

Q: What is the goal of the "Physical" Dimension of Wellness?

A: The goal is to recognize the need for physical activity, healthy foods and sleep.

October 2018

Q: Can you give some tips about improving physical wellness?

A:

- A healthy body equals good physical health habits, nutrition, exercise, and appropriate health care.
- These make up the physical dimension of wellness.
- We can feel better by creating a routine that balances activity with inactivity, and that is manageable within our obligations and needs.
- The human body is intelligent, and learning to listen to it more deeply may be very important and empowering.¹

Q: What are some characteristics of wellness?

A:

- Wellness has a personal meaning for each individual, so it can be defined in many ways.
- In general, wellness refers to overall well-being.

More than the absence of disease or stress, **wellness involves having:**

- Purpose in life;
- Active involvement in satisfying work and play;
- Joyful relationships;
- A healthy body and living environment; and
- Happiness.²

Q: Any suggestions for physical wellness activities on campus?

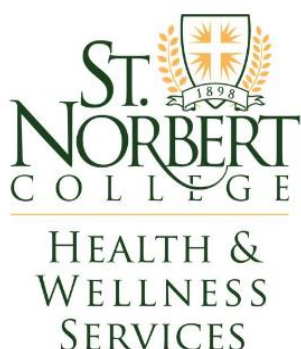
A:

- **Aerobics and Wellness Classes!**
Aikido, Bokken and Jo, Insanity, Sculpt.
Location: Campus Center
- **Two Servings of Green:**
CVC Master Chef: Food Ethics Edition featuring Ben Chan, P.h.D. and Joel Mann P.h.D. Monday, Oct. 22nd, 4:30-6 PM
<https://www.snc.edu/cvc/programs/>



Sources:

1. Creating A Healthier Life A Step-By-Step Guide To Wellness
<https://store.samhsa.gov/shin/content/SMA16-4958/SMA16-4958.pdf>
2. Dunn, H. L. (1961). High-Level Wellness. Arlington, VA: Beatty Press. Promoting Wellness A Guide To Community Action
<https://store.samhsa.gov/shin/content/SMA16-4957/SMA16-4957.pdf>



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Educating
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