



Focusing on Wellness

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

What is Wellness?

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.”

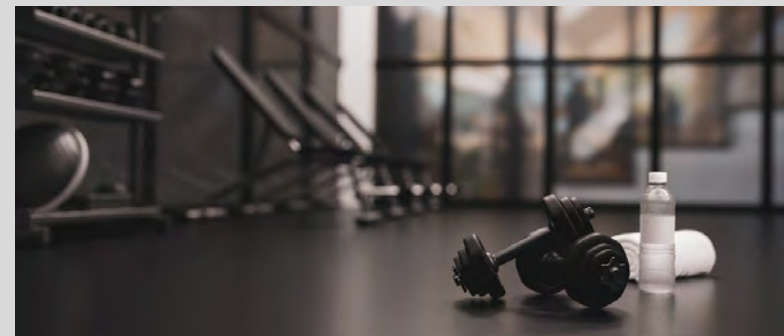
Cardiac Risk Reduction

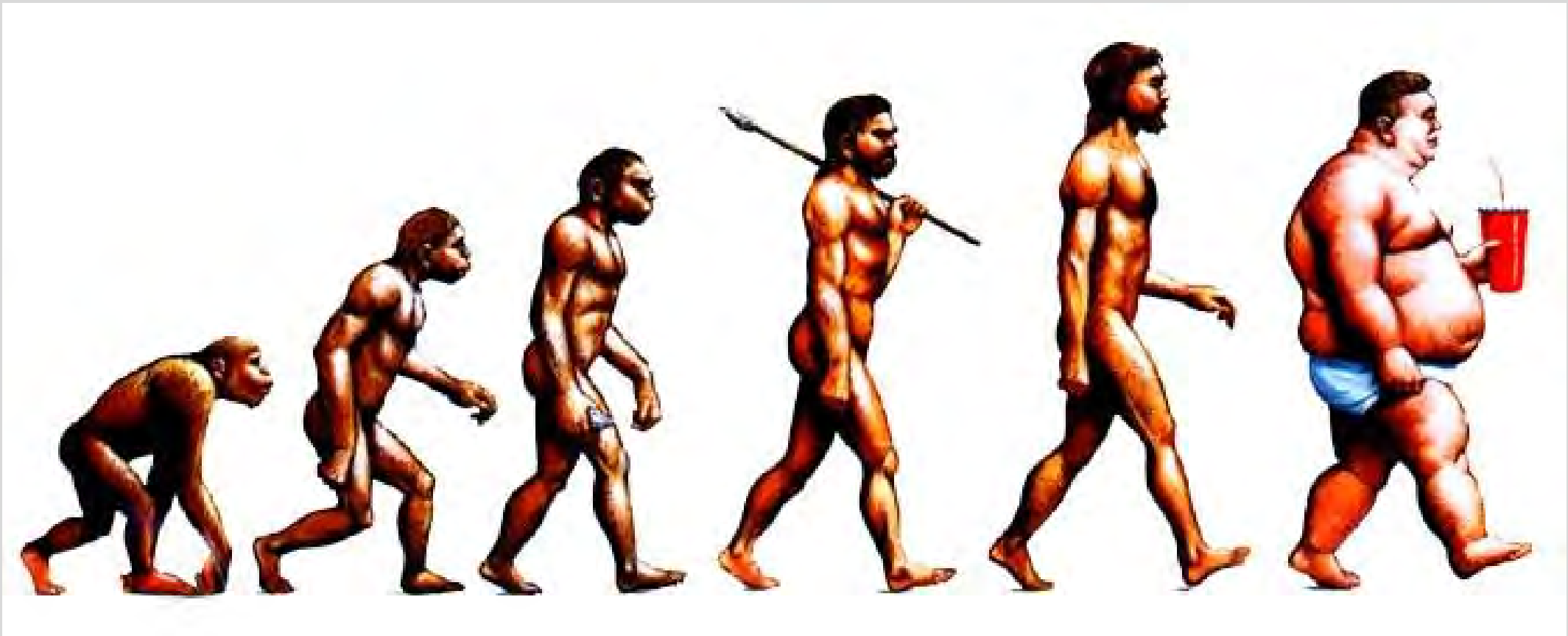




Physical Fitness

***Cross Training
& Diversity***





What is a Healthy Diet?

The banquet is in the first bite

Nutritional Fitness



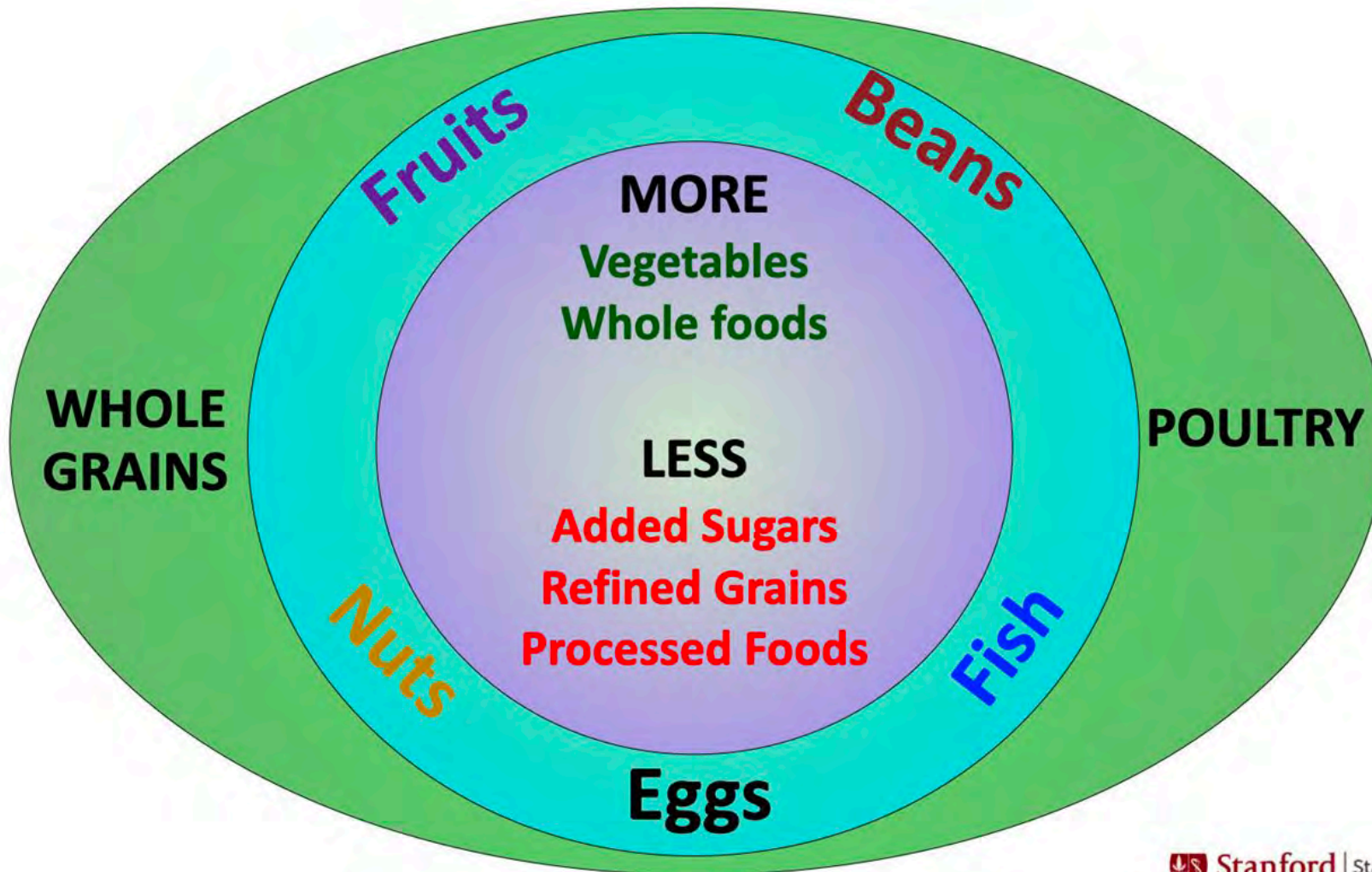
Not alot

Mostly plants

Eat food



Eating Habits





Sleep...

A close-up photograph of two puppies. The puppy in the foreground is a golden retriever, lying down with its eyes closed, resting its head on a light-colored surface. The puppy in the background is a white and tan dog, also lying down with its eyes closed. The background is softly blurred.

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"

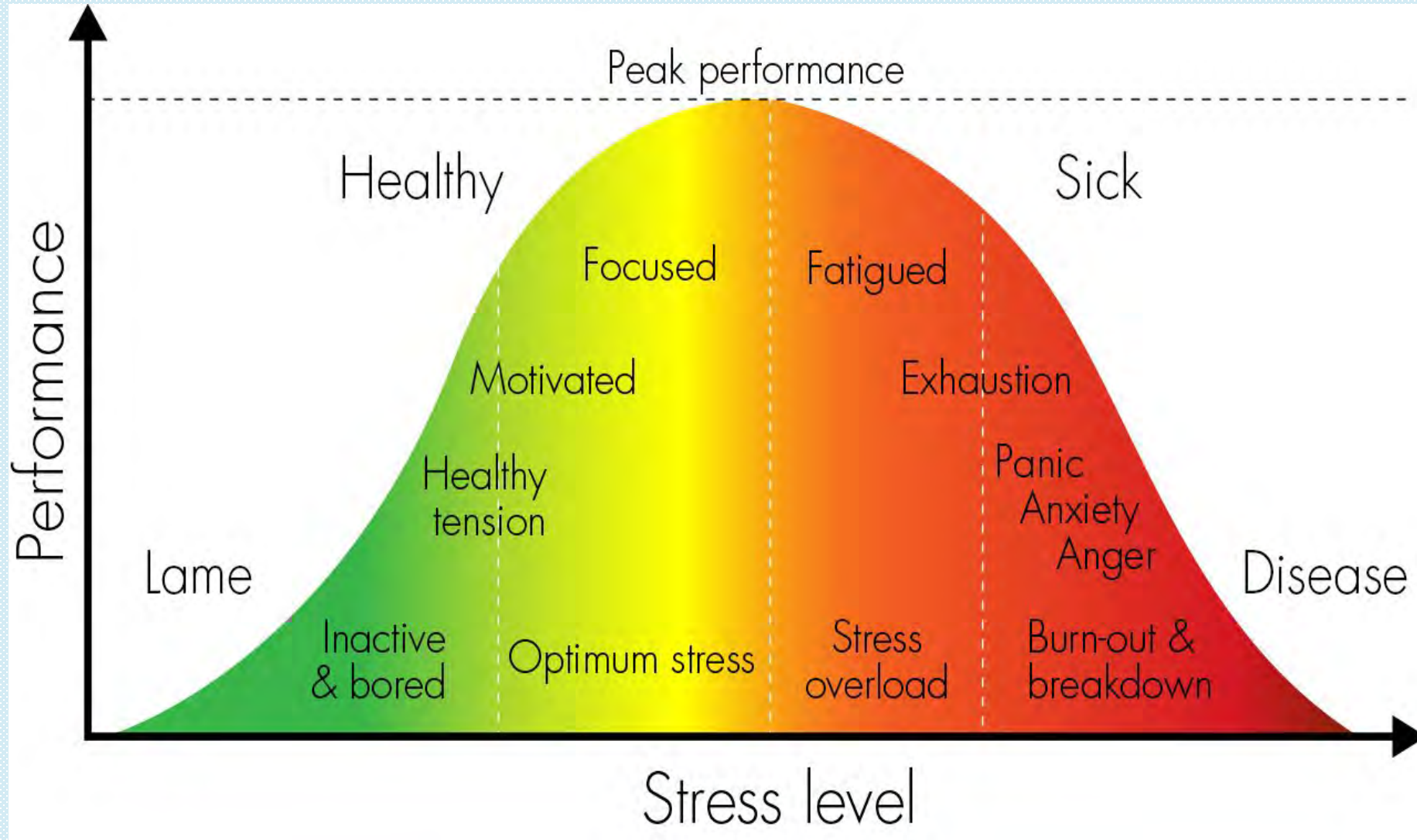


Preventive Healthcare

Ask about immunizations and screenings

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.”

AUDRE LORDE

feminist and civil rights leader



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

