** 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 sleepPractice mindfulnessMinimize substancesCheck-in with yourself | **ADAPTABILITY**Experience new thingsChange your routineDo reflective practiceLearn over a lifetime | **ENDURANCE**Do cardio trainingBe consistent over timeSet goals to improveFind a partner to help | **RECOVERY**Plan recovery daysEnsure adequate sleepReplenish nutrientsStay active |
| **DECISION MAKING**Keep yourself awarePlan in advanceThink long termConsult with a mentor | **POSITIVE THINKING**Monitor thoughtsChallenge assumptionsCultivate rationalitySeek positive people | **NUTRITION**Eat plants and organicsAvoid processed sugarsDo not binge anythingHydrate regularly | **STRENGTH**Do resistance trainingBe consistent over timeSet goals to improveFind a partner to help |
| **SOCIAL** | **SPIRITUAL** |
| **COMMUNICATION**Stay in touch with familyContact old friends Resolve conflictsCheck-in with others | **CONNECTEDNESS**Nurture relationshipsKeep sex healthyCelebrate with othersCare enough to share | **CORE VALUES**Live with integrityHonor belief systemExpand world-viewObserve Rituals | **PERSEVERANCE**Find meaning in lifeDraw on higher powerGrow through suffering Diligently strive |
| **SOCIAL SUPPORT**Live interdependentlyMake new friendsAttend Churches / ClubsVisit helping agencies | **TEAMWORK**Tolerate othersContribute meaningfullyValue each memberSupport teammates | **PERSPECTIVE**Keep it in contextFind harmonyMake peaceForgive | **PURPOSE**Fulfill a callingCatch a visionServe othersBe your best self |