

The *LiveWell!* Program: Whole-Person Wellness

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Health is more than just physical fitness. From a whole-person wellness perspective, it includes six aspects of health: physical, emotional, social, spiritual, intellectual, and vocational. When each of these aspects is in harmony, they contribute to a sense of well-being and satisfaction with life.

The Horizon Bay *LiveWell!* Program is based on a whole-person wellness philosophy. It is designed to provide programs that offer opportunities for engagement in each of the six dimensions of wellness. This multidimensional approach is oriented toward maximizing your potential to live a full and vital life regardless of health concerns. Wellness maintains that optimal health is not achieved by just fixing what is broken but by nurturing what is best. Listed below are the six dimensions of wellness:

Physical: Achieving fitness and health goals through nutrition, physical activity, safety and self-care.

Emotional: Maintaining a positive attitude, high self-esteem and responding with resiliency to everyday life.

Spiritual: Getting in touch with your deeper self and the spiritual dimension of your life and finding meaning and purpose.

Intellectual: Having a strong desire to learn, solve problems and think creatively and critically.

Vocational: Engaging in meaningful pursuits that provide personal satisfaction and enrichment.

Social: Participating in healthy relationships and a sense of interdependence with others and nature.

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Whole-person wellness defines health as balance within these six dimensions, and not merely as the absence of symptoms and disease. Adopting a wellness philosophy provides numerous opportunities to find more balance in your life. Some wellness strategies include:

Find Programs That Meet Multiple Wellness Needs: For example, taking a daily exercise class or a walk with friends can fulfill needs for physical activity, emotional bonding and relationship enhancement. Discussing your ideas and thoughts also contribute to intellectual and emotional needs.



Clarify Your Values and Priorities: Take time to know the deepest purposes for which you live and use them to guide behaviors, set goals and make decisions.

Identifying Areas Where You Want More Balance: Using your values and a whole-person wellness philosophy, identify your current wellness goals that will help you find more balance and enjoyment in life.

Being Realistic and Flexible: Perfect balance in all six dimensions is challenging in an ever-changing world. Over time, you may need to make adjustments and find a balance that meets your current lifestyle and enhances your quality of life.

Wellness offers a positive approach to life and health. Achieving a balanced sense of wellness is an ongoing and individual process. You can better enjoy all that life has to offer by being balanced, well rounded and healthy. Each small change you make in one area will have a positive affect in all the other dimensions. So start today to find more balance and enjoy life to the fullest. Join in the wellness revolution and get involved in the *LiveWell!* Program today.