



# HEALTH AWARENESS

## What Does It Mean To Be Well?

(NAPSA)—Increasingly, Americans are making personal wellness a priority. While packed schedules can sometimes make establishing a daily regimen difficult, people are making life choices with an eye toward improving their overall wellness, including spa vacations, yoga classes, improved diet, vitamins and other dietary supplements.

### What Is Wellness?

According to the McKinley Health Center, wellness is a lifelong process of enhancing your physical, intellectual, emotional, social, spiritual and environmental well-being.

There are many steps on the path to wellness, leaving choices to be made, behaviors to be changed and routines to be established. But in many ways it is about finding balance in your life and nourishing your body correctly.

### Life...Supplemented

While making smart food choices is an important part of wellness, most people simply don't get the nutrients they need from food alone. Vitamins can help fill the gap. Supplements are also important for preventative health and general well-being. As a result, more than 150 million Americans—including healthcare professionals—take vitamins and other dietary supplements each year to help them live healthier lives.

A recent study found more than three-quarters of U.S. physicians (79 percent) and nurses (82 percent) recommend dietary supplements to their patients, while an almost equal number—72 percent and 89 percent respectively—personally use supplements, along with other healthy lifestyle choices.

Incorporating the three pillars



**A majority of doctors and nurses recommend vitamins and other supplements to their patients.**

of wellness—healthy eating, dietary supplements and physical activity—into a personal daily wellness regimen is key. These pillars, along with other smart steps (sleeping enough, regular doctor visits, etc.), are vital in achieving physical and emotional wellness.

### How Well Are You?

Getting started on the wellness path requires knowing where you fall on the wellness scale, where you want to go and what is needed to get there. Smart tools like a free interactive wellness assessment called My Wellness Scorecard can help you realize your goals and provide a starting point for discussing your health habits with a healthcare practitioner. With the scorecard, you can measure your wellness by answering simple questions about the healthy (or not so healthy) lifestyle choices you make. In minutes you find out if you are: an AlphaWELL, WELL, WannabeWELL or an OhWELL.

Visitors to the site also will get easy-to-follow tips to improving wellness, articles relating to the three pillars of health and information about general well-being. To help you get there, visit [www.lifesupplemented.org](http://www.lifesupplemented.org).