



**The Joy of Wellness** helps you explore living in accordance with *The Six Dimensions of Wellness* as defined by Bill Hettler, MD, co-founder of the National Wellness Institute.

- Read the 2-page handout *The Six Dimensions of Wellness Model* for thorough explanations of all six dimensions.
- Find a buddy to work with. Focus on **PHYSICAL plus one of the other five dimensions** each week. Share your ideas and experiences with your buddy and others in the program.
- Every week, record your total number of steps (using your pedometer or step conversion card), any change in your weight or inches, and what you did to focus on your physical wellness and that week's extra dimension.
- Go through all five extra dimensions twice for your ten-week wellness challenge.
- For more ideas, refer to *The Joy of Wellness ... on the Go* pocket calendar.



## **SOCIAL** *Contribute actively to your friendships, environment, and community.*

**Week 1**

# of steps	lbs. or in. -/+
how I focused on my social wellness	
how I focused on my physical wellness	

**Week 6**

# of steps	lbs. or in. -/+
how I focused on my social wellness	
how I focused on my physical wellness	

## **INTELLECTUAL** *Use education and mental activities to stimulate your intellect and creativity.*

**Week 2**

# of steps	lbs. or in. -/+
how I focused on my intellectual wellness	
how I focused on my physical wellness	

**Week 7**

# of steps	lbs. or in. -/+
how I focused on my intellectual wellness	
how I focused on my physical wellness	

## **SPIRITUAL** *Search for your life's meaning and purpose. Live in harmony with the natural world and your inner beliefs.*

**Week 3**

# of steps	lbs. or in. -/+
how I focused on my spiritual wellness	
how I focused on my physical wellness	

**Week 8**

# of steps	lbs. or in. -/+
how I focused on my spiritual wellness	
how I focused on my physical wellness	

## **EMOTIONAL** *Become aware of and accept your feelings. Foster positivity, enthusiasm, and balanced relationships.*

**Week 4**

# of steps	lbs. or in. -/+
how I focused on my emotional wellness	
how I focused on my physical wellness	

**Week 9**

# of steps	lbs. or in. -/+
how I focused on my emotional wellness	
how I focused on my physical wellness	

## **OCCUPATIONAL** *Seek personal enrichment and satisfaction through your work.*

**Week 5**

# of steps	lbs. or in. -/+
how I focused on my occupational wellness	
how I focused on my physical wellness	

**Week 10**

# of steps	lbs. or in. -/+
how I focused on my occupational wellness	
how I focused on my physical wellness	