

Wellness Basics

Andrew Garrison agarrison@vistelar.com and Dr. Dina Mijacevic dina.mijacevic@wsu.edu

5 ASPECTS OF FITNESS

1. Cardiovascular
2. Muscle Strength
3. Muscle Endurance
4. Flexibility (+ Coordination, Agility, Balance, Gross and Fine Motor Sport/Life Skills)
5. Body Composition

(Source: American Council on Exercise)

WELLNESS PRINCIPLES

ASSESS	Evaluate or estimate the nature, ability, or quality of
ADAPT	Make (something) suitable for a new use or purpose; modify
APPLY	Give one's full attention to a task; work hard; bring or put into operation or practical use

3SP SYSTEM OF MINDFUL EATING (Sources: National Institute of Health/American Heart Association)

3S: Limit the Following

Sodium 1,500mg: The body uses sodium to control blood pressure and blood volume. Sodium is also needed for your muscles and nerves to work properly.

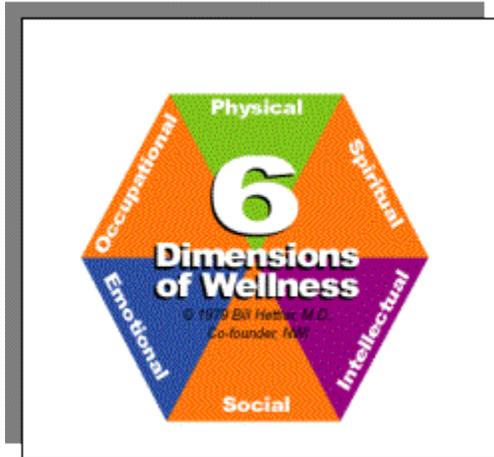
Sugar 40g (added sugars): Sugar's primary role in the body is to provide energy (calories). To get the nutrients you need, eat a diet that's rich in fruits, vegetables, whole grains, lean meats, fish, poultry and low-fat or fat-free dairy products. Typically, foods high in added sugars do not have the nutrients the body needs and only contain extra calories.

Saturated Fat 20g (unsaturated 65g): Fat is primarily an energy nutrient. The American Heart Association recommends 16 grams of saturated fats a day for a 2,000 calorie diet.

3P: Critical Thinking

Product	Is this real food or a food-like product with preservatives?
Preparation	How was the food prepared? What was added?
Price	What is the cost to produce, prepare and promote the food?

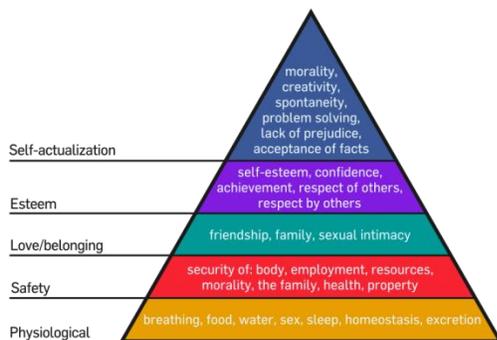
SIX DIMENSIONS OF WELLNESS



SOCIO ECOLOGICAL MODEL



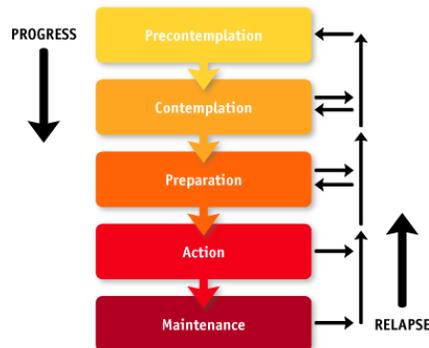
MASLOW'S HIERARCHY OF NEEDS



NEWTON'S LAWS OF MOTION

1. A body continues to maintain its state of rest or of uniform motion unless acted upon by an external unbalanced force.
2. Effectiveness is equal to our substance multiplied by our hard work. $F = ma$
3. To every action there is an equal and opposite reaction. Newton's Third Law

TRANSTHEORETICAL MODEL (STAGES OF CHANGE)

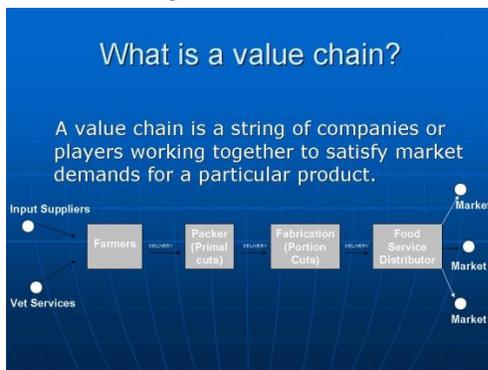


Stress Cycle: Antecedent/Coping/Recovery & Remorse/Compensatory Behaviors/Replay

REACH for Resilience! Responsive, Enduring, Actionable, Collaborative, Holistic

YOURTWENTYFOUR

Re-design your 24-hour day into a value chain of overlapping success throughout the socio-ecological model.



Wellness Champions/Strategic planning/SWOT Analysis/SMART Goals

Explore the phenomenological connection between mind and body; describe the sport experience including human movement, play, and exercise through a life-narrative approach. Through phenomenology of lived experiences it may be possible to increase involvement and retention in sport, exercise, and physical activity.