Wellness, Fitness, and Lifestyle Management

Dr. Jose Fierro
President/Superintendent

Wellness: The New Health Goal

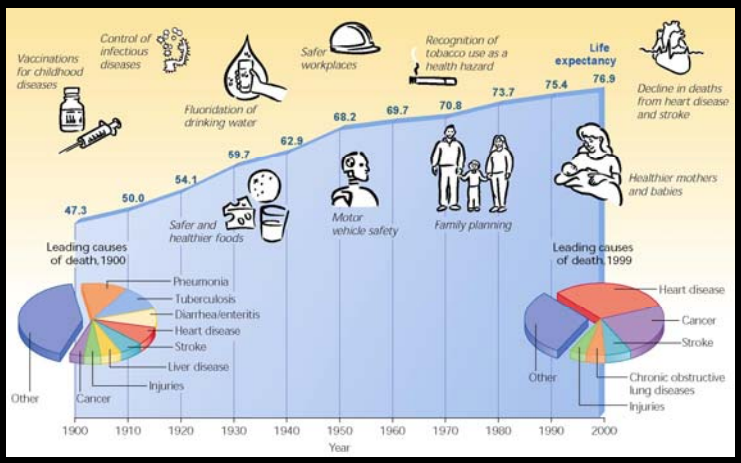
- Wellness = optimal health and vitality
- Dimensions of wellness
  - Physical wellness
  - Emotional wellness
  - Intellectual wellness
  - Spiritual wellness
  - Interpersonal and social wellness
  - Environmental, or planetary, wellness

Wellness Continuum

New Opportunities, New Responsibilities

- Infectious diseases, caused by invading microorganisms, were the leading causes of death a century ago
- Chronic diseases, caused by a variety of lifestyle and other factors, are the leading causes of death today

Public Health Achievements



Leading Causes of Death Overall

- Heart disease
- Cancer
- Stroke
- Chronic lower respiratory diseases (emphysema, chronic bronchitis)
- Unintentional injuries (accidents)
- Diabetes

Leading Causes of Death by Age

- Ages 15–24
  - Unintentional injuries
  - Homicide
  - Suicide
  - Cancer
  - Heart disease
  - Congenital defects
  - HIV/AIDS
- Ages 25–44
  - Unintentional injuries
  - Cancer
  - Heart disease
  - Suicide
  - HIV/AIDS
  - Homicide
  - Chronic liver disease

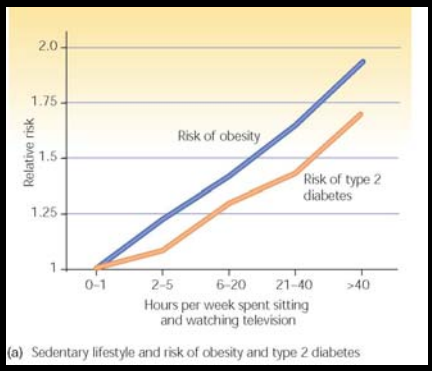
Wellness Lifestyle

Behaviors That Contribute to Wellness

- Be physically active
- Choose a healthy diet
- Maintain a healthy body weight
- Manage stress effectively
- Avoid tobacco and drug use and limit alcohol consumption
- Protect yourself from disease and injury

Lifestyle and Wellness

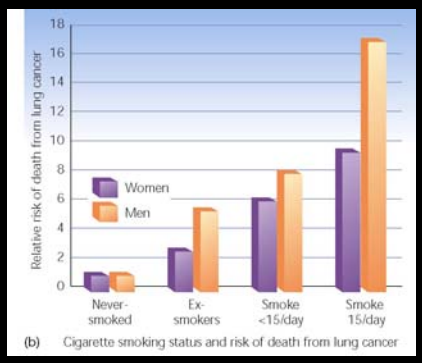
- More time watching TV = increased risk of obesity and diabetes



(a) Sedentary lifestyle and risk of obesity and type 2 diabetes

Lifestyle and Wellness

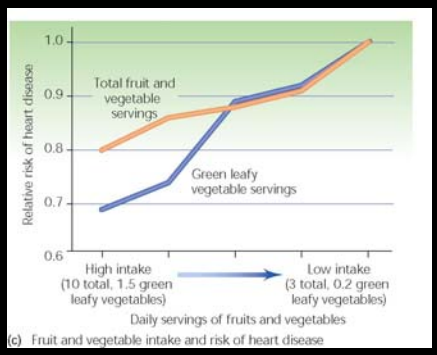
- Cigarette smoking = increased risk of lung cancer



(b) Cigarette smoking status and risk of death from lung cancer

Lifestyle and Wellness

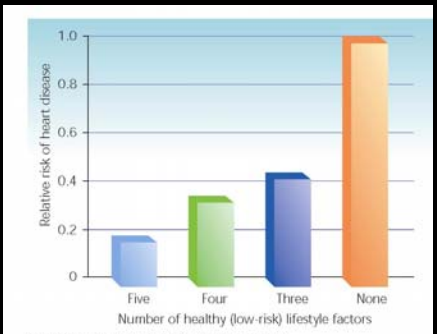
- Low intake of fruits and vegetables = increased risk of heart disease



(c) Fruit and vegetable intake and risk of heart disease

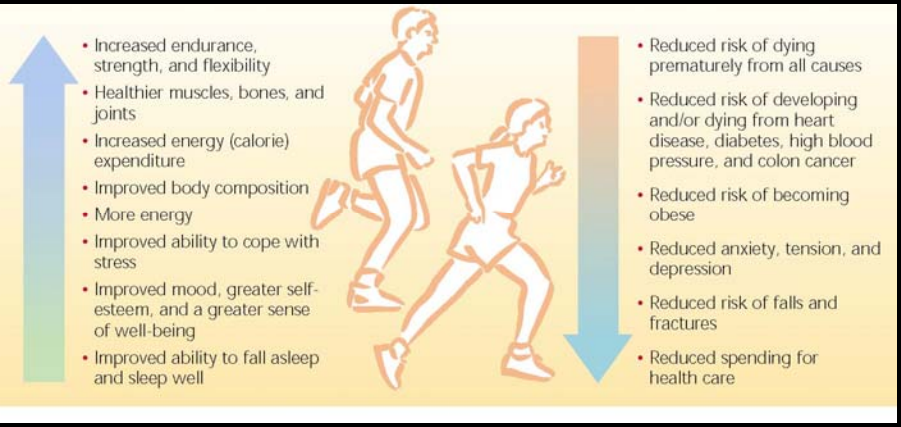
Lifestyle and Wellness

- Few healthy behaviors = increased risk of heart disease



(d) Lifestyle factors and risk of heart disease

Benefits of Physical Activity

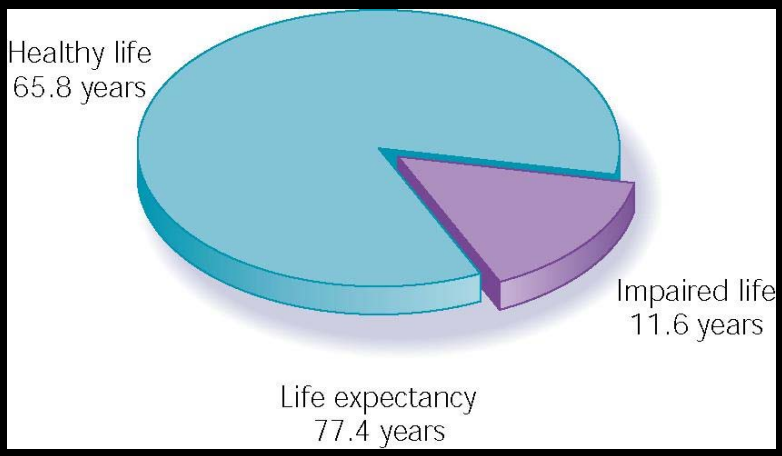


Actual Causes of Death in the United States

• Smoking	435,000 deaths per year
• Diet and inactivity**	112,000
• Alcohol	85,000
• Microbial agents	75,000
• Toxic agents	55,000
• Motor vehicles	43,000
• Firearms	29,000
• Sexual behavior	20,000
• Illicit drug use	17,000

..

Quantity vs. Quality of Life



Building Motivation to Change

- Examining the pros and cons of change
- Boosting self-efficacy—the belief in one's ability to take action
  - Locus of control: internal versus external
  - Visualization and self-talk
  - Role models and buddies
- Identifying and overcoming key barriers to change

Create a Behavior Change Plan

Date November 5

Day M (TU) W TH F SA SU

Time of day	M/S	Food eaten	Cals.	H	Where did you eat?	What else were you doing?	How did someone else influence you?	What made you want to eat what you did?	Emotions and feelings?	Thoughts and concerns?
7:30	M	1 C Crispix cereal 1/2 C skim milk coffee, black 1 C orange juice	110 40 — 120	3	dorm cafeteria	reading newspaper	eating w/ friends, but I ate what I usually eat	I always eat cereal in the morning	a little keyed up & worried	thinking about quiz in class today
10:30	S	1 apple	90	1	library	studying	alone	felt tired & wanted to wake up	tired	worried about next class
12:30	M	1 C chili 1 roll 1 pat butter 1 orange 2 oatmeal cookies 1 soda	290 120 35 60 120 150	2	cafeteria terrace	talking	eating w/ friends; we decided to eat at the cafeteria	wanted to be part of group	excited and happy	interested in hearing everyone's plans for the weekend

M/S = Meal or snack H = Hunger rating (0–3)

Putting Your Plan into Action

- Commitment
- Strategies from behavior change plan
- Belief that you are the "boss"
- Change-friendly environment
- Support
- Rewards
- Congratulate yourself

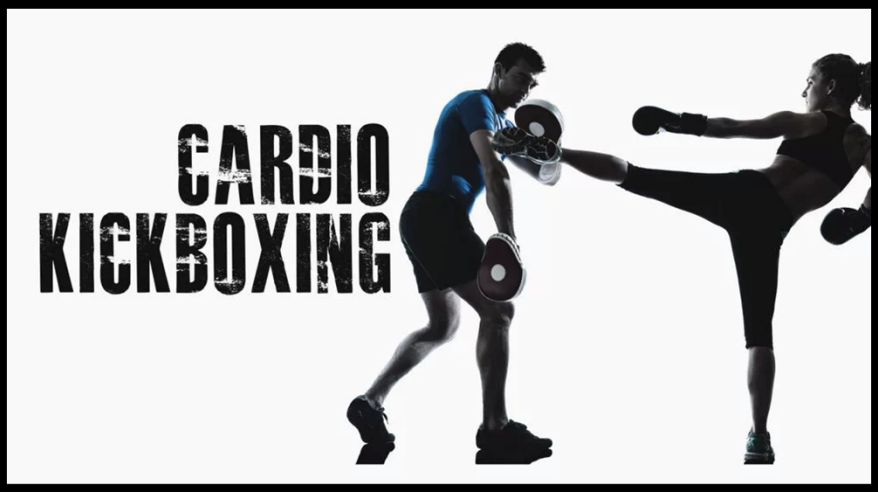
Staying With It

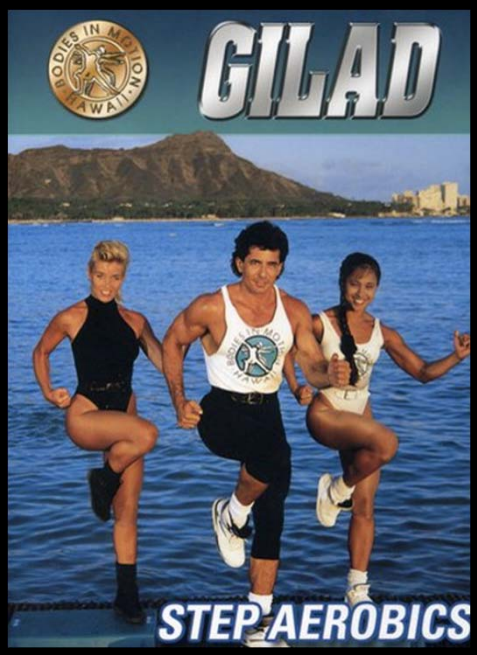
- Social influences
- Levels of motivation and commitment
- Choice of techniques and level of effort
- Stress barrier
- Procrastinating, rationalizing, and blaming

Being Fit and Well for Life

- First attempts may only involve the planning stage
- Need to develop certain skills
- Do not expect to master everything quickly and with ease

Power Yoga





Belly dancing

helps increase bone density and prevents disorders like osteoporosis.

SPIN

There is power in knowing what is in and out of your control.