

“The greatest
wealth is health.”
-Virgil

Creating a Holistic View of Your Overall Health

What is health?

“a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”

How are we doing in the United States?

According to the Commonwealth Fund, the US ranks last among seven countries (Australia, Canada, Germany, the Netherlands, New Zealand, and the United Kingdom) on health systems performance measures – assessing “the quality, efficiency, access to care, equity, and the ability to lead long, healthy and productive lives.”

41.9% of US adults are obese. 48.1% of US adults have hypertension. 1 in every 5 adults have diabetes. More than 20% of adults live with mental illness, of which anxiety and depression are most prevalent. 14.5% of US adults have trouble falling asleep, and 17.8% have difficulty staying asleep.

We want to live longer, and we want to live well. How do we get there?

Health is more than diet and exercise. But you wouldn't know it based on the \$900 billion America spends yearly in the physical activity and weight loss markets^{1,2}.

How can you improve your health?

Implement **R.E.S.T.**

- **Restoration** – Prioritize mental and physical recovery.
- **Exercise** – Move sufficiently and consistently.
- **Sustenance** – Focus on eating fruits/vegetables and lean protein, and remove highly processed hyper-palatable, or calorie-dense processed foods.
- **Team** – Rely on friends and family for accountability and support.



So what can I do now?

Start building a network (large or small) of like-minded co-workers you can connect with in your journey to become healthier. Just don't do it alone.

1- <https://www.health.harvard.edu/topics/diet-and-weight-loss>

2- <https://globalwellnessinstitute.org/press-room/press-releases/us-leads-overall-spend-in-828-billion-physical-activity-market/>

This information is meant to complement the advice & guidance of your physician or other care professional, not replace it.

Weekly Wellness Question

True or False:

More than 40% of adults in the United States are obese.