

Short Definitions of Wellness and Their Sources

Some additional definitions of Wellness include:

Option #1

"Wellness is the condition of being in maximum physical and behavioral health."

Source: www.agriwellness.org/WordDocLinks/Ag_BH_Terms2009.doc.

Option #2

"Wellness is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of well-being."

Source: [www.wikipedia.org/wiki/Wellness_\(alternative_medicine\)](http://www.wikipedia.org/wiki/Wellness_(alternative_medicine)).

Option #3

"The quality or state of being in good health; The process of learning about and engaging in behaviors that are likely to result in optimal health."

Source: www.wiktionary.org/wiki/wellness.

Option #4

"Wellness is an active process of becoming aware of and making choices toward a more successful existence."

Source: www.nationalwellness.org.

Option #5

"Wellness is the process of adopting patterns of behavior that can lead to improved health and heightened life satisfaction."

Source: www.beactivekids.org/bak/Front/Vocabulary.aspx.

Option #6

"An individual's state of being that signifies a presence of positive health and quality of life as well as exemplifies the awareness and movement toward a more successful existence."

Source: www.steamboatmassage.com/glossary.php.

Option #7

"Condition of optimal, physical, emotional, intellectual, spiritual, social, and vocational well-being."

Source: www.integrativepractitioner.net/natstanddictionary_ektid16332.aspx.

Option #8

"The efficient balance of body, mind, and spirit - all working to provide the individual with an optimal quality of life."

Source: www.antalearning.moodlehub.com/mod/glossary/view.php.

Option #9

"The relationships between health, regular physical activity, and physical fitness as it applies to Chiropractic philosophy."

Source: www.miskellychiro.com/index.php.

Option #10

"The condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits."

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Source: www.imperialspa.ca/index_files/holisticwellnessglossary.htm.