



# Wellness starts before 65

**Julie Wilhelm**

Hills Positive Ageing Project  
Be Well. Body & Mind

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# What is wellness?

The World Health Organisation  
(definition) of Health.

- *'Health is a state of complete physical, mental and social well-being and not merely the absence of disease'.*

# What is wellness?

The National Wellness Institute  
(definition) of Wellness.

- *‘Wellness is an active process of becoming aware of and making choices toward a more successful existence’.*

# What is wellness?

Thought leaders in the health and wellness sector have come to an agreement that:

- *Wellness is multi-dimensional and holistic; incorporates physical, mental and spiritual aspects as well as the environment of the individual. It is a conscious, self-directed and evolving process of achieving full potential.*

# Why everyone needs wellness

- *Spirited process of personal change and growth*
- *Provides overall balance to wellbeing*
- *Ensures responsibility for our own health*

# Dimensions of wellness

- Physical
- Mental
- Social
- Spiritual

# The importance of wellness and why everyone needs it.

*Wellness is crucial to living a higher quality of life*

- Essential to live a full and productive life
- Lessen chances of illness
- Minimises the risk of chronic disease
- Equips a person to face life's ups and downs

# Wellness Matters!

- Everything we do affects our wellbeing
- Live life with purpose, vitality and meaning
- Wellbeing affects actions and emotions
- High quality of life
- Change and growth
- Balance of physical, mental and spiritual wellbeing
- The way we live everyday life





Wellness starts before 65!

*Your wellness journey  
can start anytime,  
anywhere!*

***Wellness starts before 65.***