

TO YOUR HEALTH— *Abby Mills*

JOURNEY TO WELLNESS

Optimal Health = Optimal Self



Wellness means practicing all the things which keep a person well. It involves activities such as maintaining proper nutrition, exercising, controlling stress, as well as having good personal family and social relationships. Most importantly, wellness relies on practicing behaviors that prevent illness and disease. More and more Americans have realized that preventing an illness makes more sense than treating it once it has already occurred. Ultimately wellness is the ability to live life to the fullest and maximize your personal potential.

Would you like to improve your level of wellness?

5 Dimensions of Wellness:

- **Social/Environment**
(To minimize the negative impact of your environment in your life)
- **Physical**
(To become more fit and nutrition minded)
- **Spiritual**
(To truly discover ones self and purpose)
- **Emotional**
(Become stable with the obstacles that come your way)
- **Intellectual/Mental**
(To challenge your intellect and skills daily)

As you reflect upon these areas of Wellness write down a number between 1 and 10 (10 being optimal) for each dimension. Now that you have identified each area pick one to focus on. The next step is creating a goal! It has been proven that individuals who write their goals down and revisit them on a daily, weekly, monthly, and quarterly basis tend to achieve more results than those who don't. The second step is planning. Planning is by far the single most important aspect to achieving results.

Plan the steps necessary to keep you on your journey to good health. The third strategy is implementation. In order to establish habits a routine must be followed for 45-60 days to help them become ingrained habits in your life. Begin your journey Today with small steps and eventually you will have a new and improved self.

Just Remember—Goals, Planning, and Implementation and . . . you CAN and Will BECOME your OPTIMAL SELF!



~Abby Mills has a B.S. in Health Promotion and Wellness. She is a Personal Trainer and Wellness Consultant. Invest in Your Primary Asset: You!

“Healthy living is a Journey, not a destination. May your journey be filled with encouragement, joy, perseverance and laughter”

Social/Enviornment _____

Physical _____

Spiritual _____

Emotional _____

Intellectual/Mental _____

New Goal: _____

Steps Necessary To Achieve Goal:

Step 1 _____

Step 2 _____

Step 3 _____
