

Lifestyle Wellness = An Adventure of Health + Vitality

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Lifestyle Wellness = An Adventure of Health + Vitality

By Lori Clinch

Lifestyle Wellness = An Adventure of Health + Vitality by Lori Clinch

LIFESTYLE WELLNESS = An Adventure of Health + Vitality

"Not a strong wind, nor a surge of pressure, nor a fit of passion, nor anything, can throw you off when your body, mind and spirit are in perfect balance." – Unknown

' Wellness '....what does word mean to you? What are the images, thoughts that come to mind? Perhaps you relate it to one or several of the following dimensions:

physical dimension:

a state of being free from illness, being in good health , feeling " well ", practicing good healthy habits ; being able to do all you desire without physical restraints or limitations.

emotional dimension:

feeling positive and enthusiastic about ones–self ones' decisions, goals, sense of contentment, fulfillment, having peace, love, joy in our lives and our attitudes; cultivating and experiencing positive, loving relationships.

mental dimension:

engaged in activities that bring personal gratification and fulfillment, You can feel good in mind by , learning more, making firm positive decisions, intellectual wellness, stress management, critical thinking, clearing your past to gain freedom from guilt, shame, insecurity, fear etc

spiritual dimension:

seeking meaning and purpose in human existence. It could involve seeking answers to philosophical questions, such as: "Why am I here?" and "What is life about?" For some, organized religion and faith

Lifestyle Wellness = An Adventure of Health + Vitality

in a personal God provides answers. For others, introspection as well as being in touch with nature and their environment/universe helps to provide answers.

I recently polled some friends as to their personal definition of wellness and although each was unique and distinct yet there was a synonymous streamlining of their sense of wellness which is that 'wellness' is a holistic concept and one of balance, encompassing the 'whole' person and all aspects of their life. It seemed to be unanimous that keeping these aspects balanced can be like a juggling act and if just one dimension is out of balance, it will upset the others. In daily life it can be an ongoing conscientious struggle to achieve this balance.

Balance is a universal law and for things to function properly there must be equilibrium. Three examples are:

- 1) nature exists in balanced ecosystems;
- 2) the planetary system with its gravitation and rotation and specifically for we earthlings, that we neither freeze to death nor burn up because we are just the right distance from the sun
- 3) the human body works best when our systems are balanced, if not, it is called illness.

We are all familiar to one degree or another with the results of imbalance in our lives: burnout, conflicts in relationships, a disorganized environment, fatigue, frustration, illness, insomnia, lacklustre, no fun, not creating or expressing oneself fully, overwork, not enough money, no spiritual life etc.

Success isn't success unless your life is well balanced and you have peace of mind." Nancy R. Fenn

Wellness is about TOTAL YOU; but it is not achieved by accident...just picking the dimension of wellness that you like and minimizing the others doesn't work in the long run. Optimal lifestyle wellness begins with a conscious, intentional decision/choice to assume responsibility for the quality of your life. It may mean raising your standards above what you have been comfortable with; it will require time, commitment, energy, motivation and attitude.

"Adventure isn't just hanging on a rope off the side of a mountain. Adventure is an attitude that we must apply to the day to day obstacles of life -- facing new challenges, seizing new opportunities, testing our resources against the unknown and in the process, discovering our own unique potential" (---John Amatt organizer and participant in Canada's first successful expedition to the summit of Mt Everest.)

"We are constantly advancing, like explorers, into the unknown, which makes life an adventure all the way" Eleanor Roosevelt

We all have tried many times in different ways to tackle and manage the imbalances in our lives; sometime however, unsuccessfully or not completely. Encouragement, accountability and knowledge are often lacking. As a Coach, I help you discover/unearth who you are, where you are at and where you want to go and to create sustainable, healthy changes in your life with resources, tools and

insights and a strong partnership with you. It is like running a race with a relay partner whereby your time and results are maximized while your efforts are halved.

About the author:Lori Clinch is an Adventure–Health Coach; Registered Nutritional Product Advisor; Nutritional Consultant.<http://www.http://groups.msn.com/LiveBeWell>; Call her at 778–882–4409(Pacific Time) for a Free Consultation or Email:liv_n_bwell@consultant.com

Wellness

By Ratliff J

Wellness by Ratliff J

Wellness:

Wellness is the concept of practicing all the things which keep one well. It involves maintaining good nutrition, exercise, stress–control, and good personal and familial social relationships.

Learn more about wellness products such as avatrol, thyax, nicozan, molocure, and much more at

.

J. Ratliff is an avid health writer. He has a website at

.



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!