

WELLNESS

Wellness is defined as being aware of and actively working toward better health. Here are some tips to make the rest of your life the best of your life. This is something we all should want for ourselves and for our loved ones.

There are **Five Dimensions** that will make a difference in both the quality and quantity of your remaining years:

1. PHYSICIAN

By taking care of yourself physically you greatly reduce your risk for premature illness when you take time to make an appointment with your physician. He will say...

- ★ Eat a well-balanced diet.
- ★ Exercise 30 minutes 5 days a week (your choice of walking, swimming, aerobics etc.)
- ★ Treat your medical condition appropriately.

2. EMOTIONAL

Taking care of your emotional well-being prepares you to handle major or

minor crises that occur on a daily basis. Don't stress and don't sweat the small things.

3. SOCIAL

Build a strong bond with your family and friends. A meaningful relationship can impact the quality of your years. Your social life truly does make for a healthier you.

4. INTELLECTUAL

Exercising your body is an important part of your overall wellness and exercising your mind is just as important. Continue to feed your brain with increased knowledge, whether it be at home or church. Continuous learning is one of life's greatest gifts.

5. SPIRITUAL

Maintain a spiritual connection with God. It leads to a whole and balanced life. Included in spirituality are love and kindness and a belief that everything is going to work out no matter what the circumstances.

The eyes of the Lord watch over those who do right and his ears are open to their prayers

1 Peter 3:12 (NLT)