** Tip Sheet**

**TOTAL WELLNESS**

*“Comprehensive Fitness”*

*Comprehensive Fitness recognizes that true wellness can only be achieved by addressing the whole person. It requires balance and health in each domain of our self: Mental, Physical, Social, and Spiritual. Each component works together to maintain and shape total fitness. Integrating each component moves us towards a more proactive, responsible, and healthier existence. What you do, think and feel has an impact on your health and well-being. Hindrances to health limit our success and stunts full potential. To neglect or overemphasize any of the four dimensions will result in an out-of-balance person. Maintaining balance is the pursuit of a lifetime and requires responsibility, intentional effort, and sustained focus.*

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| **MENTAL** | | **PHYSICAL** | |
| **AWARENESS**  Ensure adequate sleep  Practice mindfulness  Minimize substances  Check-in with yourself | **ADAPTABILITY**  Experience new things  Change your routine  Do reflective practice  Learn over a lifetime | **ENDURANCE**  Do cardio training  Be consistent over time  Set goals to improve  Find a partner to help | **RECOVERY**  Plan recovery days  Ensure adequate sleep  Replenish nutrients  Stay active |
| **DECISION MAKING**  Keep yourself aware  Plan in advance  Think long term  Consult with a mentor | **POSITIVE THINKING**  Monitor thoughts  Challenge assumptions  Cultivate rationality  Seek positive people | **NUTRITION**  Eat plants and organics  Avoid processed sugars  Do not binge anything  Hydrate regularly | **STRENGTH**  Do resistance training  Be consistent over time  Set goals to improve  Find a partner to help |
| **SOCIAL** | | **SPIRITUAL** | |
| **COMMUNICATION**  Stay in touch with family  Contact old friends  Resolve conflicts  Check-in with others | **CONNECTEDNESS**  Nurture relationships  Keep sex healthy  Celebrate with others  Care enough to share | **CORE VALUES**  Live with integrity  Honor belief system  Expand world-view  Observe Rituals | **PERSEVERANCE**  Find meaning in life  Draw on higher power  Grow through suffering Diligently strive |
| **SOCIAL SUPPORT**  Live interdependently  Make new friends  Attend Churches / Clubs  Visit helping agencies | **TEAMWORK**  Tolerate others  Contribute meaningfully  Value each member  Support teammates | **PERSPECTIVE**  Keep it in context  Find harmony  Make peace  Forgive | **PURPOSE**  Fulfill a calling  Catch a vision  Serve others  Be your best self |