



All Causes of Health Wellness Inventory

- Core Health pursuits

- * Physical activity hard, easy, fun, work, creative, linear, non linear (random)
- * Balanced diet not too perfect, not too “processed”, small, moderate amounts
“foodaceuticals”? (food, drinks that have supplements in them), supplements
- * No tobacco use No doubt, no question
- * Moderate alcohol consumption (fits a little as a health protectant)
- * Manage stress (personality) but do keep some stress around

- Secondary Health pursuits

- * Use “creative” traits art, write, play music, design your living environment
- * Significant relationships spouse, partner, core family, friends
- * Spiritual beliefs religion, higher order of spiritual belief to guide you
- * Volunteering, (altruistic self) giving of oneself to others, community
- * Having pets dogs, cats, birds, (primarily domestic type animals)
- * Life Long Learning The actual learning, collecting information on health can
Be.....healthy (or add as a health protectant)