Health and Wellness Framework

Yoga



Physical Fitness

Arts

- Cardiovascular
- Strength
- Flexibility
- Coordination



- External
- Internal



Contemplation



- Deep Reflection
- State of Consciousness



Nutrition

- · Healthy Eating
- Food Preparation
- · Growing Food
- · Nutritional Information

EDUCATION &

EXPERIENCE

Meditation

Traits



- Altruism
- Optimism
- Appreciation
- Curiosity
- Cooperation



Lifestyle Choices

- Drugs / Alcohol / Tobacco
- Addictive Behavior
- Risk Behavior

Sports / Physical Fitness

Skills



- Collaboration
- Self-Regulation
- Resourcefulness
- Perseverance
- Responsibility
- Effort / Motivation

HEALTH

WELLNESS