

# 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.*

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

For more info about this topic or to speak with a professional, contact your local Mental Health Clinic.