

Total Health

Health

What does Total Health Mean?

- Total Health is primarily a choice, a decision you make to create a lifestyle that promotes high level, multidimensional health characterized by **SPIES**

Social Health

- The strong ability to create and maintain healthy relationships that contribute to a sense of support, belonging, and love.

Physical Health

- A body toned to its maximum performance potential and able to meet the physical demands of one's lifestyle.

Intellectual Health

- A mind exploding with wonder and curiosity and the ability to learn new things.

Emotional Health

- A high level sense of personal control and peace of mind.

Spiritual Health

- A deep sense of meaning and joy characterized by faith, hope, love, peace, and reverence for living.