

California Cadet Corps

Wellness

CACC Training Aid 1-T-2
Last modified 6 Jan 2005

Road to Wellness

- Wellness involves the application of seven areas involved in health and disease. All seven have some degree of involvement in the cause, effect, and alleviation of health problems.

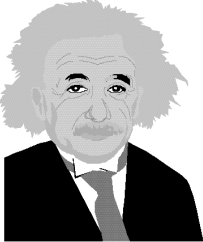


Physical

- Good health involves appropriate exercise, body composition, and care of the body.
- Your body is your temple, so treat it accordingly!



Mental



- What you think, feel, and believe affects what happens to your healthy body!
- Recognize patterns of thinking, believing, and feeling as factors in all health problems


Spiritual

- Everything happens for a reason
- Bad cannot exist without good
- Look for the good in all illness!

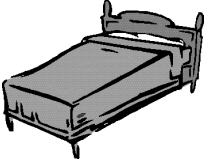


Nutritional

- Make sure that you eat a variety of nutritional foods (lots of fruits, veggies and some meat, bread and dairy products. Eat very little "junk" food.
- You are what you eat!



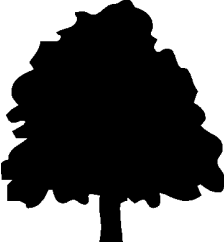
Sleep



- Sleep is vital to life and for proper mental and physical health.
- Sleep is needed: to grow, heal, restore energy, prepare the body for future demands, for mental function, and for most life functions.
- If you do not get enough sleep, you impair your waking life and health.
- Teens should get about 8-10 hours of sleep per night.

Environmental

- The environment effects your health through your senses.
- It is Important to notice what your senses are telling you so that the environment does not harm your health.
- Modify your environment and you can change your sensory input which can improve your health.



Life Skills

- It is Important to acquire the skills and have the proper tools to "do" life.
- Knowing what not to do means little unless you know what to do and how to do it.

