



# CULTIVATING TOTAL HEALTH

## *Get Healthy, Start Today!*

Health is more than simply a question of exercise and nutrition. It is the integration of physical, mental, and spiritual well-being. We are often momentarily motivated to eat better, exercise more, drink less caffeine or make other positive lifestyle changes. However, these attempts often fail because they focus on only one dimension of wellness and do not promote general lifestyle change.

This New Year, instead of a resolution, make a lifestyle evolution and strive for total health! Below are some of the many dimensions of wellness. To start achieving total health, pick one small item you can change from each category and take it slow. Over time, you will see that small steps make a big difference.

**Social Wellness:** The ability to establish and maintain positive relationships with family, friends and coworkers.

**Emotional Wellness:** The ability to understand ourselves and share feelings of anger, fear, sadness, hope, love, and joy in a fulfilling manner.

**Spiritual Wellness:** The ability to establish peace and develop harmony between values and actions, and to realize a higher purpose.

**Environmental Wellness:** The ability to make a positive impact on the quality of our environment, be it our home, community, or planet.

**Occupational Wellness:** The ability to get personal fulfillment from our career and make a positive impact on the organizations we work for while still maintaining balance in our lives.

**Intellectual Wellness:** The ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interactions and community betterment, and to pursue lifelong learning.

**Physical Wellness:** The ability to maintain a healthy physicality and adopt healthful habits (e.g., routine check-ups, a balanced diet, exercise, etc.) while avoiding destructive habits (e.g., tobacco, drugs, alcohol, etc.).

Each of these seven dimensions act and interact to contribute to your total health! [Start your lifestyle evolution today!](#)

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