

Happy New Year!

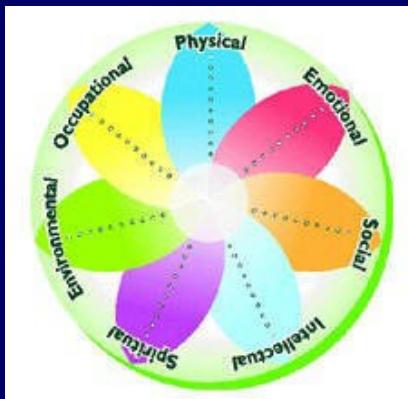
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What is Wellness?

When I hear the word wellness, I think of exercising and eating healthy. According to Charles B. Corbin of Arizona State University "Wellness is a multidimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being."

The most commonly described dimensions of wellness include:

1. Social Wellness
2. Occupational Wellness
3. Spiritual Wellness
4. Physical Wellness
5. Intellectual Wellness
6. Emotional Wellness
7. Environmental Wellness
8. Financial Wellness
9. Mental Wellness
10. Medical Wellness



Ultimately, the dimensions of wellness all fall into two broader categories, being mental and physical. This is critical to note, as the mental or emotional component is often overlooked as focus on such main staples as physical fitness and chronic disease risk factors. In order to achieve a state of wellness in our own lives or try to guide others to it, we must pay due diligence to each of the dimensions.

<http://www.definitionofwellness.com/>

Top Ten New Year's Resolutions:

1. Spend more time with Family & Friends
2. Fit in Fitness (regular exercise)
3. Tame the Bulge (Weight loss)
4. Quit Smoking
5. Enjoy Life More
6. Quit Drinking
7. Get out of Debt
8. Learn Something New
9. Help Others
10. Get organized

According to <http://pittsburgh.about.com/od/holidays/tp/resolutions.htm>

Use it up, Wear it out,
make it do,
or do without.

-New England Proverb

Make a New Years Resolution!

- 44% of American adults make one or more resolutions each year.
- Resolutions maintained as time goes on: 75% past first week, 71% past 2 weeks, 64% after one month and 46% after 6 months
- While a lot of people who make new years resolutions do break them, research shows that making resolutions is useful. People who explicitly make resolutions are 10 times more likely to attain their goals than people who don't explicitly make resolutions.

