

# Wellness Matters



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Incredible play on words, isn't it? Matters of wellness are of utmost importance if you are interested in leading a healthy lifestyle. And, honestly, Wellness *does* matter! First, it quite literally, could be described as a discussion of, or the act of being well, healthy, strong, and fit. Considering the latter, it Matters! How does your health and wellness affect your feelings, mood, spirit, and physical being? Think, how does wellness matter to myself and the people I am connected with? The answers are relative, of course, but we can begin by taking stock of certain aspects of our lives that all contribute to our individual wellness.

Contemplate the answers to these questions, they just may spark some action in your daily routine, or perhaps deeper, more introspective thinking about what matters most to you.

\*Do I lead an active lifestyle or exercise on a regular basis?

\*Do I eat healthfully?

\*Am I letting bad habits control my life? Smoking, eating or drinking in excess, negative behaviors such as arguing with family, friends, or coworkers, slamming doors, shutting my off to others. Have you noticed what sets you off?

\*Do I participate in/get my family and friends engaged in fun, lively activities? This could range from playing Frisbee, soccer, etc. in warm weather, to building a snowman and sledding in colder weather. When was the last time you played a board game with the kids?

\*Do I leave time for me? Time to breathe, relax, reflect, journal, or meditate? How about some time to enjoy with friends? It doesn't have to cost anything, maybe a book club, a weekly walk, or potluck dinner.

\*Do I find myself holding on to feelings of anger, fear, and worry, and judgment? Think about why you allow negative behaviors to enter or remain in your life. Exuding negative energy into the Universe will just boomerang back to you.

\*Do I smile and radiate positive energy? Others enjoy spending time with me. The glass is half full. I enjoy living life to the fullest, trying new experiences and relishing every day.

\*When obstacles or challenges arise, do I look for a solution and learn from the experience or allow it to throw me off track, accept defeat, or fester deep inside?

\*Am I happy, healthy, and content?

Certainly, these questions do not define wellness, but are simply designed to get you to look within. Taking positive action of your health and happiness can only reap benefits of longevity and vitality. Finding the right tools to institute into your daily routine takes time and practice,

but the realization of self awareness and self confidence add value and a sense of pride to your efforts. No doubt, Wellness is a journey of self discovery, unique to our own individuality. But, years from now, you'll be able to look back and be grateful you gave yourself the honor and respect you are so deserving of.

*Janine Friedman is a Fitness Specialist and the owner of Esteem Wellness & Fitness in Greenlawn, NY. Her extensive background in the fitness/wellness industry began in 1990 and includes a host of certifications through AFAA, IFTA, AFPA and Power Pilates. Janine's philosophy of "Movement for Mind, Body, and Soul" is a personal inspiration that she infuses into each individual client and class member she encounters. Her in-depth, hands-on knowledge of special populations has made Janine a sought-after teacher by both clients and instructors.*

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