

THE GAME OF HEALTH



written by Kelly Mather

"My wish is that all who read this book will understand how simple life is when you listen to your body and let your heart direct life and healing.

The logo represents our mission to inspire individuals to maintain harmony, as we see with trees, and use the 5 keys to Wellness represented by the colorful rainbow drops." ~ Kelly



The Game of Health

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CHAPTER 1 : Introduction

Consider that at each moment of your life you are playing a game – the game of health. You are either winning or losing the health game in every moment. **You are winning if you can easily say “I’m healthy”, “My body feels good” and “I consistently have energy.”** As you may have guessed, most people are losing the health game. Now, how can we change that? By implementing a simple, health improvement system using the Five Keys to Wellness.

Your health affects everything. Obviously if you are generally healthy, then life is smoother. If you are not very healthy, life can be difficult and often grueling. Children usually hardwire their habits by the time they are ten years old. Therefore, this health improvement system is tailored to help children improve their health starting at a very early age. The system starts with awareness of your current state of health and then you become educated about the simple tools for health improvement. The children and adults who implement and use this system see immediate improvement in their health. It takes less than 30 minutes to learn each key to wellness. When you practice it daily, the outcome is a healthy life.

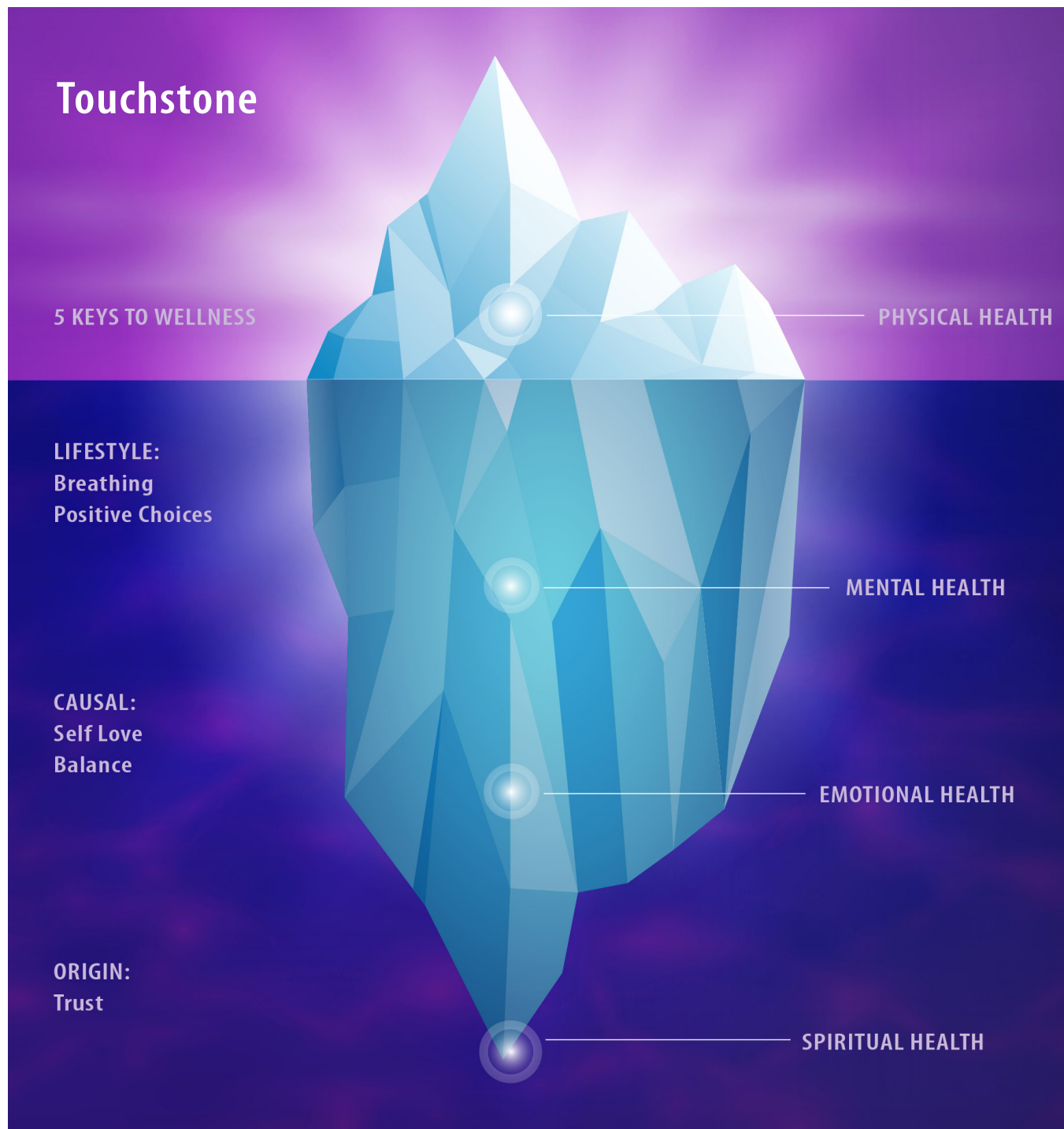
Whatever a child is struggling with, this system has a no cost, easy prescription for improvement. For instance, if a child is struggling with making friends, they would benefit from the self love exercises. If a child is struggling with being lazy, they would immediately benefit from the breathing and nature exercises. At first, the adult helps the child identify the issue and practice the exercises with them. What we have found is that soon after they practice the exercises, the children are teaching others and often reminding the adult to use the system.

The Health Improvement System

The health improvement system can be remembered easily using the acronym of A-E-I-O-U. A system is not a “program” that is used for a short period of time and then replaced with a new one. The system is the way. The health improvement system refers to A for Awareness; E for Education; I for Implementation; O for Outcomes and U for “You.” Awareness is the foundation for good health. You must become aware of your current state of health at all four levels: physical, mental, emotional and spiritual or at the origin. Education is obviously necessary before you implement any system. Once you learn the 5 keys to wellness, you will have all that you need to improve your health. Implementation of the system into your daily life or “hard-wiring” the keys are necessary for improvement. Monitoring of health outcomes such as your energy, your flexibility, or your body mass index inspires sustainability. You’ll soon find when you use the system all of the outcomes will improve and you will simply “feel good.” And finally, there is only one player in this game and it is YOU. You are responsible for creating your health.

CHAPTER 2: A for Awareness

Before you begin learning the keys to the health improvement system, it is important to start with a simple awareness exercise. The reason most of us are losing the game of health is because we are not aware of our current state of health at all four levels. **Our general and physical health is usually a result of our mental, emotional and spiritual health.** As you see from our touchstone, physical health is represented by what you see above the water line. The majority of health determinants are below the surface.



GENERAL HEALTH SCOREBOARD

circle your answers

Are you healthy?	YES	SORT OF	NOT REALLY
Does your body feel good?	YES	SORT OF	NOT REALLY
Do you have lots of energy?	YES	SORT OF	NOT REALLY
SCORE	WINNING	TIED	LOSING

We start with general questions such as “Am I healthy?” but, in order to answer that question, you will need to be aware of what creates your health. If your answer to the question “Am I healthy?” is immediately, “Yes”, then you are unusual. It is a loaded question and it is hard to answer this question with a “Yes” or a “No.” I’ve asked this question of thousands of people from children as young as 5 years old to adults of all ages. Many will answer the question by saying “I don’t get sick very often, so I guess I am healthy.” But, an absence of illness does not mean you are healthy.

Now ask the next general health question: “Does my body feel good?” Why do we ask this? Because the fact is, your physical health is evidenced by your body. Unfortunately, most people do not answer “Yes” to this question. As you check in with your body, what do you notice immediately? Often people find that their neck and shoulders crackle or hurt when they are moved, their chest may be sore from shallow breathing, their feet or legs may ache and their stomach often hurts. This is just the usual response. The truth is, we live so much in our heads that we probably didn’t even notice our bodies were not feeling very good. Even if you eat well, exercise often, stretch daily, sleep well and avoid unhealthy choices your body may still not feel very good. It is likely that you “over-do” or have “stressors” in your life and this will be reflected in your body.

The last health awareness question is: “Do I have consistent energy throughout the day?” Energy is interesting. When asking kids if they have energy, they usually start jumping around to show us how much energy they have. While they have loads of energy, it is not always consistent throughout the day. When we ask teenagers and adults this question, they perk up a little and then usually answer “not all the time.” When they are asked why they don’t have consistent energy or feel tired, it is usually because they are “so busy.” We are so busy, we use up all of our energy and then all of a sudden we drop!

As you are now more aware of your health, you probably also realize that you are playing the Game of Health at every moment and it will often change from day to day. So, you play the game by becoming aware of what happens each moment. At each moment, you are thinking, feeling and doing. Understanding your “General Health” is relatively easy. It is the big picture of overview of your health status. If you have a strong immune system, you are likely more healthy. *How do you know if you have a strong immune system?*

The immune system is made of up white cells, bone marrow, the lymphatic vessels and organs, and serum factors in the blood. Ideally, all of these work together to protect the body from disease. Your immune system has the task of recognizing which things belong and don't belong in the body and then neutralizing or destroying the ones that don't belong. You may have a weak immune system if you have any of the following symptoms:

- ***often tired***
- ***have repeated infections***
- ***have inflammation or consistent soreness***
- ***have strong allergic reactions***
- ***slow wound healing***
- ***chronic diarrhea***
- ***dark circles under the eyes***

The average person gets two colds per year. If you are experiencing illness more often than this, you may need to strengthen or boost your immune system. While it is possible to purchase vitamins and minerals to boost your immune system, it is easier to get more rest, eat natural foods, go outside, have some quiet time and do the things that bring you joy. Your natural and normal state is healthy and everything you need to stay in this healthy state is typically within your reach at every moment.

Obviously the fewer physical symptoms and pain you have, the healthier you are. But do you take medications or mood altering substances to avoid physical symptoms or pain? Some of us are born with genetic problems that require medications to alleviate or reduce physical symptoms. And you can still be generally healthy if you have a genetic illness. But, most of us are not suffering from this problem. Being healthy means that you don't rely on additional substances to keep you symptom free.

If you are generally healthy, then you are likely a productive person who has a good amount of energy throughout the day. You are generally happy and enjoy your life. You start most days with excitement and you end most days with a feeling of accomplishment. You do not feel overwhelmed or overly stressed. And, if this describes you, then you are a health role model and a very unusual person!

The first level of health or physical health is often misunderstood as our “complete” health. It is relatively easy to determine if someone is physically healthy by learning your personal biometrics or getting an annual health examination or “physical.” A short health examination determines the risk level of a person for certain diseases and medical conditions. We can physically check for cardiovascular or nervous system problems, cholesterol and glucose levels, blood pressure and body mass index (BMI). And we can usually do this in 30 minutes or less. The results from this screening often lead to recommendations of a treatment plan or wellness program.

HEALTH RISK APPRAISAL

(1 = No, Never 2 = Sometimes 3 = Usually 4 = Yes, Always)

	1	2	3	4
1. I engage in moderate physical activity outside of work for at least 30 minutes at least 5 days a week.				
2. My physical activity includes stretching, aerobic activity, and strength conditioning.				
3. I do not spend much time doing sedentary activities.				
4. I use alternative modes of transportation whenever possible such as using the stairs instead of the elevator or biking/walking instead of driving.				
5. I eat at least five servings of 100% natural foods each day.				
6. I drink at least 8 glasses of water per day and limit caffeine.				
7. I avoid eating foods that are high in fat or sugar.				
8. I maintain a healthy weight.				
9. I avoid using tobacco products.				
10. I do not use drugs or mood altering substances.				
11. I limit myself to five drinks of alcohol or less per week.				
12. I do not work more than 12 hours per day.				
13. I get at least 6 hours of sleep nightly.				
14. I protect my skin from sun damage.				
15. I visit my dentist every six months for regular check-ups.				
16. I have routine check-ups and health screenings.				
17. I wear a seat belt when traveling in a vehicle.				
18. I stay within five miles per hour of the speed limit.				
19. I never drive under the influence of drugs or alcohol.				
20. I use the recommended safety equipment for all activities or work that I participate in.				

TOTAL SCORE _____

SCORE:

I am a Health Role Model, **70 - 80** / I am Generally Healthy, **60 - 70** / I am not as healthy as I could be, **50 - 60**

I am at risk for disease, **below 50.**

Completing a health risk appraisal and learning your biometrics is very powerful. Most of us have some level of denial. Your physical body reflects your lifestyle and it is always telling you something. Once you become aware of this information, it is hard to remain in denial. The good news is that if you have habits that allow you to answer these questions more positively, you will likely start winning the game of health. Your body wants to be in its natural state of health and the biometrics will reflect improvement almost immediately.

Now that you are aware of your general and physical health, you have a great deal of information about where you stand in the game of health. But there are three important elements that are even more important to understand what is creating your health. Before you say or do something, you have a thought. A major determinant of health is your thoughts or your mental health. So, we must find out what you are thinking. While you have thousands of thoughts a day, there are some common thoughts that have a direct effect on your health. It is again very simple:

- *Do you like and accept yourself as you are at this moment?*
- *Are you a positive person who uses your words wisely?*
- *Do you dwell on external achievement or on what other people think?*
- *Do you consistently worry about the past or the future?*
- *Do you spend time in nature and in reflection daily?*

It is interesting to note that most people cannot answer these questions positively and that leads us to a better understanding of why so many people are losing the game of health. Let's start with liking and accepting ourselves. The first key to wellness is Self Love. There are many exercises in the workbooks "Create Your Health" and "The Health Playbook" and "The Five Keys to Wellness" to help you increase Self Love. Liking yourself is not a mental exercise. It comes down to knowing your strengths and weaknesses or human flaws and loving yourself without condition. You aren't commonly thinking "if only I was smarter, or prettier, or more athletic, or had more money, then everything would be better."

After you accept yourself without condition, then you move to thinking more positively. For instance, instead of thinking "I have to clean the house." You may think "I love the way the house looks and how I feel after I clean it." You also take special care in the words that you use. Words are extremely powerful and if you are wondering why your life might now be going your way, you may want to take an inventory of what you have been saying.

So you like and accept yourself and you are focusing on the positive. Is that enough? No. If you are dwelling on your position in the external world and or your environment, then you are negatively affecting your health. For example, having a goal of getting good grades in school is wonderful. But, dwelling and worrying about it will deplete your health. You should do your best because it makes you feel good and try not to over-do for any achievement. You also need to know why you want the good grades. Many of us want the good grades so that people will think we are smart or so that we will get approval or fit in. Focusing on what other people think is a waste of time. Yes, the person grading your work is important, but living independently of the positive or negative opinions of others is much more healthy.

Now let's dig into this problem we call "worrying." It is a complete mental exercise and it has a major effect on your health. The definition of Worry is: To give way to anxiety or unease; Allowing one's mind to dwell on difficulty or troubles; A state of anxiety and uncertainty over actual or potential problems. Notice that this mental exercise of worrying causes unease and creates a state of anxiety which is also another word for dis-ease. The best offense for worry is to become aware of what place and time your mind is in and then to realize that YOU are not in the past or the future. Help your mind and your body come back into the same place and time which is the present. Put your attention on the present and the worry will subside.

Finally, there is a low cost and easy way to be mentally healthy. That is to GO OUTSIDE! The positive effects of the air, the sky and all of wonderful the elements of nature will release serotonin (the happiness chemical) throughout your body immediately. If you can't go outside, then take a moment to imagine yourself in a beautiful place outdoors. It is important to quiet your mind for at least 15 minutes two times a day to re-energize and stop any negative thought patterns for while. Many people say they cannot slow down or quiet their mind. It is true that it can be challenging and it takes practice. But everyone can quiet their mind and it is one of best ways to start winning the game of health.

See the sample handout in the Healthy Kids are Contagious program.

1) No More Shallow Breaths. Deep breathing improves and maintains health. We usually breathe more deeply and regularly when we are outside.

2) Feel Good Fast. It has been found that playing and exercising outdoors provides a more effective "recess" and restoration than indoor exercise.

3) Stress Less. The natural elements such as sounds and flowing air have a calming effect and spending time in nature often reduces stress.

4) Focus. Exposure to nature can have a positive influence on concentration. Children are better able to focus after a 20-minute walk in a natural setting.

5) Happiness. The sun, nature, exercise, natural foods and deep breathing increase the chemicals in your brain that affect your happiness.



It is now time to tackle those things called “emotions” and take a good look at your emotional health. All human beings have emotions and they are not there to make us suffer. There are two basic emotions: Love and Fear. Unfortunately, we feel fear much more often than we feel love. Notice the questions from the health assessment were about how you often feel. Do you feel safe, courageous, compassionate and joyful or do you feel ashamed, sad, frustrated or angry? Do you express your feelings in a healthy way as they arise or do you delay, constrain or suppress your emotions? If you suppress your emotions, you are likely suffering from chronic stress which inevitably leads to chronic illness. Now take a moment to check for signs of emotional health concerns.

SIGNS OF EMOTIONAL HEALTH CONCERNS

(1 = No, Never 2 = Sometimes 3 = Usually 4 = Yes, Always)

	1	2	3	4
1. Do you often feel overwhelmed?				
2. Are you irritable or have a short temper?				
3. Do people say you are moody?				
4. Are you often agitated and have difficulty relaxing?				
5. Are you often sad or unhappy?				
6. Do you honestly share your feelings?				
7. Are you anxious and your thoughts are racing?				
8. Do you have difficulty concentrating?				
9. Do you use poor judgment or react without thinking?				
10. Do you see the negative in most situations?				
11. Does your body have chronic aches and pains?				
12. Do you have often have diarrhea or constipation?				
13. Do you suffer from nausea or dizziness?				
14. Do you have chest pain or a rapid heartbeat?				
15. Do you get sick often or easily?				
16. Do you eat or more or less than you need?				
17. Do you sleep too much or too little?				
18. Do you isolate yourself from others?				
19. Do you procrastinate or neglect daily responsibilities?				
20. Do you use cigarettes, drugs or alcohol to relax?				

TOTAL SCORE _____

SCORE:

Any score **greater than 50** means that likely emotional stressors are negatively affecting your health.

At every moment we are having a feeling. The feeling we are having is a result of either the environment, another person, something we are doing, what we are thinking, how well we feel or all of the above. A healthy person allows these feelings to arise, feels them fully and remains relatively detached from them because they know that emotions will pass a new emotion is just around the corner. This is easier said than done. If you are feeling angry, that is not negative. Anger often means that most likely a boundary has been crossed. Feeling shame or guilt often means that you are taking accountability for your words or actions. Feeling sadness or grief often means that you have likely lost something. Feeling frustrated often means your expectations were not met. While these are not necessarily “love feelings” they are human and important to your health.

Your physical health reflects how you generally “react” to emotions. We have all experienced a moment of “over- reaction.” Over-reaction can be seen as we become intimidating, become very quiet, we cry, we yell, we storm out of the room, we hit something, we slam a door, etc. The way to avoid over-reaction is to identify the feeling and then allow yourself to feel it in the moment but to try to not let it get the best of you. For instance, say you are feeling frustrated because you are running late due to traffic. Is that normal? Yes. But do you yell and scream or do you notice the frustration, name it and allow yourself to feel frustrated and let it pass or breathe through it? If you don’t let the emotion pass, then it becomes stress.

Emotions are not just reactions. They are also a product of desire or neediness. A healthy person can meet their own needs. What does that mean? Well, if you are feeling empty, you do not fill the emptiness externally. You usually have everything you need inside yourself to meet your own needs. You don’t fix the emptiness by asking for approval or a compliment from someone to make you feel better. You don’t go on a spending spree to feel better. You definitely don’t compare yourself and talk bad about others so that you can feel better. You simply identify the need and find a healthy way to meet it. For instance, if you are feeling insecure in a crowd, you simply remove yourself or use your courage to overcome the discomfort. If you are feeling scared in the dark, you use your amazing imagination to be in a safer place. You have these love based feelings that will meet your needs such as joy, courage, compassion, caring and gratitude.

We all feel needy and we feel it often, emotionally healthy people meet their needs internally, have healthy reactions and feel their emotions as they come. You can also do something else that costs nothing and takes less than three minutes: diaphragmatically breathe. It is physically impossible to be stressed while you are deep breathing. The workbooks and the book “Fish Breath” are great resources to get you started.

Finally, let’s take a moment to become aware of your spiritual health. Many people have trouble with the word “spiritual” because of their personal or family dogma. I do not promote any dogma. Therefore, I think the word “origin” is much more applicable to the fact that our health is clearly created by our original beliefs and attitudes about life and healing and whether or not you trust in your higher self and a higher power. Let’s start with life.

If you live life with the belief that good things usually happen even if they appear to be challenging or difficult, then you are likely winning the health game. If you truly go with the flow as unexpected things and change happens and stay positive (not much complaining), then you are clearly winning the health game. This means that you are not trying to **CONTROL** your life and you are grateful for whatever comes your way. Many of us say we live like this, but do we? If we are stressed, we are likely not going with the flow and are attempting to **CONTROL**.

How can you start improving your spiritual health by addressing this thing called control? Start with truthfully understanding your attitudes and beliefs about life and realizing whether or not you trust or want to control.

- *Do you believe life is generally hard and stressful or do you love life and enjoy it?*
- *Do you believe people are generally self absorbed and selfish or are people kind and helpful?*
- *Do you believe that we are living in a great time of change or do you believe the world is falling apart?*
- *Do you trust yourself to have the capacity and stamina to handle anything that comes your way?*

Now let's talk about healing. There are countless stories and examples of the power of belief. If you believe you can heal, you will heal. You may not become disease free, but that is not what I mean when I say the word "healing." After working in hospitals for over twenty years, it is clear to me that people do more healing in the last few months of their life than they often do their entire lives. When there is no more time on earth, it is time for forgiveness which is one of the best ways to heal.

Forgiveness is a powerful tool for your health. Today, we hear about it more and more. What is forgiveness? Well, it is a process of acceptance and letting go of judgment. Each of us has an "inner judge" that prevents us from healing. How do we start the process? We start by identifying the triggers in life that bring out the judge. My co-worker, Leslie, has a process of saying out loud "I forgive myself and _____ (fill in the blank) for _____ (fill in the blank)" and then she feels compassion and love for herself and others with all of her intention and focus. If the triggers keep presenting, she goes back to the process. The healing is underway, even if the forgiveness and judgment is not complete.

Once you have become aware of the origin of your beliefs and start to trade "control" for "trust" your healing starts to spiral upwards. Your natural healthy state returns as your actions, thoughts and beliefs align with your true self. You recognize and deal with the triggers or challenges in life with forgiveness. You become aware of your thoughts and stay present. You feel your emotions with relative detachment. All of a sudden, you realize that you are winning the game of health. Then you have stronger mental, emotional and spiritual health.

CHAPTER 3: E is for Education

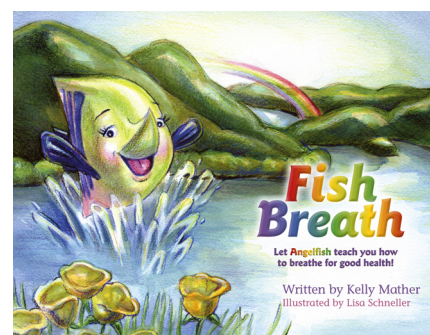
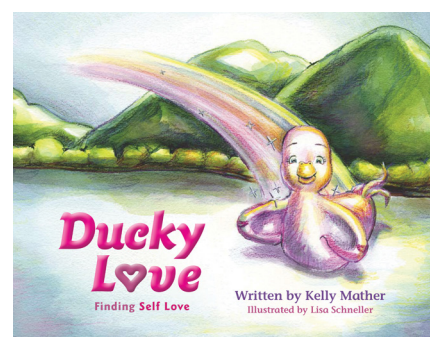
As early as the age of five, you can begin learning the 5 Keys to Wellness. They are: Self Love, Breathing, Positive Choices, Balance and Trust. The keys are best learned by seeing them demonstrated, practicing the exercises and then teaching it to someone else. “See one, do one, teach one” has been found to be the best method in developing skills in healthcare and it has worked extremely well for students of all ages learning the health improvement system.

We found that colorful books and storytelling was a great way to introduce **“The Five Keys to Wellness.”** This first book invites children to hunt for their health treasure. They discover that the health treasure is locked inside of each of us. Once it is found, you simply need the keys to open it. This book gives a great overview of each key and the four levels of healing.

To better demonstrate each key to wellness to children of all ages, we offer three beautifully illustrated children’s stories. They are entitled **“Ducky Love”**; **“Fish Breath”** and **“Froggy Choice”** at this time. These books will give parents and teachers an easy way to encourage the 5 Keys while doing one of the most healthy and loving things a parent can do: reading with your child.

In “Ducky Love”, Ducky finds that she is unhappy and discovers the way to feel happy is by practicing self love. We all seem to struggle with negative words and wanting more than we have. When Ducky flipped those thoughts and started to use positive words, she began to accept and respect herself just as she was. Once she found self love, she also found her gifts and talents which led her on her true path.

Breathing is a low cost way to instantly improve your health. Most of us are shallow breathers and are often in a stressed out state. Practicing deep breathing will counteract this habit and bring you into a more productive, healthy state. Angelfish, the breathing coach, takes the children through four simple and fun breathing exercises. As children practice the breathing exercises daily, deep breathing becomes a healthy habit. It is physically impossible to be stressed while deep breathing. Therefore teachers, parents and students will find that deep breathing is the best anecdote to stress.



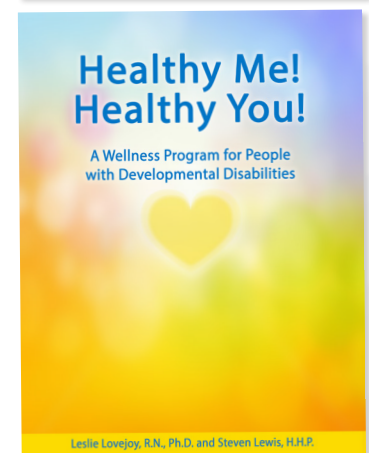
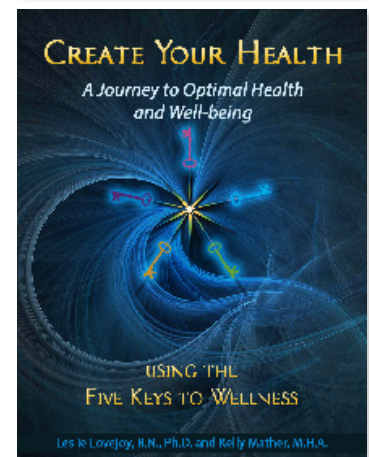
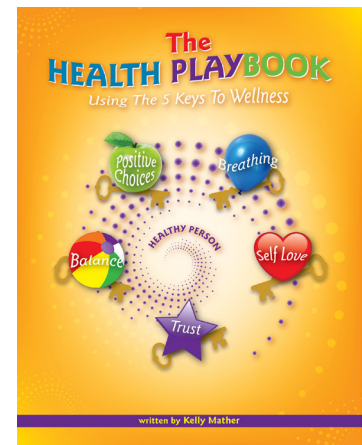
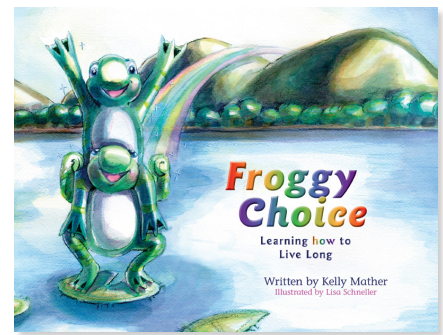
Positive choices are common sense. However, most of us make choices each day that subtract from our health. Froggy Scoggy is the youngest brother in the frog family of “Froggy Choice”. He makes choices that add to his health. His Grandma notices his healthy habits and leadership qualities. When the older brothers continue to make negative choices that will likely shorten their lives, she gives Scoggy the opportunity to be in charge. He shows his brothers how practicing positive choices is fun and leads to a longer life.

The Health Playbook is a workbook targeted to children ages ten to twelve, because this is the age that we begin our healthy habits for life. We have used this excellent workbook and modules with sixth graders for many years. Children at this age are ready and interested in becoming a healthy person for life. The workbook starts and ends with an assessment and we have seen marked improvement with these students in just six short weeks.

Once we enter our teenage years, balance and trust become a major concern. At this point, the students know the 5 Keys to Wellness and know how to use them. However, they are often faced with an overwhelming number of stressors which can lead to escape behaviors. Parents of teenagers will greatly benefit from reading

“Create Your Health” is the workbook for teenagers and adults to learn how to use the 5 Keys to Wellness for life. This workbook will help assess your current state of health and takes you on a journey to optimal health and well-being.

As we developed this health improvement system, we also found opportunities to share the system with people with disabilities. **“Healthy Me, Healthy You”** is a facilitator’s guide to improving the health of students with special needs. This easy to follow guide will inspire anyone who is living or working with people with special needs to help them learn how they create their health.

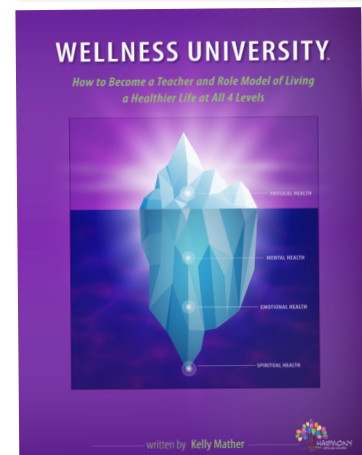
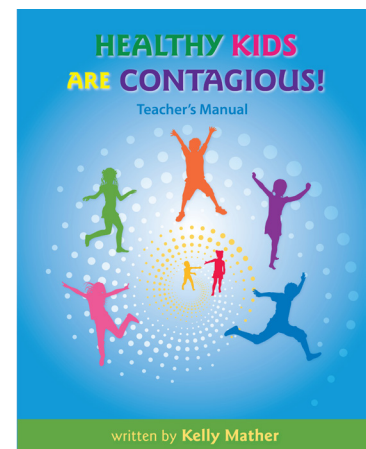


If you are planning on teaching the health improvement system with groups of children by grade level, **The Healthy Kids are Contagious** teachers manual is a great resource to inspire students to come together to focus on improving. This leads to better attendance and higher test scores.

The **Wellness University** syllabus is also available for anyone who is a student of health and is aiming to be a role model of living a healthier life at all 4 levels. We continue to update this workbook as we learn from every class. There are many “**Wellness Ambassadors**” who have used the exercises for their personal health and to inspire others to continue to improve health. An example of an exercise is the “Healthy Role Model Scale”. You see how easy it is to use the system by checking with your hand on how you are doing in each key to wellness.

By reading the books you have become well-educated on the health improvement system. All of these education books and resources are available for free at Harmony Healing House because we want everyone to have the tools to be healthy.

Now it is time to take action!



CHAPTER 4: I O U Implement, Outcomes, You

This system was developed because healthcare is changing and we all know that the reason many people are using our current costly “illness based” healthcare services are because they are living unhealthy lives. There is no reason why more of us cannot start winning the “Game of Health”.

The way to win the “Game of Health” is to change our actions, thoughts and beliefs to be more positive than negative.

The best way to **implement** the system is to set up a routine to practice of taking the 5 Keys to Wellness inventory each day. Habits take approximately 21 days to form. Hardwiring these healthy habits for life will be easy if you make a commitment to doing this for 21 days in a row. If you miss a day, start the count over until you have formed the habit unconsciously. You can also use the Health Risk Appraisal from page 9 in this workbook to remind you of healthy habits.

As with any system, once you have implemented it, you will want to check for improved **outcomes**. Take the Health Assessment at the end of this chapter and complete your wellness wheel which will improve now that you are aware and educated. Measuring outcomes is vital to any system. Everyone is different and it is important that you determine the outcomes that you want to measure. But, you must choose those outcomes and then measure them consistently. In fact, if you truly want to improve your health, it is best that you monitor your outcomes daily. This does not mean you should become obsessive in what you record. Choose three outcomes and then monitor your success in only those outcomes for at least three months. There are many outcomes to choose from such as waist size, minutes of movement per day, the number of healthy, natural foods consumed each day, or your time outside. Once you have improved in your initial outcomes, then choose three more. As you have likely noticed, my goal is to keep this health improvement system very simple so that people of any age can start improving their health right now.

The most important element of the health improvement system is U or **YOU!** You create your health. With awareness, education and a simple system that is easily to implement and monitor the outcomes, YOU become a healthy role model. And since Health is Contagious, you are an important leader in helping everyone live well for life!



HEALTH ASSESSMENT



Are you Healthy? There are four levels of health.

Your health is created by what you think, say, feel, believe and do each day. The health assessment increases your understanding of how you create your health and gives you a system to live well.

Simply answer the questions, tally up the score and create your wellness wheel.

Are You Healthy?

General Health

1. I am well and do not get sick very often.
2. My body feels good and have few physical symptoms and very little pain.
3. I limit medication and/or mood altering substances.
4. I have consistent energy throughout the day.
5. I wake up excited about my day.

No Never	Sometimes	Usually	Yes, Always
1	2	3	4

SCORE ____/20

Physical Health

1. I am flexible and my body is strong.
2. I maintain a healthy weight.
3. I eat well and feel good and energetic after I eat.
4. I drink water often and drink little caffeine.
5. I know my body reflects my lifestyle and I listen to it.

SCORE ____/20

Mental Health

1. I like myself and accept myself.
2. I think positively and use words wisely.
3. I do not worry much about the past or future.
4. I do not dwell on what others think.
5. I spend 30 minutes in nature and quiet my mind daily.

SCORE ____/20

Emotional Health

1. I express my feelings and do not try to suppress them.
2. I feel safe and comfortable being myself with others.
3. I do not over-react very often.
4. When I feel stressed, I address it.
5. I smile a lot and often feel joy.

SCORE ____/20

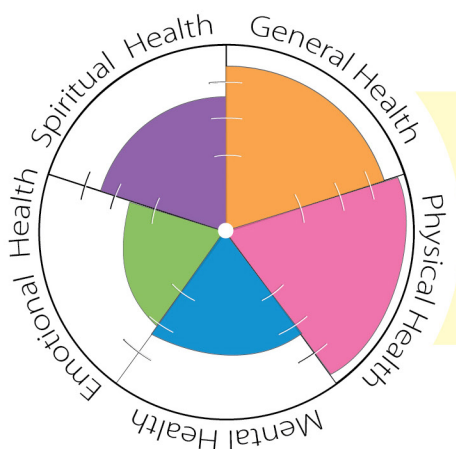
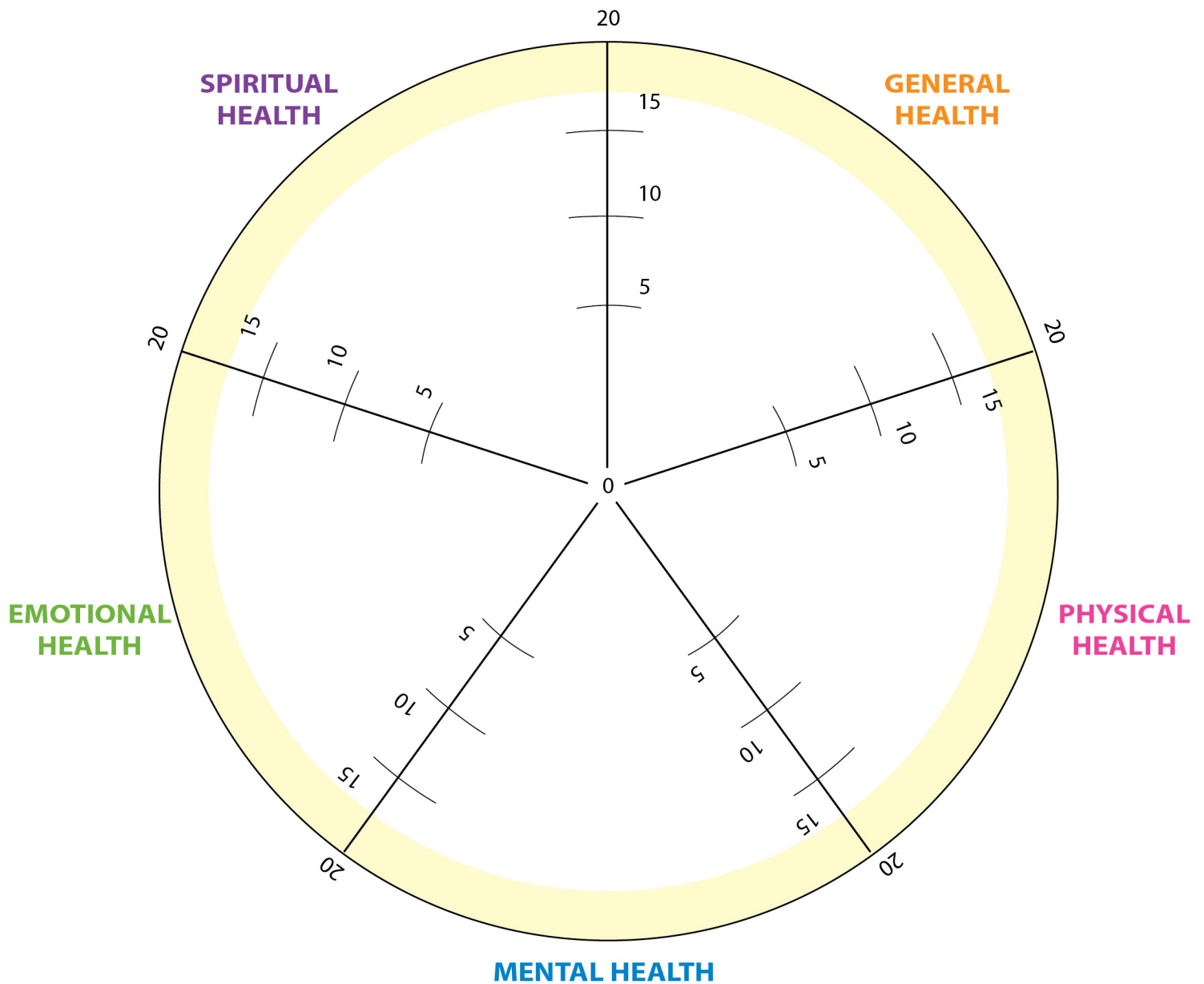
Spiritual Health

1. I know I create my own health and can heal.
2. I believe that good things usually happen.
3. I am grateful and thankful for most everything.
4. I trust that everything that happens will help me grow.
5. I go with the flow and learn from my mistakes.

SCORE ____/20

Please take your scores in each level of healing and create your current Wellness Wheel on the next page.

WELLNESS WHEEL



WELLNESS WHEEL SAMPLE

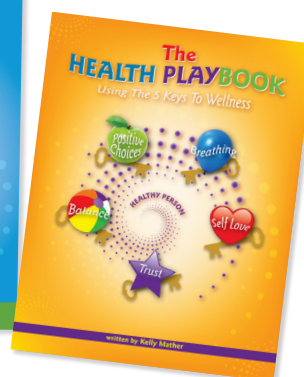
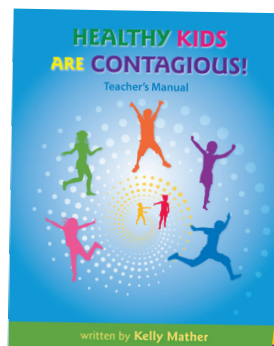
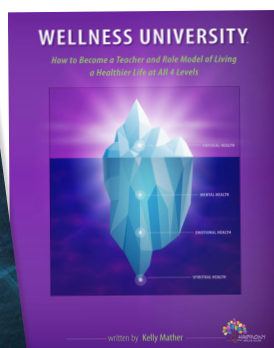
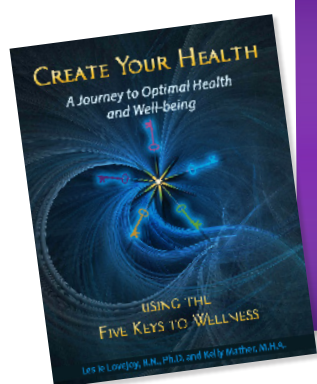
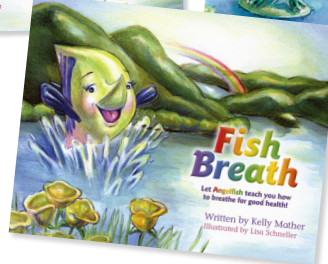
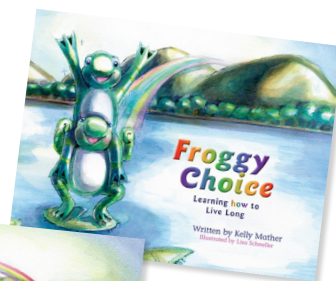
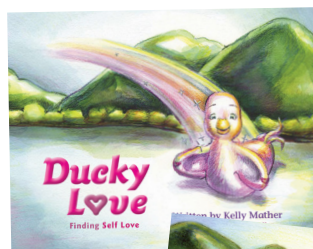
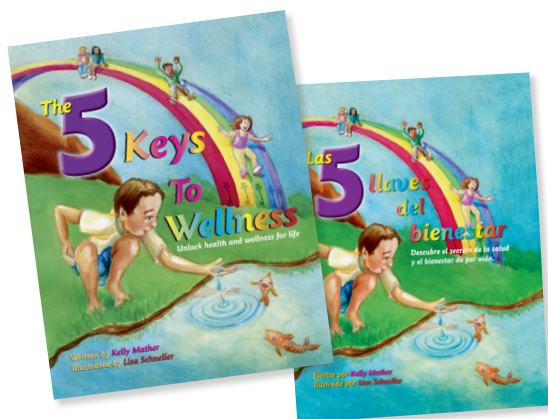
Here a sample wheel of someone who considered themselves in good health. As you can see from her example, there is often opportunity to heal at more than just the physical level when you are truly on the path toward wellness.

ABOUT THE AUTHOR



KELLY MATHER is a leader in healthcare, an author and a wellness speaker. Originally from Illinois, she graduated from Auburn University with a Bachelor of Science in Health Administration in 1989 and received a Master's in Health Administration from Medical College of Virginia in 1992. Since 1991, Kelly has been a Hospital Administrator. While serving as the CEO of hospitals, she has always aimed to inspire healing, create healthy hospitals and improve the health of the community. Kelly has written and published seven books on Wellness since 2006 and has created the Healing Hospital model, which continues to evolve. Kelly is married and the mother of three children. When not passionately following her mission or spending time with her family and friends, she is a spa addict and loves being one with nature.

HEALTH IMPROVEMENT SYSTEM BOOKS



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THE GAME OF HEALTH



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