



Saruk Leadership Conference Introduction to Health and Wellness

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Learning Objectives

1. Identify all seven dimensions of wellness and their impact on personal health
2. Describe various theories of behaviour change relating to health behaviour change
3. Create SMART goals and use habit tracker to apply them
4. Discuss how to promote mental health and how to assist others
5. Describe basic concepts of stress management and how they impact health
6. Reflect on social media uses and its ability to affect relationships

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A healthy leader is a
powerful leader

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Health and Wellness

Health

- ..complete physical, mental, and social well-being, not merely the absence of disease or infirmity (WHO, 1947)
- Health to disease continuum with two poles, one positive, and one negative. Neutral zone in the middle where the normal and pathological exist

Health and Wellness

Wellness

- Ever changing process in which the individual seeks optimal health and vitality
- Ability to adapt to life's ups and downs
- Ability to reach your full potential

→ Health is merely a state and wellness is an ever changing state



Dimensions of Wellness

Spiritual

- Beliefs, principles, values that give purpose to your life
- Sense of belonging to something greater than oneself

Occupational

- Satisfaction given from career or stage in career development

Physical

- Body comp., absence of disease, ability to perform activities of daily living



Environmental

- Livability of your surroundings
- workplace/home → planet

Social

- Capacity for obtaining and maintaining satisfying and supportive relationships

Emotional

- Understanding and dealing with feelings
- Learning how to express your feelings, monitor reactions

Intellectual

- Active mind and always challenging it
- Lifelong learning

Self Assessment

- Provides a deeper level of understanding
- When we better understand ourselves, we are in a better position to create and build relationships with others
- Helps us better align behavior with values when we understand what we value

Movement Break

Activity:

_____ Would you rather?

Movement

Canadian Society of Exercise Physiology recommends performing a variety of types and intensities of physical activity, which includes:

1. Moderate to vigorous aerobic physical activities for at least 150 minutes a week
 - i. 50%-60% → 70%-85% of max HR
 - ii. Max HR = 220 - your age
1. Muscle strengthening activities using major muscle groups at least twice per week



CSEP Guidelines



- Taking small steps, such as replacing sedentary behavior for additional physical activity, or light physical activity for moderate and/or vigorous activity throughout the day can make a big impact!

Movement

How can you incorporate more movement into your daily life?

