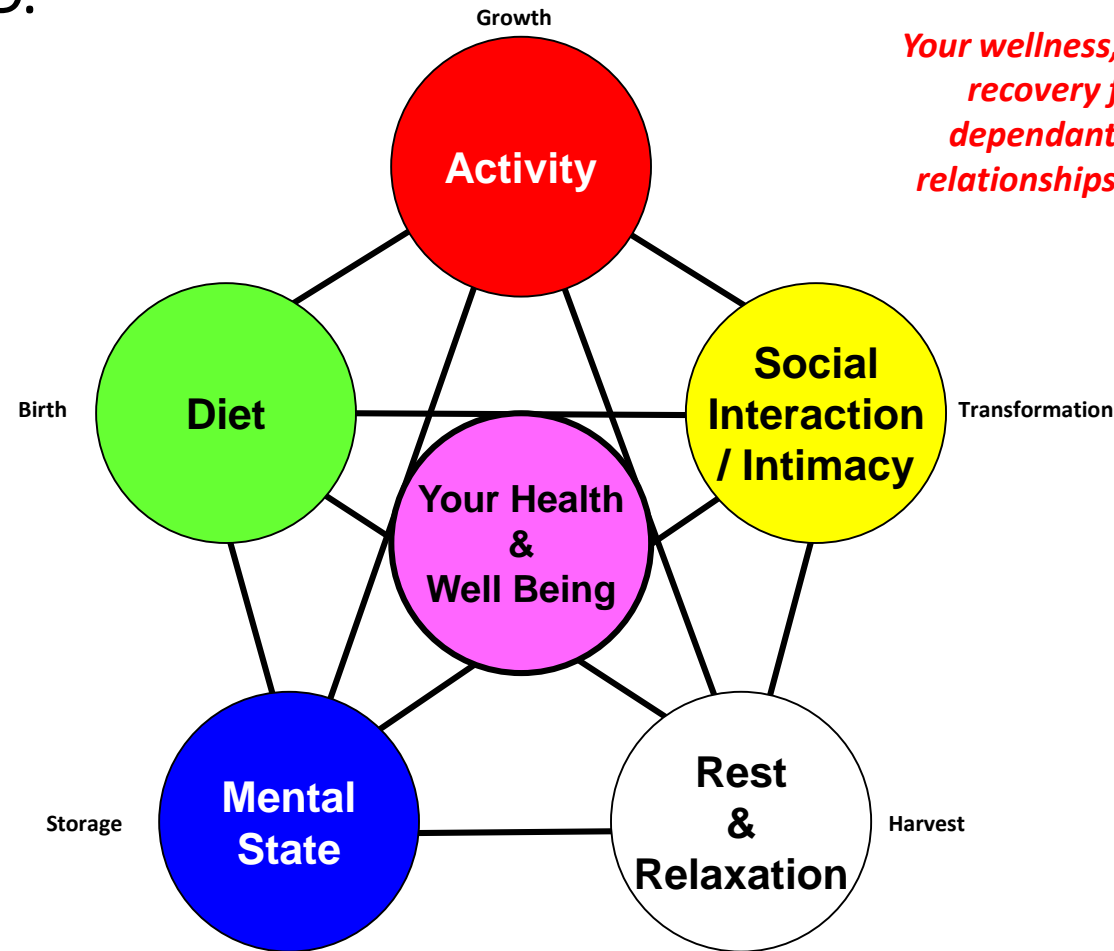


The Five Habits of Wellness

by Graham Player Ph.D.



Your wellness, state of health, and recovery from disease are dependant on the reciprocal relationships between these five habits

People who exercise regularly really do live longer

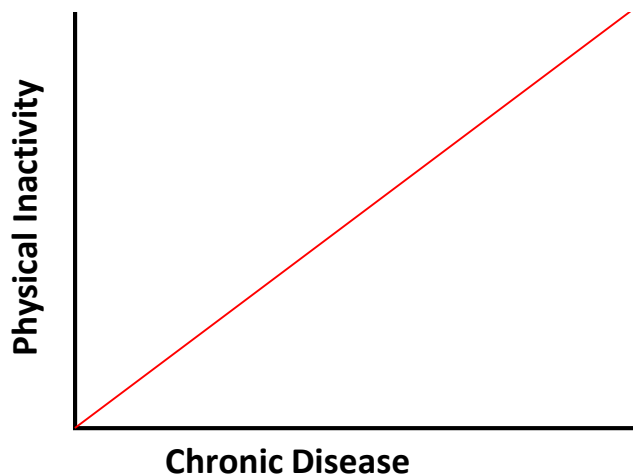
- Physical activity really does make a difference
 - not only for how long you live but for how long you live a healthy life
- First study to directly calculate the effect of physical activity on how long people live
- Findings show that even for people who are already middle-aged, exercising more can add years to their lives
- It's never too late to start following a healthy lifestyle
- The study was consistent with the growing evidence that exercising on a regular basis is one of the most important things people can do for their health
- This is more evidence that the sedentary lifestyle is the most devastating to health, longevity and chronic disease development
- Exercising regularly also enables people to live healthier lives, free from a host of chronic illnesses that can make it hard for people to enjoy their later years
- Exercise shown to improve overall well-being, reduce stress and depression, and cut the risk of Alzheimer's and other forms of dementia
- the benefits of physical activity extend well beyond the effects on longevity

Study done by Erasmus M.C. University Medical Center in Rotterdam

Published Nov 14, 2005 in the Archives of Internal Medicine

<http://www.washingtonpost.com/wp-dyn/content/article/2005/11/14/AR2005111401051.html>

Direct Relationship Between Physical Inactivity and Chronic Disease Risk



- clear evidence linking physical inactivity with an increased risk of many chronic diseases, including heart disease, stroke, diabetes, cancer
- modest increases in physical activity have the potential to produce substantial health benefits
- well people with higher levels of physical activity were found to report higher quality-of-life levels than did well people who were less physically active

Source:

American Journal of Preventive Medicine, Volume 35, Issue 6, Pages 578-588 (December 2008)

"Cost Effectiveness of Community-Based Physical Activity Interventions"

[http://www.ajpm-online.net/article/S0749-3797\(08\)00770-8/fulltext](http://www.ajpm-online.net/article/S0749-3797(08)00770-8/fulltext)

Activity - Recommendations and Considerations

- Think of movement as an opportunity, not an inconvenience. Make moving a part of daily life
- Be active every day in as many ways as you can
- Daily exercise / activity is cumulative
- As we age our bodies lose muscle mass and strength. Add this to weakening bones and it's no surprise that we become less mobile and more injury prone in our later years.
- Exercise to achieve and maintain these key attributes:
 - Cardio-vascular (aerobic)
 - Strength (muscle mass; bone metabolism)
 - Flexibility (range of motion)
 - Balance (reduce risk of falls)
 - Posture (reduce back and neck problems)

Social Interaction and Intimacy

- We learn about ourselves including our habits of wellness from Social Interaction and Intimacy
- Lack of social interaction creates anxiety
- Anxiety can result from isolation and lack of intimacy
- Anxiety ‘wears us out from the inside,’ and one of the most frequent symptoms of a lack of wellness
- Anxiety may make you feel different and apart from others in a negative way

Rest and Relaxation

Critical Part of a Healthy Lifestyle

- Rejuvenates body and mind, and regulates mood
- Linked to learning and memory function
- Insufficient can negatively affect mood, immune system, memory, and stress level
- Relaxation improves ability to cope with adversity, and helps to improve quality of sleep

Mental State is what initiates and manages most of our Habits!

- Most of us understand human consciousness, mental state and wellness in metaphors.
 - There is a little man in my brain that decides what to do
 - My brain is like a computer and programs me to do certain things
- None of those metaphors describe very accurately how human mental state manages our life and wellness
 - Our mind occupies our entire body (not just our brain) and is a “complex, adaptive system” that learns continuously and optimizes the majority of our ideas and behaviours almost completely automatically, without any conscious decisions on our part. This is why we refer to “habits of wellness.”
 - Our mind may actually extend outside our body. We do not understand how consciousness works but there are hints that it goes beyond being an isolated individual phenomena.

Important Principles of Food and Health

- Nutrients from the foods we eat are engaged in a series of reactions that work together to produce good health
- Our bodies have evolved with this infinitely complex network of reactions in order to derive maximal benefit from whole foods, as they appear in nature
- Isolated nutrients taken as supplements cannot substitute for whole foods, and will not lead to long-lasting health
- Plant foods have dramatically more antioxidants, fiber, and minerals than animal foods
- Nutrition can substantially control the adverse effects of many chemicals
- The same nutrition that prevents disease in its early stages (before diagnosis) can also halt or reverse disease in its later stages (after diagnosis)
- Good nutrition creates health in all areas of our existence - all parts are interconnected