

What is Wellness?

The degree to which an individual experiences health and vitality in any dimension of life.

Health and vitality refer to your life force. The Power to live, grow, and express your maximum potential as a human being. Your life is made up of multiple dimensions that are separate, yet profoundly connected. We work with you to achieve true wellness in all three dimensions:

Physical Dimension – Be Fit

Bio-Chemical Dimension – Eat Right

Psychological Dimension – Think Well

Physical Dimension – How you use your body

- Positive Physical Stress:
 - Regular Exercise
 - Stretching
 - Proper Digestion
- Negative Physical Stress:
 - Sleep Deprivation
 - Sports Injuries
 - High Blood Pressure

Bio-Chemical Dimension – What you put in your body

- Positive Bio-Chemical Stress
 - Staying Properly Hydrated
 - Vitamin Consumption
 - Eating Well-Balanced Meals
- Negative Bio-Chemical Stress
 - Excessive Consumption of Alcohol
 - Smoking
 - Artificial Preservatives

Psychological Dimension – Mind-Body Connection

- Positive Psychological Stress
 - Taking Steps Towards Goals
 - Solving a Problem
 - Doing Something Good for Yourself
- Negative Psychological Stress
 - Financial Troubles
 - Argument with Spouse / Friend / Family Member
 - Impossible Career Deadlines