

Introduction to Wellness

Wellness programs are built to balance the
body,
mind, and
spirit.

Everyone can benefit from a wellness plan.

They have a domino effect: simple changes create chain reactions.

Remember a massage therapist's scope of practice limits the kinds of wellness education that he or she can do.

Massage professionals can neither diagnose nor prescribe any treatments to clients.

Be aware that even telling a client to do stretches in between sessions could be seen (in extreme cases) as an activity that should not be performed by a massage professional.

Challenges to Wellness: Stress

Stress is a response to any demand on the mind or body.

Stressors are internal perceptions or external stimuli that demand change.

Defensive measures are how our bodies defend against stressors.

Denial is the act of ignoring stressors, an important method of coping with stress.

“Vertically Ill”? (refers to people who are not sick enough to lie down, but are not well.)

Some stress is okay; it is necessary to be “keyed up” for peak accomplishment, for instance.

Other Challenges to Wellness

Life demands

Loss and grief

Emotional response:

Alarm → disbelief and denial → anger and guilt →
finding comfort → adjustment to loss

Simplification requires choices, boundaries, discipline, and “letting go” in many dimensions. Letting go may involve a sense of relief, but also a feeling of loss that must be resolved.

Grieving is a process and requires time.

Intuition: Recognizing when Wellness is Off Balance

Listening to the “voice in the back of our head”

Find the balance between intuition and scientific research

Learning to recognize our intuition and actually listen to it is an important component of maintaining wellness in our lives.

Seeking Help

Professional help

Supportive relationships

Disrespect and neglect in relationships interferes with wellness

Mutual support supports wellness

Do not trust one single source. Seek out the advice of several experts, and read books covering each area of wellness (body, mind, and spirit).

Formulate your own ideas!

The Body: Nutrition

Easy to explain, hard to follow through

More than just eating

Emotions involved

Nutritional supplements

Experts disagree on value

The government has recently introduced ChooseMyPlate, which replaces the MyPyramid guide to proper nutrition. ChooseMyPlate is geared towards people making healthy choices when choosing their meals by giving them the guide of a place setting.

The Main Food Groups

Proteins

Carbohydrates

Fats

Vitamins

Minerals

Proteins are the chief structural components of the body and are essential components of the cell membrane.

Carbohydrates are responsible for the storing and providing of energy to the body.

Planning a Healthy Diet

USDA's guide to healthy eating: www.ChooseMyPlate.gov

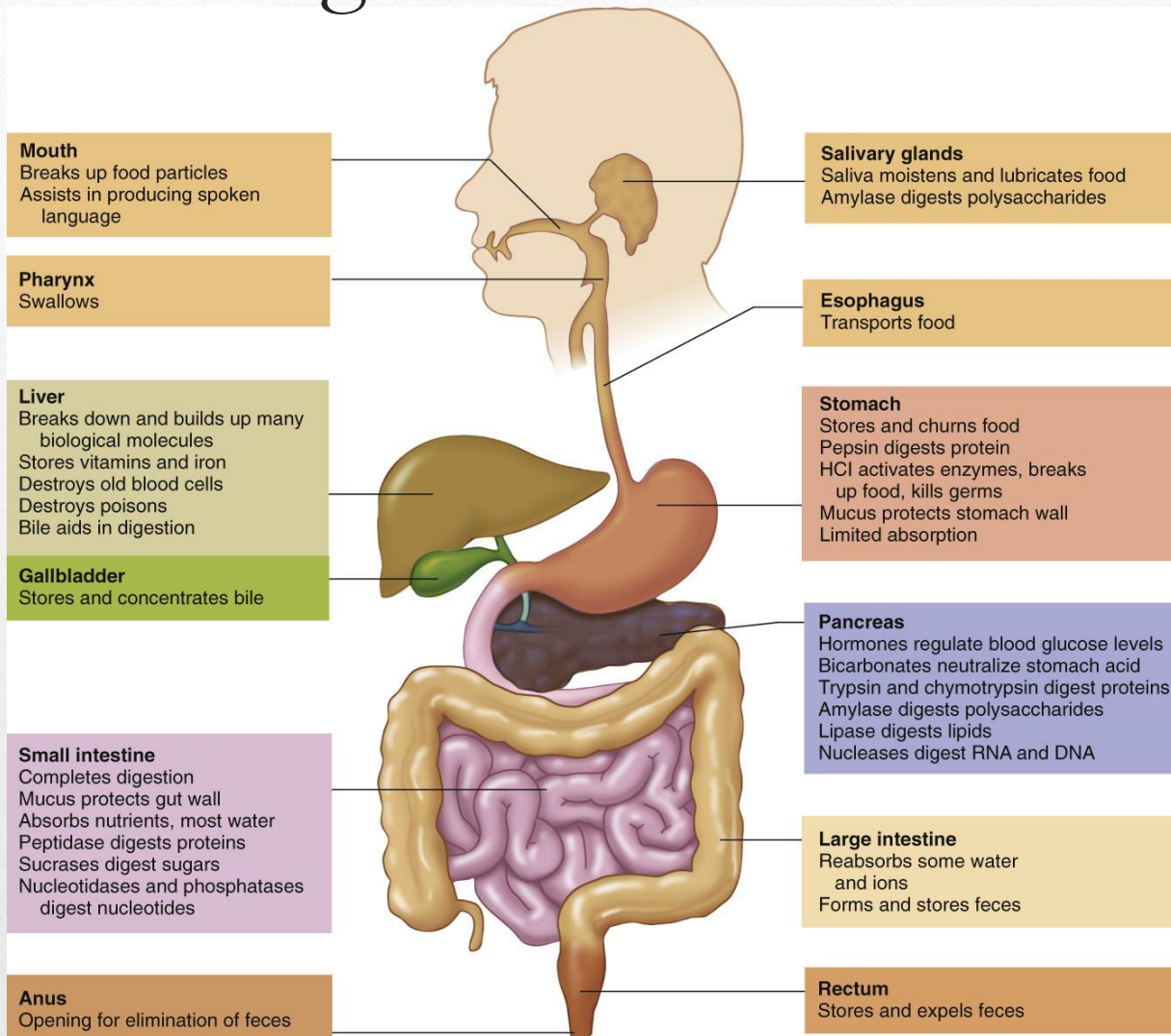
Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products

Includes lean meats, poultry, fish, beans, eggs, and nuts

Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars

Although fat and sugar requirements in the diet are minimal, human beings have a strong urge for fats and for sweets, which are simple carbohydrates.

Digestive Function



Adequate fiber and water in the diet promote bladder and bowel habits that support wellness.

Eating on a regular schedule is important to support body rhythms that in turn support wellness.

Planning a Healthy Diet

Box 15-3 Functions of Water in the Human Body

- Provides a medium for chemical reactions
- Plays a crucial role in regulating chemical and bioelectric distributions within cells
- Transports substances such as hormones and nutrients
- Aids oxygen transport from the lungs to body cells
- Aids carbon dioxide transport from body cells to the lungs
- Dilutes toxic substances and waste products and transports them to the kidneys and liver
- Distributes heat around the body

From Fritz S: *Mosby's essential sciences for therapeutic massage: anatomy, physiology, biomechanics, and pathology*, ed 4, St Louis, 2013, Mosby.

Drinking enough plain water is very important to a wellness program.

The total amount required varies from person to person and depends on multiple factors, including the individual's physical condition, diet, age, activity level, and even where the person lives.

Planning a Healthy Diet

Fruits and vegetables: *reduce the risk of cardiovascular disease and are also the primary source of many vitamins needed for good health.*

Red meat: *consumption of red meat should be limited due to its association with coronary artery disease, type 2 diabetes, and colon cancer.*

Poultry and fish, nuts and healthy fats: *an excellent source of omega-3 fatty acids.*

Planning a Healthy Diet

Box 15-4 Guidelines for an Antiinflammatory Diet

- Eat fruits, vegetables, whole grains, omega-3-containing eggs, fish, chicken, yogurt (unsweetened) with live cultures, extra virgin olive oil, and flaxseed oil.
- Avoid dairy (except yogurt, keifer, and some other fermented products), pork, beef, processed meat, refined grains and sugar, artificial food, and most fats and oils, especially hydrogenated oils.
- Some foods and herbs (e.g., ginger, turmeric, cumin, pineapple, and papaya) are especially valuable for controlling inflammation.

From Fritz S: *Sports and exercise massage: comprehensive care in fitness, athletics, and rehabilitation*, St Louis, 2006, Mosby.

An important aspect of health maintenance is the management of inflammation, and diet can be targeted to reduce inflammation.

Nutritional Supplements

May be used to help achieve optimal nutrition

Quality multivitamin recommended

Caution must be exercised when choosing supplements and herbs

Best taken with food to enhance absorption

The closer a supplement is to a “real food,” the better the body will be able to use it.

The Body: Physical Fitness

Fitness: ability to perform physical work

Humans are designed to gather food and run.

Exercise and stretching are important.

Build activity into each day.

Begin slowly.

Increase intensity each week.

How has human life changed since its beginning, exercise-wise? *We rarely have to exert ourselves to get food, and running for our lives happens much less frequently. So we need to find ways to integrate exercise into our daily lives.*

Deconditioning occurs with prolonged bed rest.

The response to aerobic exercise depends on the intensity, duration, and frequency of the exercise.

Endurance is the ability to work for prolonged periods and resist fatigue.

Cardiovascular endurance refers to the body's ability to perform large muscle dynamic exercise for long periods of time.)

Aerobic exercise increases fitness and endurance.

Adaptation leads to increased body efficiency.

Energy expenditure varies with activity.

A person with a low level of fitness has more potential to improve than one who has a high level of fitness.

This is reflected in the training stimulus threshold, or the stimulus that elicits a training response.

Conditioning

Depends on

Intensity

Must increase to continue improvement

Injury may result if increased too quickly

Duration

Depends on total work done, intensity, frequency,
and person's fitness level

Frequency

Generally 3-4 x per week

The overload principle is a stress on an organism that is greater than the one regularly encountered during everyday life.

The lower the intensity of the exercise, the longer the duration needed. Exercising for longer than 45 to 60 minutes increases the risk of musculoskeletal injury and soreness, and the risk does not justify the benefit.

The frequency or duration of physical activity required to maintain a certain level of aerobic fitness is less than that required to improve it. Deconditioning can occur rapidly.

Parts of an Exercise Program

Warm-up

Aerobic exercise

Continuous training

Interval training

Circuit training

Circuit-interval training

Cool-down

Warming up enhances the effects of exercise; it increases muscle temperature, dilates blood vessels, and minimizes the oxygen deficit

Physiologic Changes Resulting from Exercise

Cardiovascular changes—decrease in blood pressure, increase in blood flow

Respiratory changes—improved lung function

Metabolic changes—increased ATP generation capacity

Other changes—decrease in body fat, lower cholesterol

All of these effects cannot result from one training program; they require a regular regimen with a variety of activities.

Flexibility

Flexibility is the ability to move a single joint through a normal range of motion.

Stretching is any therapeutic modality designed to lengthen shortened soft tissue.

Passive flexibility is the degree to which a joint can be passively moved through its range of motion.



The Body: Relaxation

The focus of relaxation is to quiet the physical body.

Mindfulness

Being attentive to the moment

Relaxation can become a habit.

Almost any type of pleasurable, simple, repetitive activity that requires focused attention induces the relaxation response.

It usually takes 8 to 10 weeks of consistent reinforcement to develop a habit pattern.

Self-Massage

Self-massage can also support relaxation.

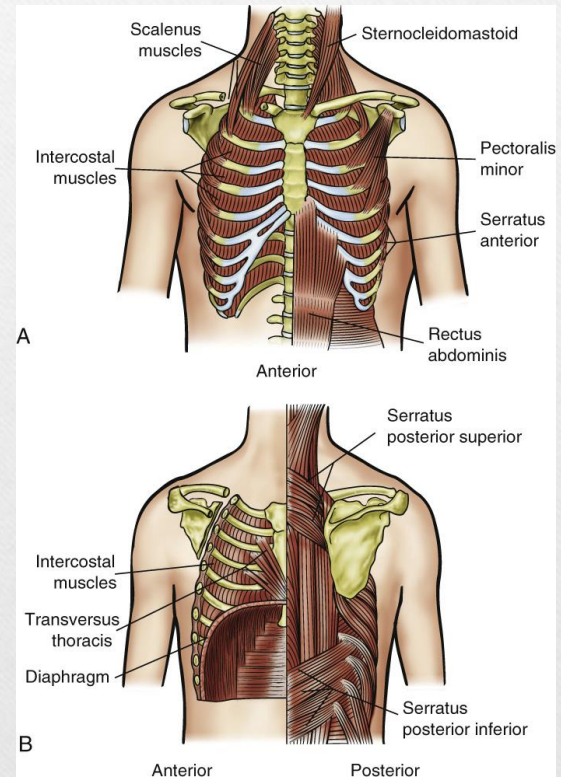


Breathing

Breathing patterns linked to mood, feelings, and behavior

Phases: quiet inspiration, deep inspiration, forced inspiration, quiet expiration, forced expiration

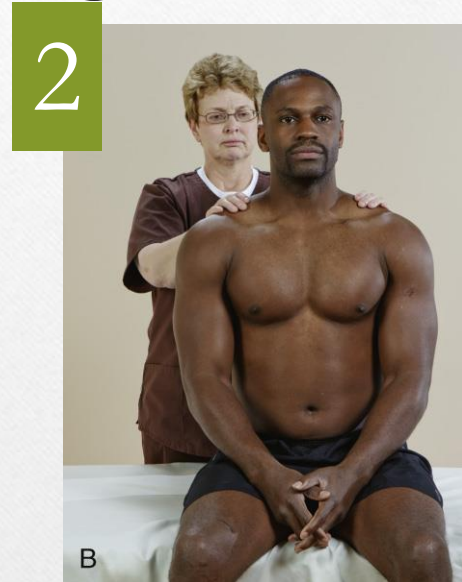
main muscles involved in respiration



Massage to Support Breathing Function



Observe the client's breathing; your top hand should not move first.



Place your hands on the client's shoulders; they should not move.



Place your hands on the client's lower ribs; these areas should move.

Breathing Exercises

Exercise 1

Sit in relaxed position

Place hands in lap; interlace fingers

Firmly press fingers and thumbs into tops of hands

Hold position as long as possible



Sleep

Restorative sleep is necessary for wellness

Min. 6 hours necessary, but 8-9 hours required for most people

Body renews, repairs, restores during sleep

Light/dark cycles regulate sleep

The Mind

Reasons

Understands

Remembers

Thinks

Adapts

The mind coordinates the conscious and subconscious parts of us; it influences and directs mental and physical behavior.

Emotions

Emotions begin and end in our mind.

Feelings

Feelings are the body's interpretation of emotions.

Physical sensations

If physiology changes, feelings can change.

Unresourceful feelings require an opposing response to restore balance.

Behavior

What we do in response to feelings, or to trigger thoughts and feelings, or to avoid feelings

Some behaviors are addictive

Self-concept

What we think about ourselves

Can be positive or negative

Healthy people develop internal standards of self-worth

Addictive behavior creates physical sensations that feel pleasant and bypass the conscious experience of emotion.

Addiction throws the wellness balance off course and requires a great deal of time and energy.

Hard work and support are required to change an addictive behavior.

Coping

Commitment

Willingness to be involved; purpose for being

Control

Internal and external

Relying on external control is a poor coping mechanism

Challenge

A challenging day is filled with things to learn, skills to practice, tasks to be accomplished, and obstacles to overcome.

(We can improve our coping skills by observing people who cope well and asking them how they do it. Seminars and books may also be of assistance.)

The Spirit

Faith is the ability to believe things that science cannot prove.

Hope is the belief that our future will be okay.

Love has no concrete explanation, but is fundamental to wellness.

*Our spirit is the part of us that transcends; our spiritual selves
“know the truth.”*

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