



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

11/14: What Is Wellness?

What is Wellness?

Health, wellness and medicine are often used interchangeably, but they are not the same thing. Perhaps you have noticed that EPT uses the phrase health and wellness, rather than just health or wellness. We have good reasons. This week let's look at three common words that are related, but not synonymous.

Medicine pertains to the medical field. This field focuses on diagnosing and treating diseases and pathologies. Treatment may involve pharmaceuticals, surgery or both.



Health references our state of physical and mental well-being. In essence, the term health is a descriptor. Positively stated, we say a person is "healthy" because of lack of disease. Negatively stated, we say someone is "unhealthy" because of the presence of disease. Healthy lifestyles help foster health and limit disease, and the medical field treats and manages disease symptoms when they emerge. So far so good, but it's not as easy to define wellness. It's like trying to nail Jell-O to a wall.



Wellness is subjective. The word is all-encompassing. It includes how we feel physically, mentally, emotionally, and spiritually. An individual can be physically free from disease (and in that sense healthy) yet because of emotional or spiritual struggles, may not experience a sense of well-being. Clearly, there is a distinction between physical health and overall wellness.

The Merriam-Webster Dictionary defines wellness as "the quality or state of being in good health especially as an actively sought goal." There is nothing wrong with "actively seeking" a goal. That determination is admirable. However, problems can occur when wellness is not about balance or achieving a sense of wholeness and health, but instead involves unrealistic or unhealthy ideas of what it means to look and feel good.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

As suggested in last week's health topic, "Who Ya Gonna Call," many internet sites and social media influencers promote ideas of health that are quite unhealthy. They use plenty of wellness buzzwords and phrases to pique your interest. Detoxes and cleanses are two that come to mind, but there are dozens more. You'd certainly like to feel that you're doing something good for your body. But are you really?

For example, is there any scientific proof to show that intermittent fasting (skipping meals for certain hours of the day) can help you lose weight in a healthy, lasting way? Are there any studies to prove that activated charcoal can remove toxins from your body? Is there any health benefit to foot reflexology? Does sniffing essential oils actually do anything for you? Are supplement claims accurate and reliable? The list is endless!

This is where wellness can be dangerous. When, as a consumer, you blindly follow whatever trends, mildly researched advice, and confusing facts you hear in the name of being "well," it can be hazardous to your health. Embracing and implementing unproven wellness schemes is financially and physically risky.



At EPT, we give you the straight, unvarnished, scientific truth. We provide facts, not fiction. These days people are looking for natural, approachable ways to take care of themselves. If that describes you, then give us a call. We love to see our clients on the road to health and WELLNESS.



Tip of the week (11/14), page 2

