

A Few Terms Used When Talking About Wellness

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There are many words used today that are connected to the idea of wellness. Many of the terms are easily exchangeable between fitness, wellness, and health. Here we will explain some of the terms which are associated with wellness that you may or may not have seen or read in magazines and on television.

Wellness is defined as the state of good physical and mental health, particularly when sustained by a proper healthy diet, regular exercise, and general healthy living habits.

Fitness is the condition of our physical body and mental fitness refers to the condition of our mental state of health. We can maintain our physical fitness levels through various types of physical activity, and we can maintain our mental health through various types of mental relaxation techniques.

Exercise is a very broad term that covers many areas. There are a great many types of exercise that people participate in, from aerobic classes and weight lifting, to stretching, walking, running, swimming, and jogging, the list is endless. All can vastly improve your physical health and increase longevity.

</>Meditation is highly recommended for anyone who has particularly high levels of stress and anxiety in their life, but can benefit everybody. Meditation has been shown to lower blood pressure, help to relieve tension and stress, as well as bring balance to our inner selves through quiet reflection and peace.

Nutrition refers to the vitamins, minerals and calories from food we need to maintain physical health, and is directly related to the amount of exercise a person gets. It is important that we eat a sensible balanced diet which avoids too much fat, salt and sugar but incorporates the essential components our bodies require to stay healthy.

Alternative therapy refers to alternative or holistic medicine like chiropractic care, acupuncture, or herbal remedies. Chiropractic care and acupuncture have become more common and accepted as supplements to the traditional Western medicine. Studies have supported claims that chiropractic medicine and acupuncture are effective forms of treatment. Herbal remedies are used by natural healers in order to treat minor ailments and maintain an optimal level of health in the body.

Wellness today is an idea that is used in combination with health and fitness, in order to achieve wellness of the mind, body, and spirit. Many feel that now more than ever before that wellness should include not taking care of physical person, but our mental and spiritual realms as well. Wellness must encompass the entire person.

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