

WHOLE-PERSON WELLBEING (General Healthy Lifestyle): 01 —

GETTING STARTED - GRADUAL IS GOOD

(NOTE: Check with your health care provider for any nutritional concerns related to physical conditions, for example, diabetes, hyperglycemia, heart disease, etc.)

(NOTE: Check with your health care provider before beginning an exercise program.)

KEY POINTS:

- **Gradual is good; think moderation, not perfection.**
- **Weight loss (if necessary) should be no more than 0.5 to 2 pounds per week** *(sometimes it will be less).*
 - Losing weight too quickly is physically harmful, and increases the chances of regaining the lost weight — with interest.
 - Weigh yourself once per week.
 - Diet pills or concoctions *(prescription or over-the-counter)* don't work.
- **There are 4 main areas to address for whole-person wellbeing:**
 - Nutrition
 - Exercise
 - Sleep
 - Stress
- **Take it one step at a time.**

TRACK:

- **Weight** *(weekly)* *(Goal: lose ½ -2 lbs., if necessary)*

GOALS:

- **Get a blank calendar with space to track your weight, water intake, certain foods, exercise, sleep and other measures.**
- **Discontinue any dieting supplements** *(unless under a doctor's direction).*

Preface

Asset Health understands the 6 R's as interrelated components of whole-person wellbeing. The 6 R's are Refuel (optimal nutrition), Rejuvenate (intentional exercise), Relax (stress management), Rest (sleep hygiene), Reflect (introspection, spirituality) and Relate (quality relationships). These include the Big 4 Elements of Wellness (sleep, nutrition, exercise, stress).

The key point is that all of the 6 R's are reciprocal in nature: they all affect each other, for better or worse. Having quality relationships supports your ability to sleep and eat well, manage stress, and exercise, which, in turn, supports your physical AND mental health — your overall, mind-body wellbeing. Poor attention to the 6 R's produces opposite, negative effects.

Think in terms of these three Asset Health “Requirements of Success”: Relationship, Engagement and Responsibility. We want to cultivate quality *relationships* with others — social connections are a proven component of good health, long life and happiness. We *engage* with others to have quality *relationships*. Our *relationship* with ourselves involves reflection, relaxation and *engagement* with our own health, which is our most valuable asset. We must take *responsibility* for our own mind-body-spiritual health by learning the importance of the 6 R’s and how they impact each other to enhance and maintain our overall wellbeing.

Introduction

This gateway program addresses several lifestyle factors including nutrition, exercise, sleep and stress (“The Big 4”). It might seem like a lot of change all at once, but we’re going to take one thing at a time, to help you make gradual changes. We call this a gateway program because it is an introduction to these Big 4 Elements of Wellness that must be addressed to deal with whole-person wellbeing. Here, we will introduce each of the four points. Ultimately, you’ll want to explore each one to a deeper degree.

If weight is an issue, you might have lost weight quickly on temporary diets. But you probably gained it back — with interest — because the diet could not be maintained long-term. This program is not a temporary diet or plan. Anything temporary does not produce lasting results. This program will help you change your environment and habits to develop and sustain a healthy lifestyle, which involves more than just the food you eat. Keep an open mind to learn about the big picture of health maintenance and overall wellbeing.

You’ll be taking one step at a time, building on each previous step. **Look for Key Points highlighted in dark red.**

- **Gradual is good**
 - This is a plan to gradually realign your personal habits toward healthier ones.
 - Start with small steps and work your way up; what might have seemed impossible will start to feel possible, then likely, then even enjoyable.
 - Each of these steps is meant to start you on the way toward gradual change; they don’t require immediate change or perfection.
- **Moderation, not perfection**
 - Most of these steps are about learning new habits; habits change best when they change gradually.
 - The gradual way of learning and changing is the lasting way.
- **If necessary, weight loss should be no more than 0.5 to 2 pounds per week (sometimes less)**
 - Your weight loss should be reasonable and steady — which will be lasting.

- If you lose weight too fast, your body will not properly adjust to the changes.
 - Losing weight too fast, and up-and-down weight fluctuations, is physically harmful to your body.
 - Weigh yourself weekly, at a similar time, under similar circumstances, and with similar clothes (for example, every Wednesday morning, as soon as you wake up, after using the restroom, in similar bed clothes).
- **Immediate assignments**
 - Clear your mind and be open to learning new information and new habits.
 - Get a blank calendar with space to keep track of certain things like weight, exercise, sleep, and food and water intake.

There Are 4 Main Areas to Address for Whole-Person Wellbeing

- 1) Nutrition
- 2) Exercise
- 3) Sleep
- 4) Stress

The Whole-Person Wellbeing program is an introduction to improvements in these four areas. You will learn about the main factors and principles that affect health maintenance, and you'll be prompted to take initial steps toward addressing your overall goal: to maintain a healthy lifestyle. Once you complete Whole-Person Wellbeing, you'll want to explore the subject of nutrition for a more detailed look at changing your eating habits consistently for the better. After that, you'll explore exercise. Then you'll want to learn how to evaluate poor sleep habits (and sleep disorders) and control stress. All of these play an important role in healthy weight loss and maintenance as well as overall wellbeing. You won't just be healthier, you'll feel better. It will be a gradual change, but once it happens, you won't want to return to the old ways. Use this as an incentive to make and maintain change.

A Note About Diet Pills and Concoctions

If weight is an issue for you, it is tempting to look for a pill or other quick fix to help with weight loss. Many of us have tried that route on one or more attempts. The only method that works over the long term, however, is to enhance our nutritional education and change our overall health habits in a way that is sustainable. We can't take diet pills for the rest of our lives. Furthermore, some pills might be harmful for patients with hypertension and/or heart disease.

- **Avoid the temptation of weight-loss pills or concoctions.** They fail for one of three reasons:
 - 1) They don't work to begin with.
 - 2) They stop working after your body gets used to them.

3) They stop working after you stop taking them.

4) For More Information on Diet Supplements, Visit:

- <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm246742.htm>

Certain vitamins or other *nutritional* supplements can be helpful with the right knowledge and guidance. *(NOTE: Get your health care provider's advice about starting any vitamin or nutritional supplement regimen.)*

Steps — One at a Time, in This Order

Here are the beginning steps you will take to achieve a healthy lifestyle. You'll take them one at a time over the next few months. You'll take them in this order, adding each step to the knowledge you have gained previously.

1) Accept yourself wherever you're at right now.

- Forgive yourself for all your past failed health-improvement attempts.
- Stop beating yourself up because you don't like your current condition.
- Praise yourself for embarking upon this new journey.

2) Start learning about nutrition.

3) Start some type of regular exercise, no matter how little. The key is consistency.

4) Start learning about the effects of insufficient sleep and excess stress.

5) *Gradual Is Good.* Start gradually changing your eating, food preparation and grocery shopping habits.

6) If weight is an issue, start resetting your "Full" switch — consciously observe when you are eating past *Full*.

7) Start feeling better about your improved physical and emotional wellbeing.

8) If weight is an issue, start gradually losing weight.

- Visualize yourself where you want to be; find an old picture of yourself at your desired condition, and post it on your bathroom mirror to see every morning.