


[DOWNLOAD](#)


Creating a Culture of Wellness A Guide to a Happier Healthier Lifestyle

By Jennifer Lee

Paperback. Book Condition: New. Paperback. 140 pages. The US Centers for Disease Control and Prevention estimates half of all deaths recorded for people sixty-five years of age or younger are the direct result of unhealthy lifestyle choices. The need to combat this epidemic of preventable mortality has encouraged an increased focus on wellness and well-being. Most wellness books, however, are actually nutrition or exercise guides. While important to overall health, diet and physical exercise are only aspects of a holistic wellness program. Other books use the term wellness to attract attention to specific diseases and emotional issues. Again, while these issues affect well-being, such books are too narrow in their scope. In *Creating a Culture of Wellness*, Dr. Victor Romano offers a multidimensional approach to well-being designed to encourage physical and mental health. He explains wellness in seven distinct dimensions: Emotional, Environmental, Intellectual, Occupational, Physical, Social, and Spiritual. Dr. Romano explains the importance of each element in an easily understood and accessible manner, helping readers develop lifestyle changes that promote a happy and healthy lifestyle. *Creating a Culture of Wellness* provides an easy-to-follow guide for individuals, students studying wellness, and organizations wishing to add a wellness program to their business...



[READ ONLINE](#)

[7.26 MB]

Reviews

The ebook is straightforward in read through preferable to comprehend. It is definitely simplified but shocks within the fifty percent of your pdf. Your lifestyle span is going to be transform when you total reading this publication.

-- **Dr. Jarrett Bednar**

Very useful to all of class of individuals. It is really simplistic but excitement from the 50 % in the ebook. I realized this ebook from my i and dad recommended this pdf to learn.

-- **Miss Odessa Kunde**

Relevant PDFs



[DK Readers Day at Greenhill Farm Level 1 Beginning to Read](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



[Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large](#)

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



[Summer Fit Preschool to Kindergarten Math, Reading, Writing, Language Arts Fitness, Nutrition and Values](#)

Summer Fit Learning. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 10.6in. x 8.3in. x 0.5in.Summer Fit Activity Books move summer learning beyond academics to also prepare children physically and socially for the grade ahead. Academic exercises are based on Common Core...



[The Day I Forgot to Pray](#)

Tate Publishing. Paperback. Book Condition: New. Paperback. 28 pages. Dimensions: 8.7in. x 5.8in. x 0.3in.Alexis is an ordinary five-year-old who likes to run and play in the sandbox. On her first day of Kindergarten, she makes her first school-aged friend, Elizabeth, and...



[DK Readers Invaders From Outer Space Level 3 Reading Alone](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in.Are aliens from other planets visiting Earth Read these amazing stories of alien encounters -- and make up your own mind! The 48-page Level 3 books, designed for...



[DK Readers Animal Hospital Level 2 Beginning to Read Alone](#)

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.9in. x 5.8in. x 0.1in.This Level 2 book is appropriate for children who are beginning to read alone. When Jack and Luke take an injured duck to the vet, it is just...