

Personal Wellness Plan

TENETS OF WELLNESS

1. Social Support



2. Nutrition



3. Exercise



4. Sleep



5. The Fresh Air Factor



Essentials

At least 8 glasses of water/day

Nutritionally balanced snacks/meals

Fresh air

Min 15 minutes exercise/day

Prescribed medications/vitamin or mineral supplement

Identify one or two core support people

Adjust schedule and help to allow for adequate sleep

Identify practical ways to connect with natural world on daily basis

Consult professional when struggling to acquired desired level of wellness