

The Wellness Garden

From Dormancy to full blossom

By Thomas Henry Johnson

The Beginning of a Dream

- Automobile Injury in 1992 While in Navy
- Became interested in PT during Treatment
- Applied and accepted in PT Program 1999 at CSU, Northridge
- PT Coordinator Suffers Heart Attack 2002
- Began to focus on overall Wellness

What is Wellness?

- Wellness is defined as optimal health and vitality, encompassing physical, emotional, intellectual, spiritual, interpersonal, social, and environmental wellbeing.

Physical Wellness

- Eating well
- Exercising
- Avoiding harmful habits
- Making responsible decisions about sex
- Knowing symptoms of disease
- Getting regular check-ups

Emotional Wellness

- Optimism
- Trust
- Self-esteem
- Self-confidence
- Self-acceptance
- Self-control
- Satisfying relationship
- Ability to share feelings

Intellectual Wellness

- Open to new ideas
- Capacity to question and think critically
- Sense of humor
- Motivation to master new skills
- Creativity

Interpersonal/Social Wellness

- Good communication skills
- Capacity for intimacy
- Having caring family and friends

Environmental or Planetary Wellness

- Safety of food supply
- Social violence
- Air and Water pollution
- Second hand tobacco smoke
- Lead (toys and old house paint)

Spiritual Wellness

- Love
- Compassion
- Forgiveness
- Altruism (unselfish regard for or devotion to the welfare of others. ie loving your neighbor)
- Joy
- Fulfillment

How do we Obtain Wellness

- A lifestyle based on good choices and healthy behaviors maximizes the quality of life. It helps people avoid disease, remain strong and fit, and maintain their physical and mental health as long as they live.

Behaviors That Contribute to Wellness

- Be physically active
- Choose a healthy diet
- Maintain a Healthy Body Weight/Composition
- Manage Stress Effectively
- Avoid Tobacco and Alcohol
- Protect Yourself from Disease and Injury Through Prevention

The Road to Wellness

- Pray: if you pray change is inevitable
- Drink Water: Water is essential for life
- Stop making excuses and exercise:
 - breathing exercises, chin-tuck, neck stretches, UE ROM, calf raises, short squats, shoulder rolls
- Learn about your body and understand it is a temple on loan to you from God to house your soul.

1. What is your body type?

- **A. Ectomorph**
- **B. Endomorph**
- **C. Mesomorph**

2. What is the body type of your car?

- A. Sedan
- B. Mid-size
- C. Compact

3. What type of fuel does your body run on?

- A. Fats
- B. Proteins
- C. Carbohydrates
- D. all of the above

4. What type of fuel does your car run on?

- A. Diesel
- B. Leaded
- C. Unleaded
- D. All of the above

5. When was the last time you visited a Spa

- A. Within the last month
- B. Within the last six months
- C. Within th last year

6. When was the last time you had your car detailed

- A. Within the last month
- B. Within the last 6 months
- C. Within the last year

7. When was the last time you
got a tune-up and or oil
change

- A. Within the last month
- B. Within the last 6 months
- C. Within the last year

8. When was the last time you detoxified your body?

- A. Within the last month
- B. Within the last 6 months
- C. Within the last year

9. What does MPG stand for as it relates to your car?

What does BMI stand for as it relates to your body?

Do you take better care of
your body or your car?

Final Thoughts

- For the body to function properly you have to put the right things in it and keep up the proper maintenance.
- If you drove a formula 1 car would you park it on the street or inside?
- Would you gas up at the Arco station?