Physical Wellness

Fort Pierce Regional Campus
Class of 2019
What is Wellness?

- Multiple definitions
  - No definitive answer
  - Ambiguous descriptions
- Wellness is NOT the absence of illness
  - Wellness is not synonymous with health (even though there is overlap)
- Multifactorial concept
  - Complicated to define
What is Wellness?

An integrated method of functioning which is oriented toward maximizing the potential of which the individual is capable of functioning within the environment.

Halbert L. Dunn, MD, PhD 1959
Dimensions of Wellness
Physical Dimension of Wellness

- the maintenance of our bodies to ensure efficient functioning and optimal health
  - Usually achieved via exercise and nutrition
Benefits

- Increased strength
- More energy
- Improved mood (treatment for depression)
- Ameliorate:
  - Hypertension
  - Osteoporosis
  - Arthritis
  - Diabetes
- Plethora of other ailments ...
Ways To Maintain Physical Wellness

- Muscular strength training
- Endurance exercise
- Stretching
- Healthy eating habits
- Routine check ups
- Avoiding destructive habits
  - Tobacco
  - Alcohol
  - Drugs
Physical Wellness at FSU (M1 & M2)

Leach Center
- 120,000 square foot fitness facility
- Valid FSUCard required for access
- Cardio & Strength equipment
- Sport Courts & Indoor Track
- Pool & Spa
- Fitness Programs & Services
- Atrium with seating & snack bar
- 1 free personal trainer session a semester
Recreational Sports

- Intramural Sports
  - Available throughout the year
- Sports Clubs
  - over 40 sport and recreation-focused student organizations. From competitive club teams to instructional clubs
- Main Campus Fields
- Westside Courts
- Speicher Tennis Center
- Tully Gymnasium (only available for scheduled activities and events)
Physical Wellness at FSU (M1 & M2)

FSU Reservation
- Valid FSUCard required for FREE entry
- Swimming
- Canoeing, Kayaking, Paddle Boarding
- Sail Clinics
- Climbing Wall
- Beach Volleyball
- Recreation Hall with Game Tables
- Enjoy the great outdoors!
Physical Wellness (M3 & M4)

- Make a schedule!
  - Diet
  - Exercise
  - Sleep
Physical Wellness (M3 & M4)

- Keep it realistic!
- Beware of over zealous goals
- Medicine is demanding
  - Time Consuming
  - Stressful
  - Unique culture
- Develop a wellness culture
  - Incorporate other dimensions of wellness
How To Incorporate Wellness? (M3 & Beyond)

Phone Apps

- Calorie trackers
- Weight lifting / Yoga / Meditation routines
- Sleep trackers, Peaceful alarms

Efficiency

- Healthy meals/snacks
- Using the stairs, wearing ankle weights
References


References

