

# *Extending Your Warranty*

10

HEALTH AND WELLNESS—MIND, BODY, SPIRIT





Jane is a 26-year-old student and mother of two young children. She married right out of high school and had her first child at age 19. To help her husband make ends meet, she began working part-time that same year. With the arrival of their second child, her part-time job evolved into a full-time job. Her young husband did not continue his education after high school and is working a low-paying, laborious job in the local manufacturing company. Jane's mother tries to help with childcare responsibilities; nevertheless, Jane has to depend more and more on a daycare center for her children.

As Jane approached her 26th birthday, she decided to fulfill her lifelong dream of becoming a dental hygienist. Jane was not academically prepared for the rigors of the hygienist program and was required to take several prerequisite courses her first year. Life for Jane has become very complicated this first year in college. She has very little time for her children, her husband, or herself. She has cut many corners, including some that affect the basics of good health. She has cut back on her work hours, but could not give up work altogether. She gets up early in the morning and goes to bed late at night. She eats almost exclusively at fast-food restaurants. With no time for exercise; no time for adequate rest; no time for well-balanced meals; and no time for family, friends, or her church, Jane is beginning to reach a point of total exhaustion.

Jane has resorted to coffee and soft drinks to get the stimulating effects of the caffeine to wake her up in the morning and to keep her awake late at night to study. Many times, breakfast is just a couple of cups of coffee or a cola on the way to school or work. Jane has also begun smoking as a quick fix or way to relax for a few minutes between classes or enroute from class to work.

After two successful semesters in the dental hygienist program at the local community college, Jane is mentally, physically, and spiritually drained. One day during a class clinical, Jane passed out and had to be hospitalized. Jane has ignored the importance of the harmony of her mind, body, and spirit, and now she will have to repeat a semester. She also has had to take time to recuperate from her rundown condition.

*“Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy.”*

IZAACK WALTON

# MILESTONES

In his classic book *Think and Grow Rich* (1937), Napoleon Hill encouraged us to develop strong character: body, mind, and spirit. Today, the YMCA movement around the world emphasizes the importance of developing your mind, body, and spirit in a harmonious way to maintain a true sense of health and well-being. Articles in many national publications explore topics such as the importance of exercise and overall fitness; the benefits of vegetarianism; the importance of a well-balanced approach to our health; and others.

The management of your health is just as important as the management of your time. It requires some thought and planning to be successful. In Chapter 4, we discussed goal setting and the techniques for establishing goals and measurable objectives. Health and wellness go hand in hand and require a certain amount of planning, implementation, and follow-up. This chapter is designed to help you understand the importance of health and wellness and to learn to manage your own health to ensure a well-balanced approach to wellness. After reading this chapter and completing the exercises, you should be able to:

- Understand the concept of wellness
- Understand the importance of balancing mind, body, and spirit
- Identify your strengths and weaknesses relative to health and wellness
- Understand how to build on these strengths and improve on the weaknesses
- Understand the eight components of the NEWSTART® program
- Understand how to develop and implement a wellness program
- Understand how to integrate your wellness program into your daily life
- Develop and maintain a well-balanced mental, physical, and spiritual life

Using the Milestones checklist, take a few moments and determine where you stand in relation to making health and wellness decisions.

If you have more “No” and “Sometimes” answers to these statements, do not be too concerned at this point. This chapter is designed to address each of the components of an effective wellness program and provide you with valuable lessons and tools that will enable you to become better balanced mentally, physically, and spiritually.

## WHERE ARE YOU NOW?

Answer each statement by checking “Y” for Yes, “N” for No, or “S” for Sometimes.

- |  |             |
|--|-------------|
| 1. I know how to develop a wellness plan.                                | (Y) (N) (S) |
| 2. Eating well-balanced meals is important to me.                        | (Y) (N) (S) |
| 3. I get adequate rest each day.   | (Y) (N) (S) |
| 4. I drink six to eight glasses of water each day.                       | (Y) (N) (S) |
| 5. I understand the importance of adequate sunshine.                     | (Y) (N) (S) |
| 6. Exercise on a regular basis is important to me.                       | (Y) (N) (S) |
| 7. Moderation and temperance in food and drink is important to me.       | (Y) (N) (S) |
| 8. Getting adequate fresh air is important to me.                        | (Y) (N) (S) |
| 9. Belief in a supreme being is important to me.                         | (Y) (N) (S) |
| 10. I understand that being healthy helps me to become a better student. | (Y) (N) (S) |

## WELLNESS STRATEGIES

**W**hat is health and wellness anyway? Health is defined in the *American Heritage Dictionary* as “the overall condition of an organism at a given time; soundness, especially of body or mind; freedom from disease; and a condition of optimal well-being.” Wellness, as defined in *Webster’s Eleventh New Collegiate Dictionary*, refers us back to *healthy*, defined as “enjoying health and vigor of body, mind, or spirit.” Do we have to take a scientific approach, balancing calorie intake and output exactly? Not necessarily. However, we all should take a serious approach to developing a wellness plan that provides each of us a sense of well-being.

Health and wellness strategies are numerous and have become a tremendous commercial success in this country. In this chapter, we look at the basics of good health and provide a road map to your sense of well-being. Wellness is just as important to your success as a student as any other component of a student success program.

## IDENTIFYING HEALTH AND WELLNESS STRENGTHS AND WEAKNESSES

**A**re you healthy? How do you know if you are healthy? Do you see a physician every year? Do you eat right? Do you get enough sleep, water, fresh air, sunshine, etc.? These and other questions have been integrated into an assessment exercise (Exercise 10.1) designed to identify your strengths and weaknesses in terms of health and wellness. This assessment takes about 25 minutes and can be completed in class or as a take-home assignment.

Exercise 10.1 is similar to Exercise 2.3 completed in Chapter 2. It is a three-step exercise. The first step is to read each question and assign a score of 1 to 5 (with 5 being the highest) to each. The next step is to add these numbers to compute an overall score. A score of 100 to 125 is an outstanding score that indicates that you are on your way to a healthy and productive life with good health habits. In the final step, transfer or record the individual question scores from page 219 to the corresponding question numbers on page 220. For example, the score for question 1 is transferred to 1 under the Health Status column.

Question 2 from the first page is transferred to 2 under the Exercise and Rest column. A score of 20 or higher on any one of the five areas indicates strength in that area. A score of 15 or higher is another strong area that could be improved. Scores of 14 or less indicate a weak area that needs improvement. Once your strengths and weaknesses have been identified, how do you go about improving in those areas? As in the time-management assessment in Chapter 2, the first and simplest approach is to go back to

### FLYING HAWK

the original 25 questions. These 25 questions are based on the principles and practices of good health and wellness. For example, question 1 and every fifth question thereafter deals with your understanding of the basic principles of good health. Question 2 and every fifth question thereafter deals with exercise and rest and its impact on physical fitness. After identifying your strengths and weaknesses, determining possible solutions and ways to build on your strengths and improve on your weaknesses, the next step is to develop a lifelong plan that you can use on a daily basis to ensure a healthy and productive life.

*“Nobody can be in good health if he does not have all of the time fresh air, sunshine, and good water.”*

Answer the following questions by writing in a score of 1 to 5, with 5 being the highest score.

- \_\_\_\_\_ 1. Do you know what your blood pressure is?
- \_\_\_\_\_ 2. Do you exercise at least three to five times a week for 30 minutes?
- \_\_\_\_\_ 3. Most people need 6 to 8 glasses of water each day; do you get your share?
- \_\_\_\_\_ 4. Do you eat and drink in moderation?
- \_\_\_\_\_ 5. Do you have a positive spiritual life?
- \_\_\_\_\_ 6. Do you know what your HDL and LDL cholesterol levels are?
- \_\_\_\_\_ 7. Most adults need 7 to 8 hours of sleep each night; are you getting adequate sleep?
- \_\_\_\_\_ 8. Are you getting enough vitamin D-producing sunlight each week?
- \_\_\_\_\_ 9. Are you a nonsmoker?
- \_\_\_\_\_ 10. Do you pray or meditate on a daily basis?
- \_\_\_\_\_ 11. Do you know your ideal body weight?
- \_\_\_\_\_ 12. Do you take a technology break (e-mail, cell phones, beepers, etc.) each day?
- \_\_\_\_\_ 13. Are you getting enough fresh air each day?
- \_\_\_\_\_ 14. Are you a nondrinker?
- \_\_\_\_\_ 15. Do you support others through prayer or meditation?
- \_\_\_\_\_ 16. Do you have a family doctor and do you get an annual physical?
- \_\_\_\_\_ 17. Do you practice positive self-talk?
- \_\_\_\_\_ 18. Do you have one indoor plant for each room of your house and workplace?
- \_\_\_\_\_ 19. Did you know that caffeine addiction has been linked to health problems?
- \_\_\_\_\_ 20. Do you trust in a divine power?
- \_\_\_\_\_ 21. Do you know what causes diabetes, cancer, and heart disease?
- \_\_\_\_\_ 22. Weight lifting is good for all adults; do you include it in your exercise program?
- \_\_\_\_\_ 23. During the summer, do you take steps to prevent sunburn?
- \_\_\_\_\_ 24. Are you aware of the problems of prescription and over-the-counter drug abuse?
- \_\_\_\_\_ 25. Are you growing spiritually?
- \_\_\_\_\_ TOTAL SCORE

HEALTH STATUS	EXERCISE & REST	WATER, AIR, & SUNLIGHT	TEMPERATE, DRUG-FREE	SPIRITUAL WELL-BEING
1. _____	2. _____	3. _____	4. _____	5. _____
6. _____	7. _____	8. _____	9. _____	10. _____
11. _____	12. _____	13. _____	14. _____	15. _____
16. _____	17. _____	18. _____	19. _____	20. _____
21. _____	22. _____	23. _____	24. _____	25. _____
<b>TOTAL SCORES</b>				
_____	_____	_____	_____	_____



Exercise, fresh air, nutrition, and rest are all important components of overall wellness.

A score of 100 to 125 is an outstanding score that indicates very effective health and wellness habits and skills. Scores below 75 indicate that there may be one or more areas that need improvement. But which areas are strong and which are weak?

This section provides you with an indication of your strong areas where you have effective health and wellness skills or habits and your weak areas that will need some improvement. As mentioned earlier in this chapter, transfer the scores from the first page to the corresponding question numbers on this page.

A score of 20 or higher on any one of the five areas indicates strength in that area. A score of 15 or higher is another strong area that can be improved upon. Scores of less than 14 indicate a weak area that needs improvement. As mentioned earlier, once your strong and weak areas have been identified, you can return to the 25 questions to look for solutions or ways to improve upon any area of strength or weakness. For example, question 2 and every fifth question thereafter deals with exercise and rest and its impact on health and well-being. If you scored low in exercise and rest, questions 2, 7, 12, 17, and 22 provide effective practices of good health that, when implemented, will improve overall wellness.

## COMPONENTS OF A HEALTHY LIFESTYLE

In 1978, the Weimar Institute of Weimar, California, established the NEWSTART® Lifestyle Program. The eight components of the NEWSTART® program are:

1. Nutritious food
2. Exercise
3. Water
4. Sunlight
5. Temperance
6. Air
7. Rest
8. Trust

You should recognize these eight components as the basis for the Health and Wellness Assessment described in the previous paragraph. In the following sections, we touch on each of these areas, providing information and an understanding of the concept, as well as an approach that can fit into your wellness plan.

### Nutritious Food

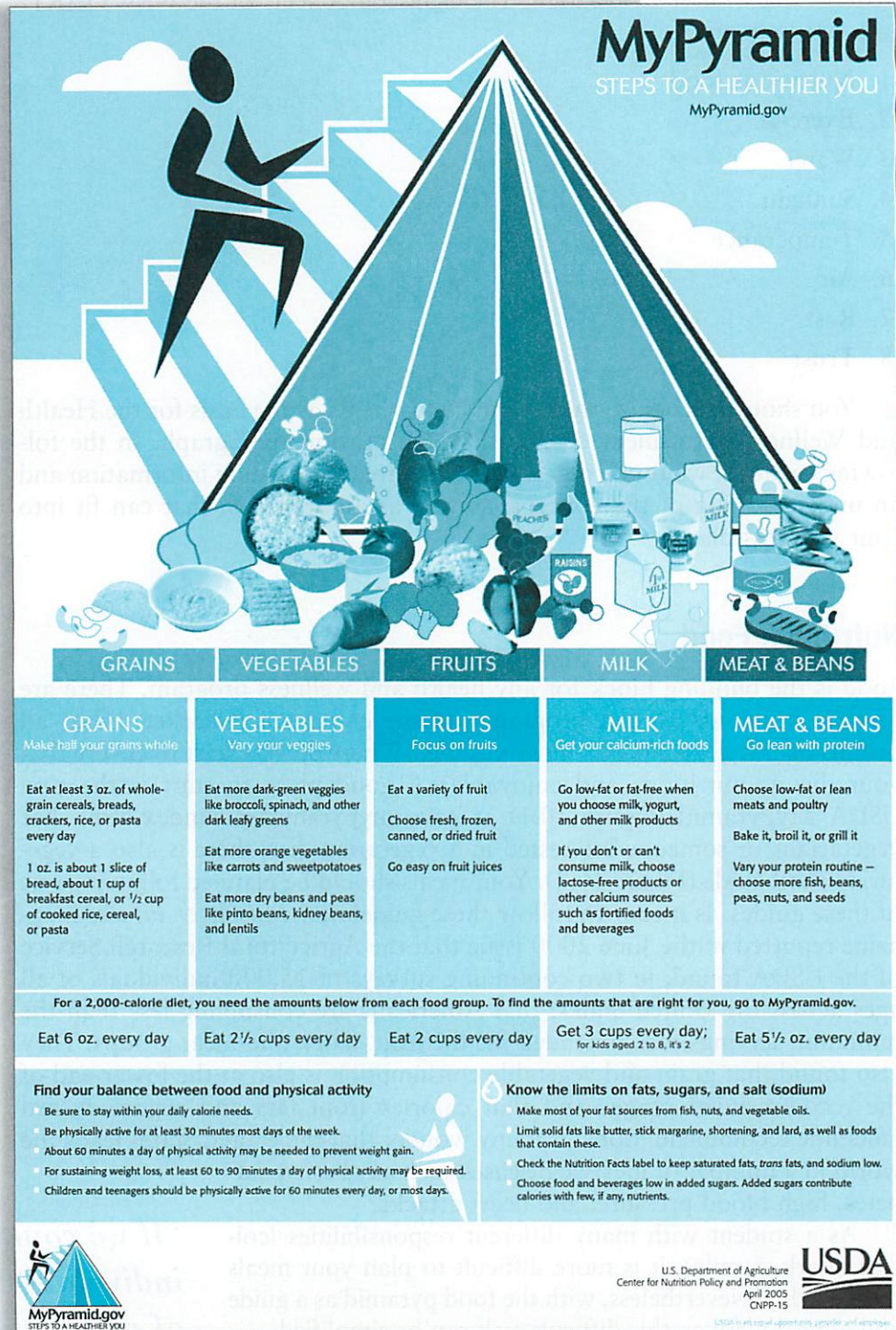
Food is the building block for any health and wellness program. There are literally hundreds of diet programs on the commercial market today, all promising a well-balanced, nutritious diet. Where do you start to ensure that your diet is nutritious and enjoyable? A good place to start is the new USDA MyPyramid (Figure 10.1) at [www.mypyramid.gov/index.html](http://www.mypyramid.gov/index.html). For vegetarians or someone interested in a vegetarian diet, there is also a vegetarian food guide (Figure 10.2). Your meals should be planned following one of these guides. Is it easy to follow these guidelines? *Muscle & Fitness* magazine reported in the June 2000 issue that the Agricultural Research Service of the USDA found, in two continuing surveys of 15,000 individuals of all ages across the United States, that Americans are consuming less than the minimum servings recommended for the fruit, dairy, and meat groups. They also found that grain and vegetable consumption is also at the lower end of the recommended ranges and that calories from fats and sugars exceed guideline recommendations. Is it any wonder that the United States leads the world in a number of lifestyle diseases such as obesity, diabetes, high blood pressure, and heart attacks?

As a student with many different responsibilities (college, work, family), it is more difficult to plan your meals for each day. Nevertheless, with the food pyramid as a guide and a meal planner, this difficult task can be simplified.

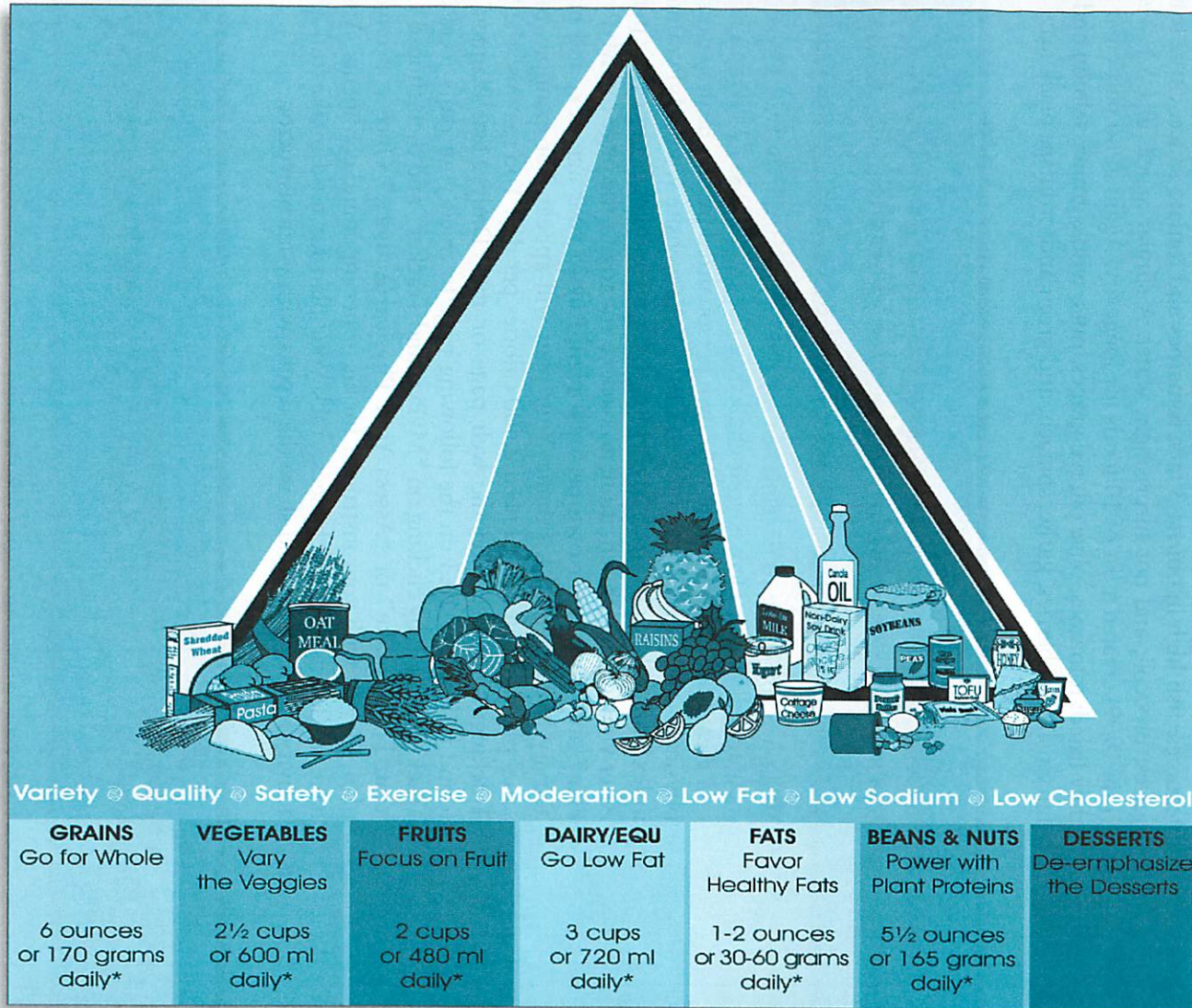
Exercise 10.2 instructs you to create your own healthy eating pyramid. Exercise 10.3 offers a Daily Meal Planner. Use this form to develop your daily meals and as an exercise for understanding and implementing MyPyramid. Once you have completed your first draft of the Daily Meal Planner, compare it with MyPyramid to see if you

*“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”*

**FIGURE 10.1** USDA's MyPyramid.







Source: Copyright © GC Health Ministries. Layout/design by Elizabeth Petit. Adapted from USA Dietary Guidelines and mypyramid.gov. Used with permission.

\*Based on 2,000 calories per day. For a detailed chart offering specific food and portion suggestions, contact GC Health Ministries, 301.680.6717, 12501 Old Columbia Pike, Silver Springs, MD 20904.

met your daily intake of the various recommended foods and number of servings.

Several studies have identified food for longevity and the perfect foods. Use these studies when planning your meals each day and take advantage of the most nutritious foods that have been identified. For example, an article in *Muscle & Fitness* magazine (February 1999) listed and discussed the best foods to eat for peak fitness and health. Listed in no particular order were: soy protein powder, soymilk, and tofu; whole-grain, enriched cereals; low-fat milk and yogurt; eggs; legumes; fish high in omega-3 fats; tomatoes and tomato sauce; citrus fruit and juices; broccoli; and not surprisingly, water. A similar article in *USA Weekend* (July 1999) created a list of 10 foods for longevity. Again in no particular order, they listed: tomatoes, olive oil, red grapes, nuts, whole grains, salmon and other fatty fish, blueberries, garlic, spinach, and green and ordinary black tea.

## EXERCISE

## 10.2

**Create Your Own Healthy Eating Pyramid**

What are you doing to develop healthy habits and maintain your physical and mental well-being? Here is your challenge: Use the USDA's "MyPyramid: Steps to a Healthier You" to create your own personalized plan to healthy eating and physical activity. Begin by going to the USDA's website [www.MyPyramid.gov/index.html](http://www.MyPyramid.gov/index.html). Click on "Tour MyPyramid" for an animated tour of the pyramid. After viewing this presentation, go back to the top of the page to "MyPyramid Plan" and create your own personal plan. Key in your age, sex, and physical activity level; then click submit. Your plan will appear. For example, my personal plan indicates that I need 2,400 calories per day. You may use the "Meal Tracking Worksheet" on the web page or the "Daily Meal Planner" form found in Exercise 10.3 on the following page to track your daily food intake. Track your plan by clicking on "MyPyramid Tracker" and then choose "Assess Your Food Intake" or "Assess Your Physical Activity." Once you have your plan, share it with your instructor for his or her input and comments. After you have made any needed changes, track your plan for food intake and physical activity for one week and share the results with your instructor.

## EXERCISE

## 10.3

**Planning Daily Meals***Understanding and Using MyPyramid*

Using the chart below, list the foods that you plan to eat at each meal, record the amount in cups or ounces for each meal, total the five serving columns, and compare your plan with the recommended number of servings on the MyPyramid. How did you do? Remember, this is only a guide; your results may vary each day. Nevertheless, what is important is well-balanced meals each day. Note that this is a 2,000 calorie per day plan. Your plan may vary.

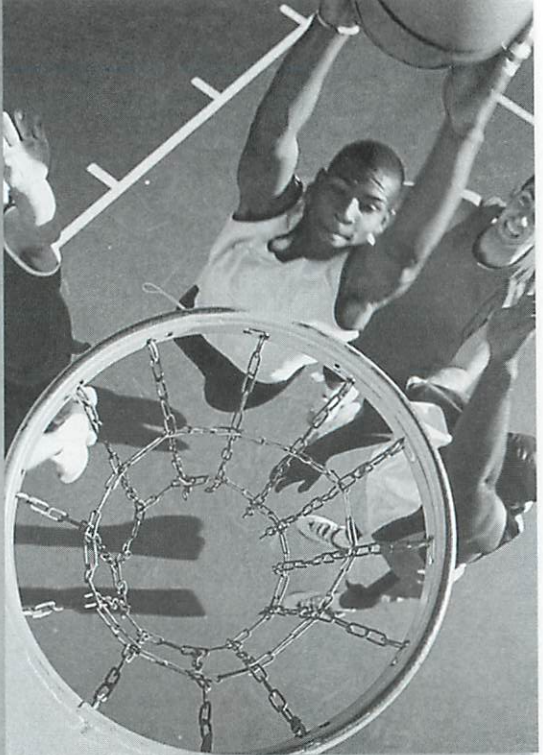
## DAILY MEAL PLANNER

(Based upon the MyPyramid 2,000 calorie diet)

NUMBER OF SERVINGS:	Grains	Vegetables	Fruits	Dairy	Meat & Beans
<b>BREAKFAST</b> <i>(Breaking a fast, hearty meal)</i>					
<b>LUNCH</b> <i>(Lighter meal)</i>					
<b>DINNER</b> <i>(Eat early and light)</i>					
<b>TOTAL CUPS OR OZ.:</b>					
	Eat 6 oz	Eat 2 ½ cups	Eat 2 cups	Eat 3 cups	Eat 5 ½ oz.

### Exercise

What is involved in an exercise program? How do you get started? How much exercise do you need each day? There are really three components to an effective exercise program: stretching, weight resistance training, and cardiovascular training. To begin any exercise program, you must warm up the major muscle groups of your body. Stretching is the best way to warm up your muscles and get into the mode of exercising. Your legs, arms, upper body, and back are all areas that should be stretched and warmed up before exercising. Weight resistance or weight lifting training provides strength and muscle tone. Studies have shown that adults of any age, even adults in their 70s and 80s, can gain strength through proper weight resistance training. The body functions better if you maintain adequate muscle mass. This type of training does not have to involve



All forms of exercise and activity are beneficial. Make some form of exercise and activity a part of your daily routine.

heavy weights and pain. You do not have to have “pain to gain” with weight resistance training. After age 30, an average adult loses about 1 percent of his or her muscle mass each year and gains additional fat without a proper exercise program. If you are counting calories, keep in mind that muscle burns more calories than fat. To prevent heart disease and obesity, cardiovascular exercise is essential.

Where do you start? Naturally, you should always talk to your doctor before starting any exercise program. See what is available at your college. Many times, college organizations schedule exercise or wellness programs for the students. Health screenings, weight loss programs, yoga, intramural sports programs, and various other wellness programs are offered by churches and community groups. If you are able to pay a monthly fee, the best bet is a YMCA, a hospital-based wellness center, or a private health club. Most of these facilities have discounts for students and employ professional trainers.

If you want to start a program of your own that you can do anytime and anywhere, consider jogging or walking. If it has been a long time since you exercised or you have never had a regular exercise program, walking is a good way to start. Walking can be done almost any time of the day and requires no equipment or fees. If the weather is bad or it is too hot or cold, almost all shopping malls have walking tracks inside the mall property. Malls usually open early in the morning (before the stores open) for regular walkers. Brisk walking with light weights in each hand, three to five times a week for 30 to 60 minutes, is an excellent way to stay in shape. Walking also provides an opportunity to do some constructive thinking or go over your class assignments and tests, or rehearse a speech. Sometimes, you can combine other activities with your exercise routine. For example, several times a week, you can catch up on your reading at the same time you ride a stationary bicycle.

To acquire and maintain good health, exercise must be a part of your daily routine. It helps you feel good. It lowers blood pressure. It lowers LDL cholesterol, the bad cholesterol, and often raises HDL, the good cholesterol. It lifts depression, relieves anxiety and stress. Make exercising a fun and natural part of your life. Find an exercise partner. Exercising with someone who can walk with you in the morning, at lunch, or in the late afternoon is a way to stay on track and keep committed to your program and your partner.

## Water

Water plays an important role in every body function. Your body cannot function without it. It makes up almost 70 percent of your body. Water eliminates body heat through sweat; carries oxygen, carbohydrates, and fats to muscles; flushes waste products from your body; lubricates your joints; curbs your appetite; and assists in the digestion process.

How much water does the average person have to drink to stay healthy? Most Americans drink too little water to maintain healthy body functions. We need to take in the same amount of water we lose each day through the skin, lungs, urine, and feces. That is about 10 to 12 cups of water each day. Food provides two to four cups of water. That means that most people need about 8 additional cups of water each day in addition to any other beverages consumed. One simple axiom is drink enough water to keep your urine pale.

Soft drinks, tea, coffee, and alcoholic drinks do more harm than good when it comes to adequate water intake. These beverages add empty calories, increase the secretion of acid in the stomach, and contain phosphoric acid that can deplete calcium supplies. If you are thirsty, you have already lost 1 percent of your body's water. Your best choice of drinks to quench that thirst is water.

How can you get enough water into your body each day? The best thing to do when you first wake up in the morning is to drink two glasses of water. Remember that your body has had no food or water for eight hours. The two glasses of water will cleanse your system, begin to hydrate your body, and get you started on that eight-cup quota for the day. Drink a glass of water early and mid-morning. Drink a glass 30 minutes before lunch—it will get you halfway there and will diminish that hungry feeling that usually leads to overeating at lunch. Drink another glass an hour and a half after lunch, another 30 minutes before dinner, and a final glass one and a half hours after dinner. You also should drink some water before and after exercising. Following this routine is a great way to ensure that you are getting plenty of water.

Is it easy to remember to drink water and to stay on a routine? One suggestion to help keep you on track is to carry a bottle of water wherever you go. During your first break of the day, if you have a chance to purchase a soft drink, drink your bottle of water instead. After drinking a bottle of water you will feel more refreshed and will also feel a shot of energy. Remember that water is nature's perfect beverage.

## Sunlight

Is the fourth component of NEWSTART® a friend or foe? Sunlight is both a friend and an enemy to the body. We know that excessive exposure to sunlight can cause sunburn, wrinkles, and eventually, skin cancer. However, adequate sunlight provides the body with that much-needed vitamin D that enables the body to pick up calcium from the intestines for use in building healthy bones. Vitamin D also prevents rickets and aids in the prevention of osteoporosis. Sunlight can also help your body's immune system, alleviate arthritic joint pain, and lower blood cholesterol levels.

If sunlight is both beneficial and detrimental, how much sunlight do you need to stay healthy? A few minutes of sunshine on your face and hands each day or as little as 15 minutes three times a week is all the sunlight you need to produce the vitamin D your body requires. Modest tanning can be protective; however, more is not always better. Always use sunscreen if you are going to be exposed to direct sunlight for more than 15 minutes. For fair-skinned people, it may be less.

Just remember that you should never sunburn. Sunlight is critical to overall wellness. It is a great germ killer, it makes us feel better, and it allows the body to produce vitamin D. A good way to get your needed sunlight each day is to go outside during your work or lunch break for a few minutes.

If there is little sunlight for long periods of time in your area of the country, make sure that you eat foods fortified with vitamin D or take a vitamin supplement daily.

## Temperance

I am sure you have heard the phrases, “Everything in moderation” and “Live a balanced life.” What do these phrases really mean and what impact do they have on our health? It is no secret that Americans eat and drink too much. We indulge in the finer things of life. Too much of a good thing can be a bad thing when our health is concerned. Surveys tell us that the majority of older Americans, those that live into their 80s and 90s, do not smoke or consume alcoholic drinks.

One of the problems that Jane (in our story at the beginning of this chapter) experienced was a dependence on coffee and soft drinks to get by each day. She was depending on a drug, caffeine, to help keep her alert when she really needed rest. There are studies that show people becoming ill because they consumed too much of a particular vegetable. They felt that more of a good thing was better when it actually was bad and led to toxicity. There have been a number of cases in which patients’ skin turned an orange color because they consumed too much carrot juice. Too many vitamins can also cause a toxic situation.

The key is balance and the avoidance of unnecessary stimulants. USDA’s MyPyramid, discussed earlier, provides the guidelines for a balanced meal plan. NEWSTART® is a program designed to create a balanced, healthy lifestyle. Once you have developed your own wellness program, make up your mind to stick with it for at least 30 days. At the end of the 30-day period, review your progress and see how you feel. That good feeling of well-being will be enough to keep you on track.

## Air

Air? What has air got to do with wellness? Air is defined by the *American Heritage Dictionary* as “a colorless, odorless, tasteless gaseous mixture, mainly nitrogen (approximately 78 percent) and oxygen (approximately 21 percent), and other gases.” It has also been defined as the breath of life. Oxygen is essential for well-oxygenated cells and contributes to our overall well-being. Oxygen is vital for each cell in your body. Anything that prevents an adequate supply of oxygen in the body is detrimental and reduces the mind’s ability for clear thinking and studying.

In today’s society of self-contained buildings, central heating, and air conditioning, pollutants and contaminants abound. Because buildings are so airtight or sealed with insulation, contamination can be five times higher in indoor air than outdoor air. Many of these buildings, as well as our homes, are sometimes called “sick buildings.” These pollutants collect in our furniture, carpets, office equipment (particularly computers), toys, and clothes that are dry cleaned. Symptoms include headaches, irritation of the throat and eyes, and other sinus problems. Air pollution is also a problem in many big cities.

*“Plants are the lungs of the world!”*

DEWITT S. WILLIAMS

What can we do to ensure a good source of fresh air and oxygen for our bodies and minds? One of the first things we can do is exercise on a regular basis, following a program that includes deep breathing. In addition, several times during the day, take several deep-breathing breaks. It will energize and refresh you.

What about the quality of the air we breathe? To address this question, we should use a little common sense. Most daily weather reports provide an air quality update. Pay attention to this valuable information and any tips. For example, many days are categorized as bad air days in certain large cities. Reporters warn citizens to stay indoors as much as possible on those days and not to exercise outdoors. Can we clean the air and generate more oxygen in our workplace and homes? The answer to this question is a resounding Yes! Houseplants are powerful natural air cleaners. Plants have been shown to remove nearly 87 percent of indoor air pollutants within a 24-hour period. Houseplants can suppress spores and molds and add moisture to the atmosphere. A simple rule for houseplants is one plant for every 100 square feet of floor space or one plant for every 10 ft. by 10 ft. of living space. This simple rule applies for your work area as well. To ensure fresh, oxygenated air, make sure you have at least one houseplant for each room of your house and one for your office or workspace.

## Rest

In the story at the beginning of this chapter, inadequate rest (primarily sleep) was Jane's biggest health problem. It is a problem for many of us in today's fast-paced world. Surveys of high school students have shown that A- and B-grade students usually get seven and a half hours or more of sleep each night. Once they fall below this average, their grades begin to decline.

Well, what is sleep and how much of it do we need? Sleep is a time when your body rests and restores its energy. It is also an active state that is critical to good health. Young children need 10 to 12 hours of sleep each night, whereas adults need 7 to 8 hours. It varies a great deal among adults, but the 7 to 8 hours is a good benchmark.

Our ability to sleep for long periods of time and to get into the deep restful stages of sleep decreases with age; nevertheless, we still need the same amount of sleep. Our bodies have a biological clock that is programmed for two natural periods of sleepiness each day. We cannot store sleep; therefore, we will experience these two periods of sleepiness each day. The first period is from about midnight to 7:00 A.M. and the other is between 1:00 P.M. and 3:00 P.M. Unless you live in a country like Mexico where it is customary to take a nap or siesta each day in the early afternoon, there is not much that you can do about the second period except to be aware and plan your day accordingly. However, the first period, we can address. To get that good night's sleep, try the following suggestions. Try to go to bed at the same time every night and get up at the same time every morning. During the day, get exposure to natural outdoor light. Make sure that your bedroom is a cool, dark, quiet place. Eat your evening meal at least four hours before you go to sleep. Your stomach at rest will be more conducive to a good night's sleep. Finally, use a

*“Early to bed and early to rise, makes a man healthy, wealthy, and wise.”*

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BENJAMIN FRANKLIN

daily planner to maintain a regular schedule of going to bed, getting up, eating, and exercising. The body responds better to regularity and good habits of wellness. These habits, like all habits, are created through repetition.

## Trust

In recent years, several research studies have shown that hospitalized patients who believed in a divine power and had a circle of friends praying for them had a shorter time in recovery. In their book *The Stress Solution*, Lyle Miller, Alma Smith, and Larry Rothstein (1994) say, “Having trust in a higher power decreases feelings of isolation and abandonment and gives life a sense of meaning and purpose. Developing a source of guidance in your life will help put stressful events in perspective.”

*“A cheerful heart does good like medicine, but a broken spirit makes one sick.”*

PROVERBS 17:22

Trust is an important part of a balanced wellness plan. American prisoners of war who survived in the North Vietnam prison camps testified that it was their strong faith that kept them alive. All of us can learn from men and women of strong faith. Dr. Dale Matthews, after reviewing over 200 studies on the connection between faith in a supreme being and health, concluded that the weekly observance of one’s faith is good medicine. It had a very positive effect on an individual’s ability to deal with drug abuse, alcoholism, depression, cancer, high blood pressure, and heart disease. The ultimate wellness plan is one that is not just designed for mental and physical health, but spiritual health as well. It includes spiritual growth that brings quality, fulfillment, and hope for the present and the future.

## A WELLNESS PLAN: PUTTING IT ALL TOGETHER

**P**utting it all together is not as difficult as it might first appear. You must begin with a goal. Earlier, we shared with you John Lee’s goal of living a long and productive life free of preventable diseases. By referring back to Chapter 4 and using a goal-setting sheet, decide what your wellness goal will be. For example, Dr. Lee *values* (What do you value most in life?) living a long and productive life. He is *going* (Where are you going in life?) to live it free of preventable diseases. He will *accomplish* (How are you going to get there?) his goal by following his wellness plan that includes *objectives* (What specific steps are you taking to achieve your goal?) addressing each of the NEWSTART® elements.

*“Physical fitness isn’t enough. You need balance in your life, spiritual balance.”*

DONNA RICHARDSON

If you have not had an annual or general physical in the last 12 to 18 months, see your doctor before you start finalizing your wellness program. If you are under a doctor’s care, it is even more important to see him or her before you start. It is also important to your health to find a doctor who uses nutrition to prevent and treat such illnesses as obesity, diabetes, and hypertension, along with medication if necessary. Educate yourself as well. Do your own research on health and wellness. Refer to the websites listed at the end of this chapter as a start. A well-educated patient with a well-educated doctor is a great combination.



# MILESTONES

Now that you have completed this chapter on Health and Wellness, take a few minutes to complete the Milestones checklist again.

Did any of your “No” and “Sometimes” answers become “Yes” answers as result of completing the exercises in this chapter? Hopefully, you will begin using the strategies presented to develop your health and wellness plan. Your wellness plan can be an excellent tool that you can use the rest of your life.

## NOW THAT YOU ARE HERE . . .

Answer each statement by checking “Y” for Yes, “N” for No, or “S” for Sometimes.

1. I know how to develop a wellness plan. (Y) (N) (S)
2. Eating well-balanced meals is important to me. (Y) (N) (S)
3. I get adequate rest each day. (Y) (N) (S)
4. I drink six to eight glasses of water each day. (Y) (N) (S)
5. I understand the importance of adequate sunshine. (Y) (N) (S)
6. Exercise on a regular basis is important to me. (Y) (N) (S)
7. Moderation and temperance in food and drink is important to me. (Y) (N) (S)
8. Getting adequate fresh air is important to me. (Y) (N) (S)
9. Belief in a supreme being is important to me. (Y) (N) (S)
10. I understand that being healthy helps me to become a better student. (Y) (N) (S)

# ROADWAYS

## TO HEALTH AND WELLNESS

- Have your *health* status, blood pressure, cholesterol levels, height, and weight checked regularly.
- *Exercise* three to five times a week for 30 to 60 minutes.
- Drink eight glasses of *water* each day.
- Get 15 minutes of *sunlight* three times a week.
- Eat and drink in *moderation*.
- Get eight hours of *sleep* each night.
- Have one indoor *plant* in each room of your home and workspace.
- Practice positive *self-talk* each day.

## Applying What You Know



Health and wellness are topics that are in the news every day. Our physical well-being is well within our reach, more so today than in any other time in history. We have the research and benefits of technology that can assist us in living long and healthy lives. Now that you have finished this chapter on Health and Wellness, refer back to the Case Study about Gwen at the beginning of this book. Based on Gwen's situation, answer the following questions:

1. How will Gwen's situation affect her health and wellness if she does not take appropriate action?

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2. What health and wellness strategies or techniques should Gwen follow?

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3. How can Gwen use the eight components of the NEWSTART<sup>®</sup> program to assist her in reaching her goals?

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## Observations

### CHARTING YOUR COURSE

Your health and well-being, like many things in life, are up to you. It is a matter of choices. It has often been said that the body was designed to support the brain and that the body was the base of the mental and spiritual processes of the person. If you are healthy and physically feel good, it is much easier to be mentally and spiritually positive. In this chapter, we have laid out a logical approach to wellness. Following the NEWSTART® program is an excellent way to ensure good health and well-being. Students who follow this or similar programs are more likely to be more successful and maintain a healthy lifestyle throughout their lives. A life free of preventable diseases is more than a goal. It is a way of life.



## Getting There on Time

1. How can you use your planner to implement a physical fitness program?

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2. How can you use your planner to implement a meal scheduling program?

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3. What are the benefits of integrating your wellness plan into your daily schedule and planner?

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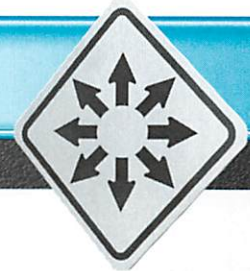
## Exploring Technology



Earlier in this chapter, the term *vegetarian* was mentioned. What is a vegetarian? What do they eat? To answer these questions and to challenge your ability to navigate the Internet, go to the following website and play the vegetarian game: [www.vrg.org](http://www.vrg.org). Click on Vegetarian Game in the left menu and click on Play to play the game. Once you have completed the game, you can click on Score for an immediate score and analysis. How did you do? There are several tests and you can play it as many times as you wish.

## Web Connections

### TRAVELING THE INFORMATION SUPERHIGHWAY



Numerous websites deal with health, wellness, and fitness. Check out the following Web addresses to assist you on your journey to a healthy and productive life.

[www.mypyramid.gov/index.html](http://www.mypyramid.gov/index.html)  
[www.weimar.org](http://www.weimar.org)  
[www.health.com/health/fitness](http://www.health.com/health/fitness)  
[www.americanyogaassociation.org](http://www.americanyogaassociation.org)  
[www.vrg.org](http://www.vrg.org)  
[www.gssiweb.com](http://www.gssiweb.com)  
[www.somethingbetternaturalfoods.com](http://www.somethingbetternaturalfoods.com)  
[www.thevegetariansite.com/health.htm](http://www.thevegetariansite.com/health.htm)  
[www.nadadventist.org/hm](http://www.nadadventist.org/hm)  
[www.lomalindamarket.com](http://www.lomalindamarket.com)  
[www.RevivalSoy.com](http://www.RevivalSoy.com)  
[www.nal.usda.gov/fnic/etext/000058.html](http://www.nal.usda.gov/fnic/etext/000058.html)  
[www.lungusa.org](http://www.lungusa.org)  
[www.nih.gov](http://www.nih.gov)



# Journal

As a result of this chapter, and in preparing for my journey, I plan to . . .