



THE FAMILY WELLNESS INSTITUTE'S

BALANCED WELLNESS PROGRAM

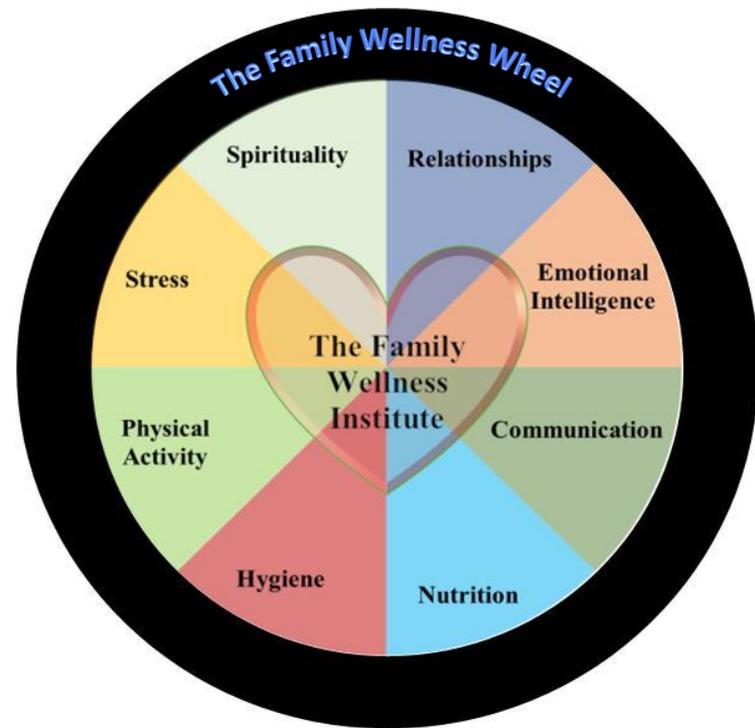
MAYOR'S FITNESS COUNCIL

WHAT IS BALANCED WELLNESS?

Balanced Wellness is “a sensible, heart-centered approach to a well rounded life based on Eight areas of personal development we refer to as “Wellness Dimensions”.

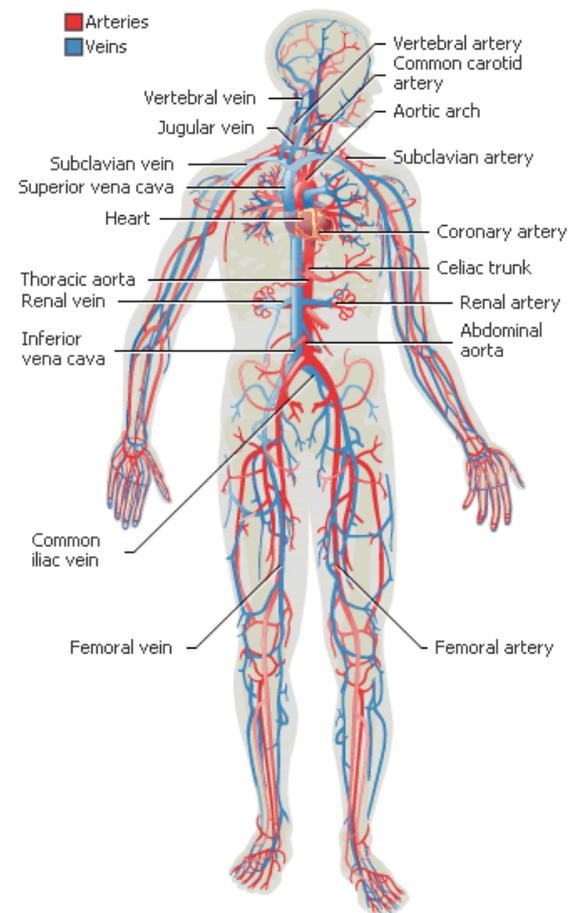
▪ Eight Wellness Dimensions

- Relationships
- Emotional Intelligence
- Communication
- Nutrition
- Hygiene
- Physical Activity
- Stress
- Spirituality



HEART CENTERED WELLNESS

- **The Family Wellness Institute recognizes the incredible role the heart plays in our overall health and well being.**
 - Drives blood through 60,000 miles of blood vessels.
 - Carries nutrients to our 40 trillion cells.
 - Removes waste from those same cells.
- **Exercise with proper nutrition is essential for a healthy heart**



HEART AND EMOTIONAL HEALTH

- **The heart transmits emotions through hormones to all cells in our body.**
- **This affects cellular function.**
- **The heart produces an electromagnetic field that interacts with others.**
- **Emotions transmit signals through these fields that are measurable.**
- **Healthy relationships help us manage emotions and are good for the heart.**



COMMUNICATION

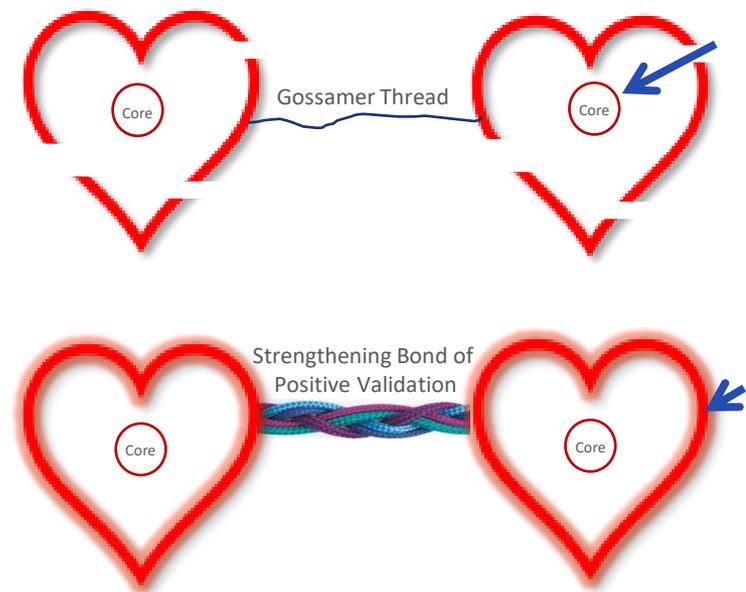
- **Listening**
- **Non-Defensive Listening**
- **Care-Frontation**



Verbal and Non-Verbal

RELATIONSHIPS – THE GOSSAMER THREAD

- The core is the essence of our emotional being.
- Our heart requires an emotional buffer zone to protect the core.
- We require six positive validations to overcome one negative.

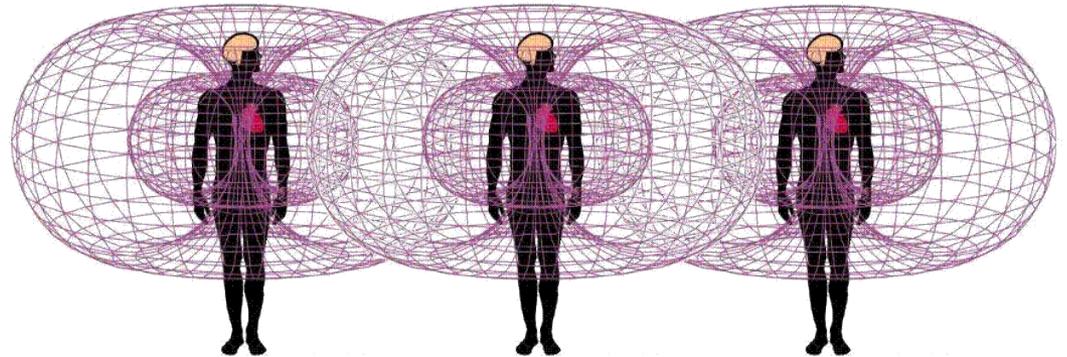


Why does it matter ?

- Relationships are essential for emotional well-being

EMOTIONAL INTELLIGENCE

- **Self Awareness**
- **Self Regulation**
- **Self Motivation**
- **Social Skills**



QUESTIONS

Notes: _____



The Family Wellness Institute

Wellness should be at the top of all CEO's priorities. It ties into productivity and employee engagement. It is also a recruitment tool and a retention tool .

Jennifer Meachum, American Heart Association Sr. Community Health Director in San Antonio.