

WELLNESS: THEN & NOW

WELLNESS HAS SHIFTED FROM A **REACTIVE HEALTH PARADIGM** TO A **PROACTIVE WELLNESS CULTURE** THAT IS HOLISTIC AND INTEGRATED.

THEN (reactive health)

proper nutrition
lose weight
exercise

BE HEALTHY!

listen to your doctor
take your vitamins
listen to your mom

NOW (proactive wellness)

eating good food
resting; fun
staying connected
being active

Feeling well!

balanced energy

