

FROM CHAPTER 10: ***TO Be Or Not To Be Healthy***

The Wellness Continuum is a simple, self-manageable, measurable process of improving and monitoring your individual wellness. Its function is to help you move your state of wellness in the real world (today) toward your goal of ideal wellness. It is simple so you can implement it. Likewise, it is self-manageable so you can do it on your own, at your own pace, and not be dependent on anyone else for making basic decisions about how you can get from point A to point B. It is measurable so you can determine if the system is working, and the measurements used are simple, to make it easy for you to track your progress. Finally, the Wellness Continuum addresses the concept of wellness in totality. Remember, just because you are not sick does not necessarily mean that you are well. Wellness is more than just a measure of the physical health of your body. It encompasses such factors as state of mind, stress levels, relationships, home life, and quality and quantity of relaxation. When you start looking at all these components, especially how they interact, you are then starting to see the Wellness Continuum.