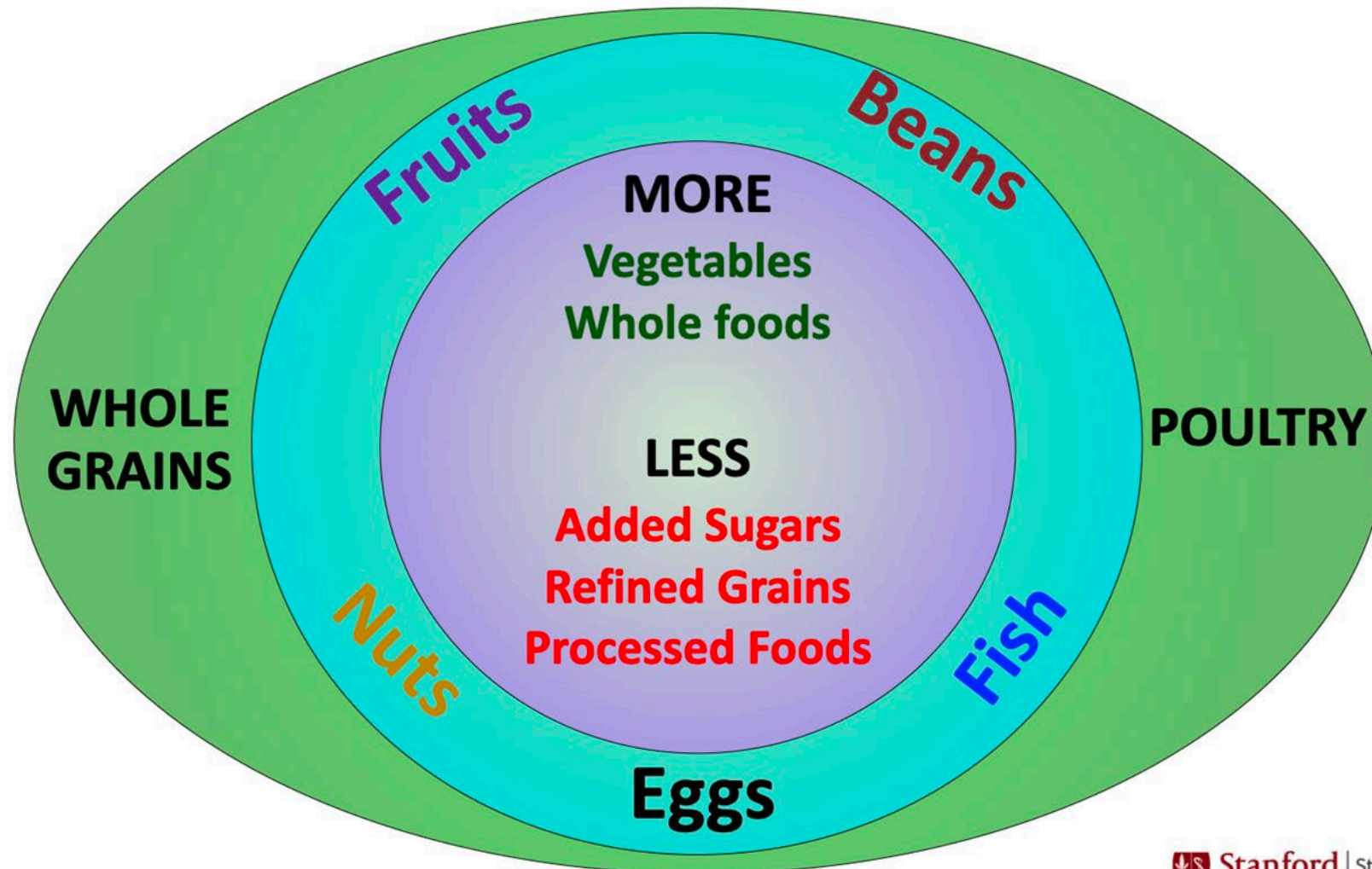
# Physical Fitness



# ***What is a Healthy Diet?***

*The banquet is in the first bite*

# Nutritional Fitness



# Nutritional Fitness



Not alot

Mostly plants

Eat food



AvoidProcessedFoods.com





***Sleep...***

# ***Sleep Hygiene***

- Make your bedroom a cave
- Use your bed for sleep or sex **ONLY**
- Keep regular sleep hours
- Avoid tobacco, alcohol and caffeine
- Turn off electronic devices
- Relax before bed
- Get daily exercise and AM sunlight
- Don't "horribilize"





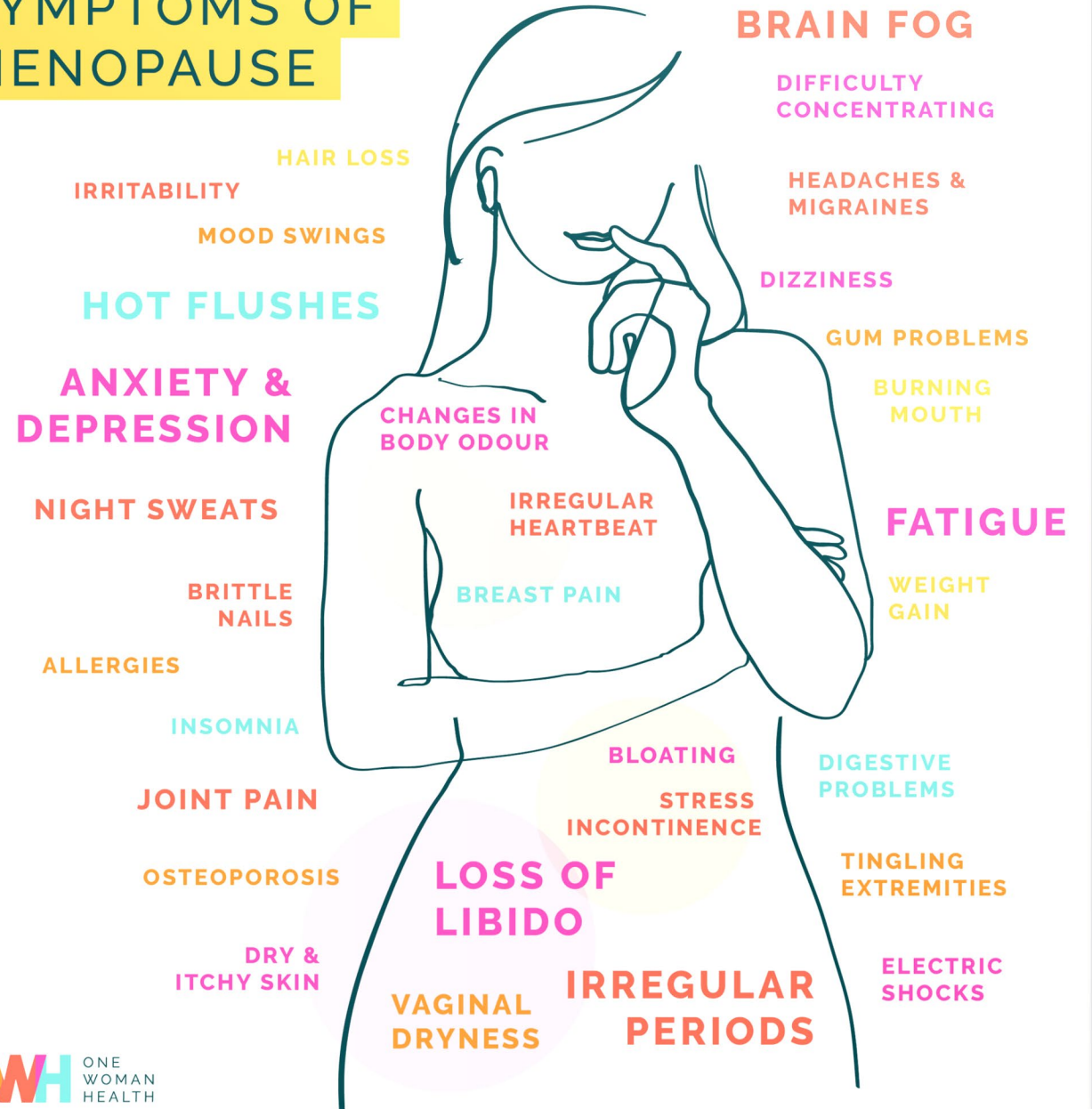
# ***Preventive Healthcare***

*Ask about immunizations and screenings*

# Menopause



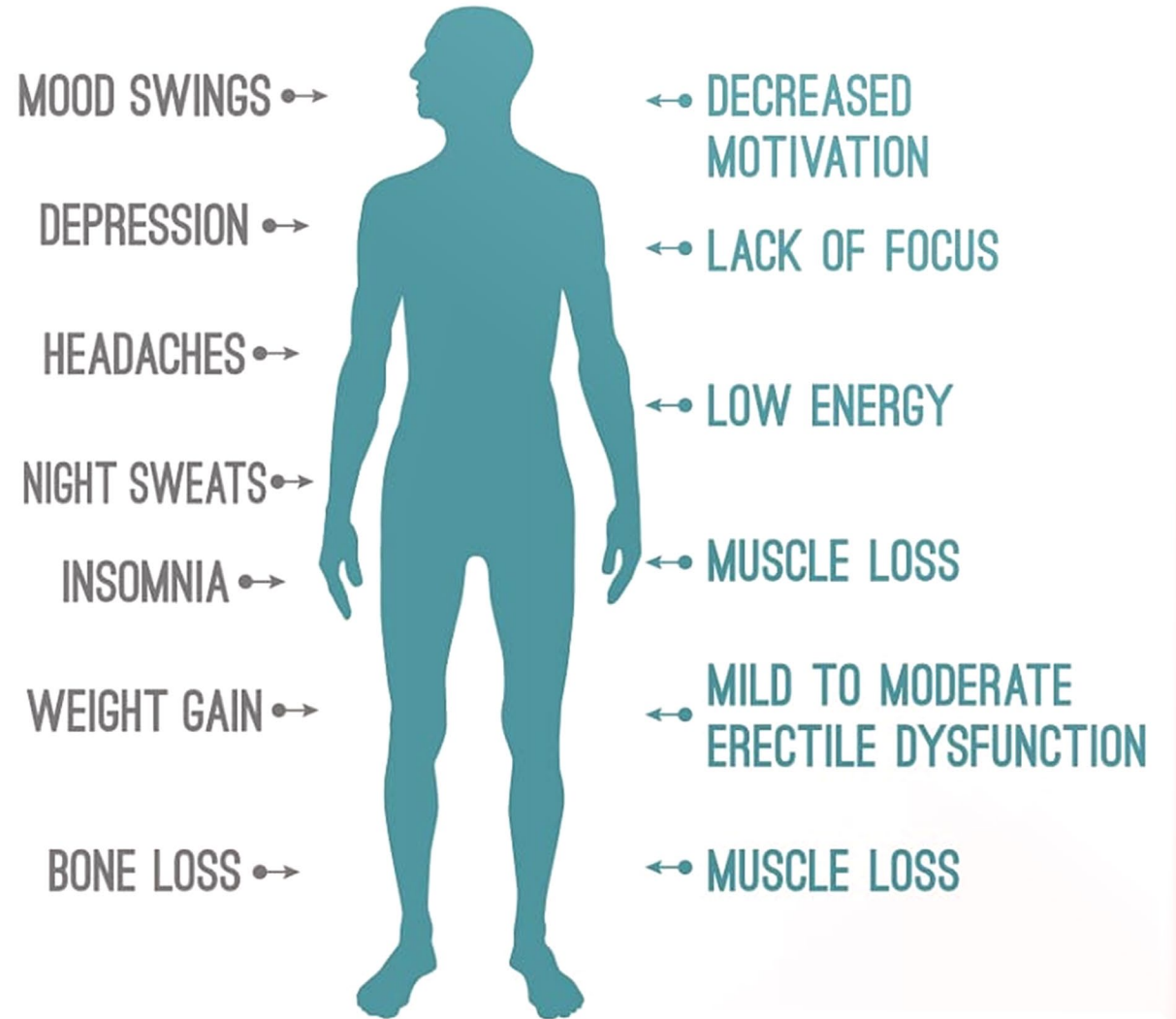
## SYMPTOMS OF MENOPAUSE



# “Manopause”

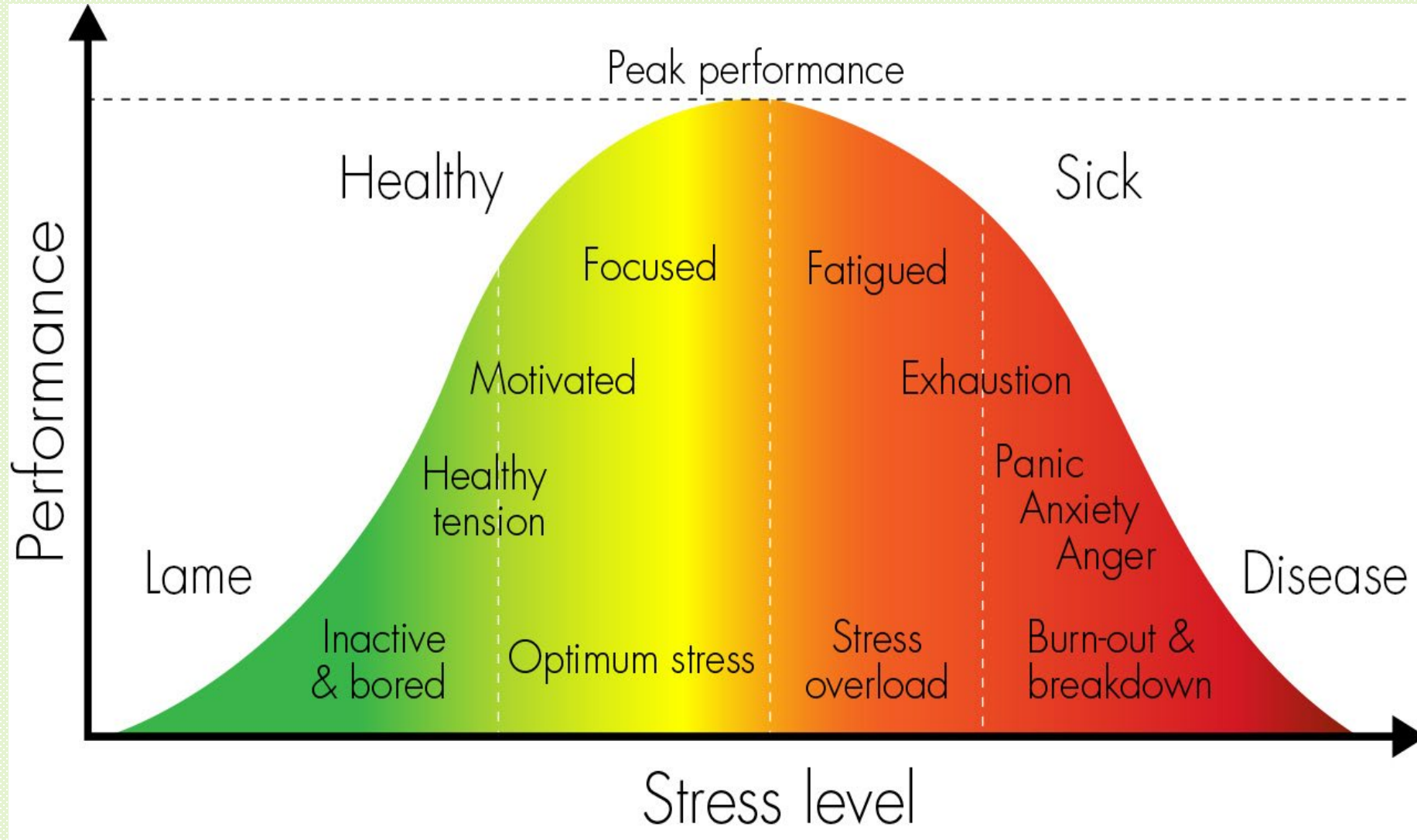


## & ANDROPAUSE



# Resilience

*Know your limits*



# Good Life

*Relationships*





*Your Spouse...*

*Work as a Team*

# *Family*



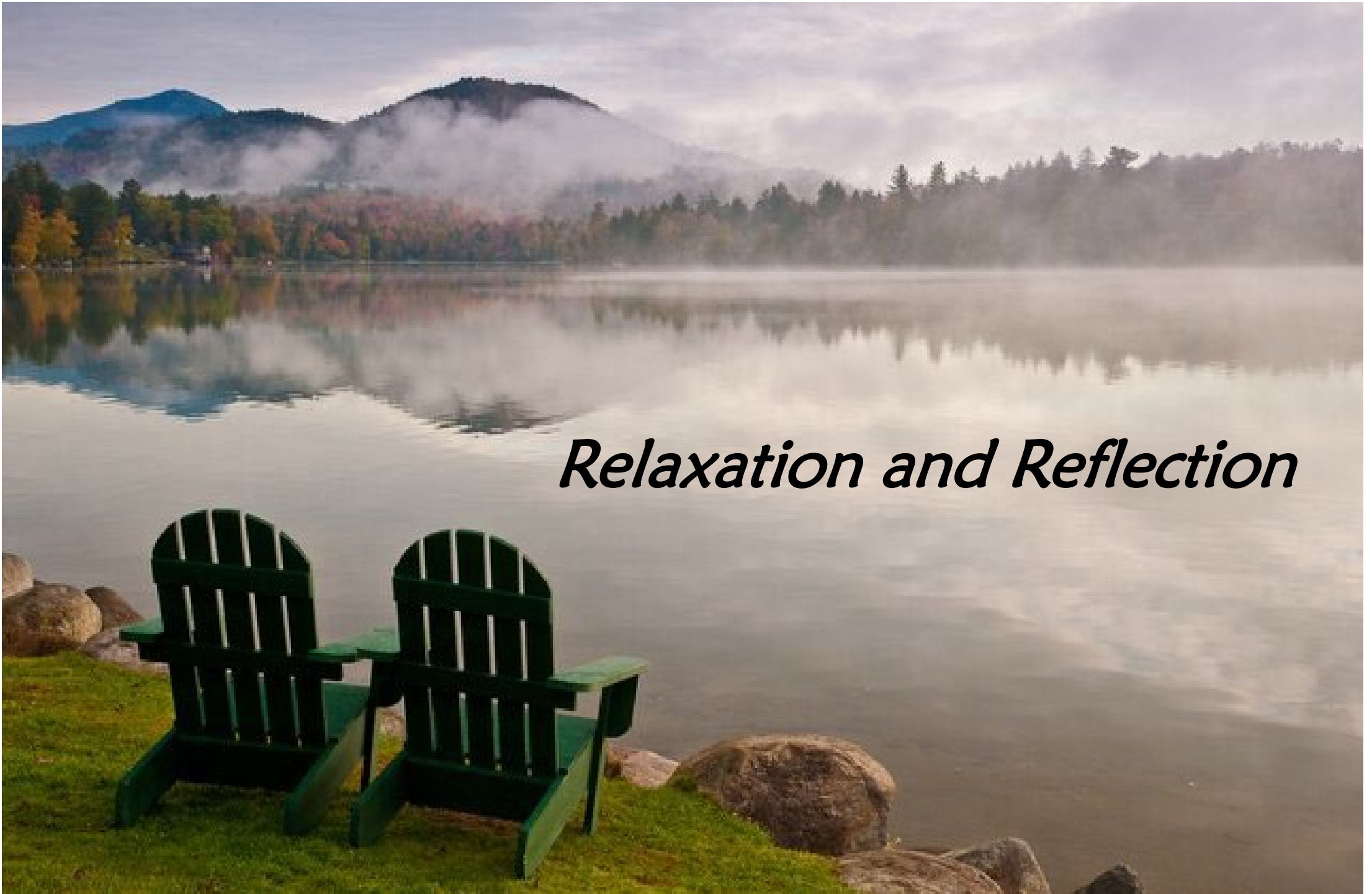
# *Hang Out with Friends*



# *Community Connections*

Stay Connect4d





*Relaxation and Reflection*

“Self-care is not  
self-indulgence, it is  
self-preservation.”

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**AUDRE LORDE**

*feminist and civil rights leader*





**We only live once, snoopy.**

**Wrong! we only die once.  
We live every day!**

# TYPES OF SELF CARE



## SOCIAL

activities that help nurture your relationships with others

## PHYSICAL

activities that improve your physical health



## MENTAL

activities that stimulate your mind



## PRACTICAL

tasks that help prevent future stress



## EMOTIONAL

activities that help you connect and reflect



## SPIRITUAL

activities that nurture your spirit

