

#1 Wellness

Wellness is a way of life through which you can achieve your highest potential for well-being. Being well is a dynamic process which involves the awareness that health and happiness are possible in each moment. Everything you do affects your health in a positive or negative manner. Wellness is a choice - a decision to move towards optimal health.

In the early 1900s, the most common killers were infectious diseases like typhoid fever, smallpox and cholera. Today our health is largely a result of the choices we make. Most illnesses and injuries are preventable. It takes less time, energy and money to stay well than to get well. We choose how we will live and, frequently, how we will die.

Wellness is the integration of body, mind and spirit.

Your health is a reflection of your self-esteem. The better you feel about yourself the better you will take care of yourself. The heart and soul of a wellness lifestyle are the beliefs: "I deserve to be healthy and I am responsible for my health". Each person must find his/her own path to wellness. The path to health and happiness is a life long journey, make it enjoyable!