

The Relationship between Health and Wellness

When people think of health and wellness, they often combine them and use them in conjunction with each other.

Even though most people would like to think that these two concepts are the same, they actually have entirely different meanings.

Even though they stand for different things, you can't really have one without the other. Here are some reasons why, but first, we will define what they mean.

What Exactly Is Wellness?

Where most people would define wellness as health related, it's more about the attitude you have towards the way you live.

Wellness is actually defined as "a positive approach to living." In regards to weight loss, it is the mental attitude you take toward your goals when it comes to living a healthier lifestyle.

Since weight loss is such a difficult process, it is important that you take the time to make sure you are mentally capable of handling such drastic changes to your lifestyle. Here are some ways to do just that.

1. Embrace Mental Exercises Too.

Most people don't consider mental exercises when they are trying to get fit physically, but these types of activities can actually help you achieve your goals more sufficiently.

Practicing yoga or some other form of mental/physical activity can actually help promote a better attitude towards weight loss.

One of the main reasons so many people fail at dieting is because they aren't ready for such a dramatic shift in their lifestyle. If yoga isn't your thing, just taking time to relax can do wonders.

2. Take a Day of Rest.

Even though your healthy eating habits will continue week after week, you don't have to live at the gym.

Make sure you take one day out of the week to do something spontaneous, or plan out a weekend trip you can look forward to. This will make the weeks go by faster, and will make the whole "dieting" process a lot less painful.

If you can't get away every weekend, make sure you do small things that you love on your day off. This could be something as simple as going for a leisurely stroll, or going for a walk in the park. Even just spending a day on the couch once

a week won't kill you. Just don't be tempted by the typical couch potato foods. Always keep your eating habits as your main focus.

What Is Health?

Other than wellness, health encompasses a broad spectrum. Here is the definition of health, as defined by the World Health Organization:

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

According to this definition, wellness has a direct influence on your overall health, which is essential if you are trying to live a better life.

Health and wellness may be different concepts, but you can't have one without the other if you want to be healthy and happy.

Before setting your own goals for health, think about what you really want out of your new transformation. Why are you losing weight? Are you doing it for yourself, or are you trying to please others? Is this a short-term goal, or a long-term goal?

Most people think that achieving a set number on the scale means they are healthy, but as we mentioned before, you can't have health without first achieving wellness.

Above all else, make sure you are choosing health for the right reasons and seriously think about how the experience will change your life.

As published on www.bistromd.com

