

Title:

Wellness After 30: Getting The Most Out Of Later Life

Word Count:

1309

Summary:

Achieving wellness means taking control and directing your life where you want it to go.

Keywords:

peak performance,vitality,passion,goals,healthy living,women,stress,time management,self impro

Article Body:

How do you define your Wellness? How does it show up in your life currently? About 15 years ago

After researching, soul searching, educating and defining what was important to me, I've come

Wellness is a choice. It requires that you do something everyday to honor your body, mind and

The dictionary definition of wellness is: ^The state of optimal well-being, not simply the abs

Many people are not willing to do the work to achieve wellness and go into denial about how we

Some reasons why adults don't incorporate wellness activities into their daily lives include l

It's not only the physical being that affects wellness; stress is a growing contributor and ex

According to time-use researchers and exercise experts, we're making excuses about our time. ^

The main thing you should do is put yourself at the top of your priority list. Wellness is imp

Later life can be a time of rest, fun, relaxation, maybe even retirement, and most of all a ti

1. Be honest about how well you really are. Realistically look at the areas of your life: phys

2. Assess your readiness for change and willingness to embrace it. Identify and write down the

3. Identify and eliminate barriers and challenges that could impede your success. There are al

4. Set clearly defined and measurable wellness goals. Create fun and interesting ways to fulfil

5. Create meaningful wellness priorities. Take a closer look at how you spend your time on an

6. Challenge your wellness changes and strive to achieve even more. Make simple changes first

7. Design and refine your goals so you'll get the most out of them everyday. If you don't get

8. Make lasting changes to your lifestyle. Identify and celebrate your accomplishments. Reward

The pace of today's world is so fast that we expect quick solutions to everything. If results

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