



Newton South Wellness Newsletter



WORK PLAY REST



From the desk of...
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Wellness Director

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. “A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” – The World Health Organization

Welcome to *Issue #1* of the 2018-2019 Newton South Wellness Newsletter! The goal of this periodic publication is to educate, motivate and communicate the values of living a wellness lifestyle. Our department is dedicated to helping students, faculty/staff, and community members understand the effects of daily decisions and their impact on overall health and well-being. The newsletter is divided into three sections: wellness dimension focus, wellness in the news, and tips for living. Let's get started!

Wellness Dimension Focus – Physical Wellness – *A healthy body maintained by good nutrition, regular exercise, the avoidance of harmful habits, informed and responsible decisions about health, and medical assistance when necessary.* **Physical wellness** requires a well-balanced diet, plenty of physical activity and exercise, proper weight maintenance, sleep, avoidance of risky sexual behavior, limited exposure to environmental contaminants, and restricted intake of harmful substances.

(https://www.ndsu.edu/wellness/about_us/seven_dimensions_of_wellness/)

Physical Wellness can be the one dimension that is the easiest to understand but the hardest to maintain. Finding time to take care of one-self seems to be slowly slipping to the back burner. Bring it back to the front burner! It is not considered being selfish. We need to start learning to take care of ourselves before we can take care of others. How is this done? Improve your time management skills and prioritize the important events in your life is a good start. Even learning to say NO can make a difference. When you create more discretionary time for yourself it allows more opportunity for sleep, exercise, preparing proper meals, and some quiet time. All of these can make a profound impact on your energy levels and overall health and be more productive for others! Changes are best when you make small ones. Start with one, allow it to become a permanent change in your lifestyle and then tackle the next one. Before you know it, you have made some serious progress that will last a lifetime!

Wellness in the news – Are We Ready to Practice Lifestyle Medicine? By James M. Rippe, MD

There is not longer any serious doubt that what each of us does in our daily lives profoundly affects our short- and long-term health and quality of life. An overwhelming body of scientific and medical literature supports this idea. But are we really utilizing this evidence to help achieve better health and quality of life for our patients and in our own lives?

Hundreds, if not thousands of studies provide evidence that regular physical activity, maintenance of a healthy weight, not smoking cigarettes, and following sound nutritional and other health promoting practices all profoundly impact health. The strength of the literature supporting the positive effects of daily habits and actions is underscored by their incorporation in virtually every evidence-based clinical guideline addressing the prevention and treatment of metabolic diseases...

...The power of daily practices, when incorporated into a positive lifestyle, has been demonstrated in multiple randomized controlled trials and cohort studies. For example the Nurses' Health Study concluded that >80% of all heart disease and >91% of all diabetes in women could be eliminated if they would adopt a cluster of positive practices, including maintenance of a healthy body weight (body mass index of 19-25 kg/m); regular physical activity (30 minutes or more on most days); avoiding tobacco products; following a few simple nutritional practices, such as increasing whole grains and consuming more fruits and vegetables; and consuming 1 alcoholic beverage per day. The US Health Professionals Study showed similar, dramatic risk reductions in men from adopting these same lifestyle behaviors. (Read the rest of the article - [https://www.amjmed.com/article/S0002-9343\(18\)30748-4/fulltext](https://www.amjmed.com/article/S0002-9343(18)30748-4/fulltext))

Harvard Medical School – Lifestyle and Wellness Coach Beth Frates – Managing Your Energy to Thrive -

<https://www.youtube.com/watch?v=CHx3tn0SW2w>

Tips for living – “So many people spend their health gaining wealth, and then have to spend their wealth to regain their health.” – A.J. Reb Materi



“GOOD PEOPLE”

