If you look closely at the definition, you’ll notice that it has two specific components. The first part deals with awareness. And when you think about it, this makes perfect sense. Before you can work on improving your own personal wellness, you’ll need to understand where you are starting from right now. That’s why personal wellness starts with health screening for things like blood pressure, cholesterol, etc.

Now let’s take a look at the second part of the definition, which is all about working toward better health. Once you have a clear understanding of your current health status, it’s time to start working to improve or protect it. In other words, it’s time to take action.

When you think about wellness, think of the phrase, “Make the rest of your life the best of your life.” No matter where you’re starting from or what you’ve done in the past, don’t worry about it. Rather, assess where you are today in terms of your health status, then take the necessary steps to “make the rest of your life the best of your life.”
Exercise
The typical American spends almost 17 hours sitting in front of the TV, puts in approximately 50 hours at the office, and averages 51 hours of sleep per week—that's approximately five days of not moving, and Americans are paying the price. An astonishing 50% of Americans are overweight.
But it wouldn't take much to get back in shape. By exercising only 30 minutes per day, Americans can build stronger muscles and bones, maintain a healthier weight, prevent numerous chronic diseases, and increase their energy level, just to name a few benefits.

Self-Care
Doctors and other health care professionals play an important role in your health—especially when you're sick or hurt. Visiting your physician for routine, preventive exams will help maintain your health and will ultimately save you time and money.

Another important factor in maintaining your health is self-care. Investing in a self-care manual will help you take charge of your health. But remember, self-care isn't intended to replace the advice of your primary care physician. Rather, it should be used to outline when medical appointments are or are not necessary. In the case of an emergency, always seek attention from the Emergency Room.

Relationships
People who have healthy relationships not only live longer, but they're happier as well. Developing "good" relationships is essential to high-level wellness. Relationships allow us to receive support from others, and we can feel great about giving it in return.

Because of this, it's important to protect the strong relationships that you have right now. And if you're like most people, there may be some relationships which need to be mended and enhanced.

Alcohol
Let's face it, alcohol, when not used responsibly, can lead to a host of problems. In addition to being a leading contributor of death and disability in the United States, alcohol causes a motor vehicle-related injury every two minutes!

If you choose to drink, follow these guidelines to help keep you safer. Of course, remember that abstaining is the safest choice.

0,1,2,4 Method:
Zero: Under some circumstances (driving, hunting, etc.), and for certain people (recovering, underage, pregnant, etc.) abstinence is the best choice.
One: No more than one standard drink per hour.
Two: No more than two drinks per day for men or one for women.
Four: No more than four drinks per week.

Seatbelts
In 2000, 41,821 people in the US were killed because they didn't wear their seatbelts—that's one every 15 minutes! Add to this the fact that motor vehicle crashes are the leading cause of death for all people between the ages of 4 and 33, and proper seatbelt usage becomes very important.

What's the most important thing to remember about your seatbelt? Wear it EVERY TIME you get in the car—even if it's just for a short trip. Believe it or not, three-fourths of all fatal car crashes happen within 25 miles of home. Don't become a statistic—"just click it."

Nutrition
In recent years, a strong link has been established between poor diet and the leading causes of death. In fact, poor nutrition has been linked to cardiovascular disease, cancer, and obesity.

Eating a balanced diet and paying attention to the food guide pyramid can go a long way toward preventing these serious illnesses. The American Dietetic Association recommends eating a variety of foods, using moderation when selecting portion sizes, and balancing your food choices over time. Remember, nutritional changes don't have to happen all at once.

Stress
Stress in the US is reaching epidemic proportions, and it seems the end is nowhere in sight. Stress is more than just having a tough day. In fact, stress has been linked to higher occurrences of disease and a shorter life span. But what can you do if stress is getting you down?

Enjoying a favorite activity each day can help to calm feelings of stress. Take a walk after work, have a laugh with a co-worker, or listen to your favorite music. Deep breathing, meditation and progressive muscle relaxation have proven to do wonders for relieving stress. You deserve the best of what life has to offer—don’t let stress get the best of you!