Introduction to Wellness, Fitness, and Lifestyle Management

Chapter One

Wellness: The New Health Goal

- **Health** refers to a overall condition of a person’s body or mind and to the presence or absence of illness or injury.
  - Differs based on factors beyond your control, such as genes, age, and family history
- **Wellness** refers to optimal health and vitality
  - Is determined by the decisions you make about the way you live
- Enhanced wellness involves making conscious decisions to control one’s risk factors that contribute to illness and injury.

The Dimensions of Wellness

- **The 6 Dimensions of Wellness:**
  - Physical wellness
  - Emotional wellness
  - Intellectual wellness
  - Spiritual wellness
  - Interpersonal wellness
  - Environmental wellness

- The process of achieving wellness is constant and dynamic

Other Aspects of Wellness

- **Occupational and Financial Wellness**
  - Most experts feel that these are also very important dimensions of wellness
  - Occupational wellness refers to the level of happiness and fulfillment you gain through your work.
  - Financial wellness refers to your ability to live within your means and manage your money.
New Opportunities, New Responsibilities

- 1900 - Infectious diseases caused the majority of deaths
- Since 1900, present life expectancy has doubled due to the development of vaccines and antibiotics.
  - This gives rise to the emergence of new major health threats.
    - Heart disease
    - Cancer
    - Stroke

Table 1.2 Leading Causes of Death

Healthy People Initiative

- The National Healthy People Initiative aims to prevent disease and improve Americans’ quality of life
- The latest report, Healthy People 2010 proposes 2 broad goals:
  - Increase quality and years of healthy life
  - Eliminate health disparities among Americans
Behaviors That Contribute to Wellness

• Be physically active
• Choose a healthy diet
• Maintain a healthy body weight
• Manage stress effectively
• Avoid tobacco and drug use and limit alcohol consumption
• Protect yourself from disease and injury

Other steps:
- Develop meaningful relationships
- Learn about the health care system
- Plan for successful aging
- Care for the environment

Reaching Wellness Through Lifestyle Management

• This process also known as Behavioral Change
• Before you can start this process, consider the following:
  - Examine your current health habits
    - Consider how your current lifestyle is affecting your health
  - Choose a target behavior
    - Pick one behavior to change
  - Learn about your target behavior
    - Take into consideration the risks and rewards of changing that behavior
  - Find help through resources available

Building Motivation to Change

• Examine the pros and cons of change
  - Evaluate the short- and long-term benefits and costs
• Boost self-efficacy through:
  - Locus of Control
    - Internal or external
  - Visualization and Self-talk
    - Seeing yourself engaging in a new and healthy behavior
  - Role models and other supportive individuals
• Identify and overcome key barriers to change

Transtheoretical Model for Behavior Change

• Stages of Change:
  - Precontemplation—people do not think they have a problem and have no intention of changing behavior
  - Contemplation—people know they have a problem and are intending to take action within 6 months
  - Preparation—people plan to take action within a month
  - Action—people outwardly modify their behavior and environment
  - Maintenance—successful behavior change for 6 months or longer
  - Termination—people are no longer tempted by the behavior which they have changed
Dealing with Relapse

• People seldom travel down the stages of change in a linear, straightforward manner. Research proves that it may take multiple attempts to change one’s behavior.
• If you experience a lapse or relapse here are steps to get you back on track:
  1. Forgive yourself
  2. Give yourself credit for your progress you have already made
  3. Move on

Developing Skills for Change: Creating a Personalized Plan

• Putting together a plan of action
  1. Monitor your behavior and gather data
  2. Analyze the data and identify patterns
  3. Be smart and set realistic, specific, measurable attainable, time frame-specific goals
  4. Devise a strategy or plan of action
    • Get what you need
    • Modify your environment
    • Control related habits
    • Reward yourself
    • Involve people around you
    • Plan for challenges
  5. Make a personal contract

Staying with it

• Social influences
• Levels of motivation and commitment
• Choice of techniques and level of effort
• Stress barrier
• Procrastinating, rationalizing, and blaming