

first choice health and wellness

First Choice Health and Wellness: Your Journey to a Thriving Life

Are you ready to prioritize your well-being and make your health a genuine first choice? This isn't about restrictive diets or grueling workouts; it's about building sustainable, enjoyable habits that nourish your body and mind. This comprehensive guide dives deep into the world of "First Choice Health and Wellness," offering actionable strategies and insights to help you cultivate a healthier, happier you. We'll explore practical steps for improving your physical health, mental well-being, and overall life satisfaction – all with a focus on making healthy choices the easiest and most rewarding ones.

Understanding the First Choice Health and Wellness Philosophy

The core principle behind "First Choice Health and Wellness" is simple yet powerful: consciously making health and wellness your top priority in daily decision-making. It's about shifting your perspective from reacting to health crises to proactively building a robust foundation for a thriving life. This isn't about perfection; it's about progress. It's about integrating healthy choices into your daily routine, not viewing them as a temporary fix or a burdensome chore. This means consciously choosing the stairs instead of the elevator, opting for a nutritious meal over takeout, or scheduling time for mindful relaxation amidst a busy day.

Nourishing Your Body: The Foundation of First Choice Health

Physical health forms the bedrock of overall well-being. This isn't solely about weight; it's about providing your body with the fuel it needs to function optimally. Here are some key aspects:

Prioritize Whole Foods: Focus on incorporating a wide variety of fruits, vegetables, whole grains, lean proteins, and healthy fats into your diet. Reduce processed foods, sugary drinks, and excessive saturated and unhealthy fats. Experiment with new recipes and find healthy foods you genuinely enjoy. This makes healthy eating sustainable, rather than a restrictive diet.

Hydration is Key: Water is essential for almost every bodily function. Aim for at least eight glasses of water daily. Carry a reusable water bottle to remind yourself to drink throughout the day.

Mindful Movement: Regular physical activity is crucial, but it doesn't have to involve intense workouts. Find activities you enjoy, whether it's brisk walking, cycling, swimming, dancing,

or yoga. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.

Prioritize Sleep: Adequate sleep is vital for physical and mental restoration. Aim for 7-9 hours of quality sleep each night. Establish a relaxing bedtime routine to improve sleep quality.

Cultivating Mental Well-being: The Inner Landscape

Physical health is only one piece of the puzzle. Mental well-being is equally crucial for a thriving life. Neglecting mental health can significantly impact your physical health and overall quality of life.

Stress Management Techniques: Stress is a part of life, but chronic stress can be detrimental. Explore stress-reducing techniques such as meditation, deep breathing exercises, yoga, spending time in nature, or engaging in hobbies you enjoy.

Mindfulness and Meditation: Practicing mindfulness helps you connect with the present moment, reducing anxiety and promoting a sense of calm. Even short meditation sessions can have significant benefits.

Social Connections: Nurturing strong social connections is vital for mental well-being. Make time for friends and family, join a club or group that aligns with your interests, or volunteer your time.

Seek Professional Help: Don't hesitate to seek professional help if you're struggling with mental health challenges. Therapists, counselors, and psychiatrists can provide support and guidance.

Integrating First Choice Health and Wellness into Your Daily Life

Making "First Choice Health and Wellness" a reality requires a conscious effort and a gradual shift in your lifestyle. Here's how to integrate these principles into your daily routine:

Set Realistic Goals: Don't try to overhaul your entire lifestyle overnight. Start with small, achievable goals and gradually build upon your successes.

Create a Support System: Surround yourself with people who support your health and wellness goals. Share your journey with friends, family, or a support group.

Track Your Progress: Keeping a journal or using a fitness tracker can help you monitor your progress and stay motivated. Celebrate your achievements along the way.

Be Patient and Kind to Yourself: Progress isn't always linear. There will be setbacks, but don't let them derail you. Learn from your mistakes and keep moving forward.

The Long-Term Rewards of First Choice Health and Wellness

Embracing a "First Choice Health and Wellness" approach isn't just about feeling better; it's about living a longer, more fulfilling life. By prioritizing your well-being, you'll experience increased energy levels, improved sleep, reduced stress, enhanced mental clarity, stronger relationships, and a greater sense of purpose and satisfaction in your life. It's an investment in yourself that yields immeasurable returns.

Conclusion:

Choosing health and wellness as your first priority is a journey, not a destination. It's a continuous process of learning, adapting, and celebrating small victories along the way. By incorporating the strategies outlined above into your daily life, you'll pave the way for a healthier, happier, and more fulfilling existence. Remember, consistency is key, and even small changes can make a significant difference over time. Start today, and embrace the transformative power of prioritizing your well-being.

FAQs:

1. How do I overcome procrastination when it comes to prioritizing my health? Break down large tasks into smaller, manageable steps. Reward yourself for completing each step to stay motivated. Start with one small, achievable goal each day.
1. What if I don't have time for regular exercise? Incorporate short bursts of activity throughout your day. Take the stairs, walk during your lunch break, or do some quick stretches at your desk. Even 10 minutes of activity is better than nothing.
1. How can I manage stress when life gets overwhelming? Practice mindfulness techniques such as deep breathing or meditation. Spend time in nature, engage in hobbies you enjoy, and connect with supportive friends and family. Consider seeking professional help if needed.
1. Is it okay to indulge occasionally? Yes! A balanced approach allows for occasional treats without sabotaging your progress. The key is moderation and mindful enjoyment. Don't beat yourself up over occasional indulgences.

1. How can I maintain motivation over the long term? Celebrate your successes, no matter how small. Find a workout buddy or support group. Set realistic goals and adjust them as needed. Remember why you started your journey and focus on the positive benefits you've experienced.

first choice health and wellness: Your Health... Your Choice M. T. Morter, 2009 A unique summary of how foods affect the way you feel, why some types of everyday foods can lead to disease, and methods to adjust your diet slowly to get frequently missed ingredients. **INSIDE THESE PAGES YOU WILL DISCOVER THAT:** The food you ate in the past determines how healthy you will be in the future. Age is no excuse for disease, aches or pains. You can evaluate your health before symptoms of disease appear. Too much protein is hazardous to your health... Healing is automatic if you give your body a chance.

first choice health and wellness: Section 1557 of the Affordable Care Act American Dental Association, 2017-05-24 Section 1557 is the nondiscrimination provision of the Affordable Care Act (ACA). This brief guide explains Section 1557 in more detail and what your practice needs to do to meet the requirements of this federal law. Includes sample notices of nondiscrimination, as well as taglines translated for the top 15 languages by state.

first choice health and wellness: It's Time for Strategic Scheduling Nathan Levenson, David James, 2023-07-03 An accessible guide to creating schedules that amplify school and district priorities, support best practices in teaching and learning, heighten student engagement, and enhance equity. A school's schedule can be as important to education outcomes as its budget or strategic plan. The secret to making the schedule a tool for school improvement is to approach schedule design not as a technical task, centered on making everything fit like Tetris blocks, but as a strategic one. In this book, informed by research and their work with hundreds of schools, scheduling experts Nathan Levenson and David James explore how strategic scheduling can turn a good enough schedule into one that supercharges learning and engagement without additional costs or more FTEs. If you are ready to * Figure out which schedule type is best for your students and staff; * Disrupt harmful tracking and ensure every student has access to highly skilled teachers and rigorous curriculum; * Deliver optimum hours of core instruction while expanding electives and providing opportunities for student voice and choice; * Precisely match staffing to course enrollment to free up personnel and funds for other purposes * Find time for critical intervention and enrichment blocks; and * Communicate scheduling decisions more effectively to parents, families, and district leaders ... then it's time for strategic scheduling. Offering targeted advice for best-practice scheduling at the elementary, middle, and high school levels, this book will help school and district leaders—and the teachers and students they serve—make the most of every school day and every school year.

first choice health and wellness: The Wellness Empowered Woman Reena Vokoun, 2021-06-10 The Wellness-Empowered Woman is part female empowerment, part professional development, and part health and wellness, as Passion Fit founder and CEO, Reena Vokoun, guides you through a journey to personal and professional success. After years attempting to balance marriage, work, and motherhood, while facing failures, burnout, and health issues, Reena came full circle to her passions. She describes her transformation as she reinvented herself professionally, while maintaining her personal authenticity. Her story and those of her clients show women how to embark on their own journeys of transformation, fulfillment, passion, and purpose. Through Reena's unique holistic approach to wellness, you'll discover: What it means to live a Passion Fit life Who you are and who you're meant to be Practices to incorporate in your daily life, based on Reena's experience as a first-generation-born, Indian-American woman Innovative tools for mental, physical,

emotional, and spiritual wellbeing Health and wellness tips for you and your family By the end, you'll understand what it means to be a wellness-empowered woman, ready to pursue your passions, be fit, and live your best life personally and professionally.

first choice health and wellness: Palm Beach Life , 2009-12 Since 1906, Palm Beach Life has been the premier showcase of island living at its finest — fashion, interiors, landscapes, personality profiles, society news and much more.

first choice health and wellness: Health Magazine Saadiya Ahmad, Welcome to our fall edition of HEALTH magazine which highlights the start of Expo 2020. Running from October 1 until March 31, 2022, Expo 2020 invites everyone to join the making of a new world as visitors reconnect through a six-month celebration of creativity, innovation, human progress and culture. Expo 2020 is 'Connecting Minds and Creating the Future' through Sustainability, Mobility, and Opportunity. Moving forward, HEALTH magazine will have interesting features connecting our readers to Expo 2020. Also, we have an interview with master content creator, an Emirati mega influencer, and now the head of her own beauty brand Peacefull Salama Mohamed. Also, this year, the UAE is celebrating its 50th Jubilee and with the Dubai Fitness Challenge launching on October 29, there has never been a better time to get fit, and enjoy your 50s, 60, 70s, and beyond. The Dubai Fitness Challenge (DFC) is an initiative of His Highness Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, Crown Prince of Dubai and Chairman of The Executive Council of Dubai. The Challenge was created to support His Highness' vision of making Dubai one of the most active cities in the world. We have these features and many more. Meanwhile, enjoy the exciting, fun-filled events at Expo 2020 and stay tuned for our next issue.

first choice health and wellness: Healthcare Politics and Policy in America Kant Patel, Mark E. Rushefsky, 2014-04-25 Fully updated, this new edition provides a comprehensive examination of the ways that health policy has been shaped by the political, socioeconomic, and ideological environment of the United States. The roles played by public and private, institutional and individual actors in designing the healthcare system are identified at all levels.

first choice health and wellness: Marketing Management, 2nd Edition Arun Kumar & N. Meenakshi, 2011 Marketing is a way of doing business. It is all pervasive, a part of everyone's job description. Marketing is an expression of a company's character, and is a responsibility that necessarily belongs to the whole company and everyone in it.

first choice health and wellness: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

first choice health and wellness: Questions and Answers Gary LIGUORI, 2022

first choice health and wellness: Health and Wellness Tourism Patricia Erfurt-Cooper, Malcolm Cooper, 2009-07-27 Geothermal springs constitute a major tourism resource, providing spectacular settings, recreation facilities, a recognised value in treatments beneficial for health and

wellness, a sense of heritage and adventure, and links with the natural environment. Health and wellness tourism accounts for a significant proportion of the world's tourism consumption, with components ranging from hot spring bathing for leisure and recreation, through mineral water use in health treatments under the supervision of highly specialised medical professionals, to water treatments in the wellness and beauty therapy sector and the use of mineral water for drinking purposes. This makes it an economically and socially important area of tourism demanding in-depth analysis. This book explores health and wellness tourism from a range of perspectives including usage, heritage, management, technology, environmental and cultural features, and marketing.

first choice health and wellness: Natural Medicine, Optimal Wellness Jonathan V. Wright, Alan R. Gaby, 2013-04-24 Imagine having holistic physicians at your fingertips to answer your medical questions. With Natural Medicine, Optimal Wellness, you do. For each condition, you'll sit in on a consultation between Dr. Jonathan Wright and a patient seeking advice. By the conclusion of each visit, you'll have a complete understanding of why Dr. Wright prescribes particular natural treatments. Then, in a separate commentary, Dr. Alan Gaby follows up with an analysis of the scientific evidence behind the treatments discussed, enabling you to make informed decisions about your health. If you wish to receive the best of care from the best of physicians, Natural Medicine, Optimal Wellness is the natural choice for your personal library of health and wellness books.

first choice health and wellness: Care Without Coverage Institute of Medicine, Board on Health Care Services, Committee on the Consequences of Uninsurance, 2002-06-20 Many Americans believe that people who lack health insurance somehow get the care they really need. Care Without Coverage examines the real consequences for adults who lack health insurance. The study presents findings in the areas of prevention and screening, cancer, chronic illness, hospital-based care, and general health status. The committee looked at the consequences of being uninsured for people suffering from cancer, diabetes, HIV infection and AIDS, heart and kidney disease, mental illness, traumatic injuries, and heart attacks. It focused on the roughly 30 million-one in seven-working-age Americans without health insurance. This group does not include the population over 65 that is covered by Medicare or the nearly 10 million children who are uninsured in this country. The main findings of the report are that working-age Americans without health insurance are more likely to receive too little medical care and receive it too late; be sicker and die sooner; and receive poorer care when they are in the hospital, even for acute situations like a motor vehicle crash.

first choice health and wellness: First Responder Mental Health Michael L. Bourke, Vincent B. Van Hasselt, Sam J. Buser, 2023-11-13 This edited volume provides mental health clinicians with knowledge to effectively work with current and former first responders. It provides strategies on how to best develop and adapt clinical assessment procedures and therapeutic interventions to better meet the unique needs found in these settings. Chapters synthesize existing literature to introduce the reader to profession-specific factors issues that exist in these contexts and describe the challenges that can present when working with police, firefighters, EMS, emergency communications operators, crime scene investigators, and corrections personnel. The book covers a range of topics that clinicians and trainees need to understand the relevant issues, develop effective treatment plans, and deliver appropriate psychological services in public safety settings. First Responder Mental Health: A Clinician's Guide will be essential reading for mental health professionals working with first responders, as well as those in training.

first choice health and wellness: Encyclopedia of Sports Medicine Lyle J. Micheli, 2011 This encyclopedia presents state-of-the-art research and evidence-based applications on the topic of sports medicine.

first choice health and wellness: Official Gazette of the United States Patent and Trademark Office , 2005

first choice health and wellness: She-ology Sherry A. Ross, 2017-04-25 She-ology describes the state of the vagina at every age and stage of a woman's life--

first choice health and wellness: House Reports , 1924

first choice health and wellness: Building Wellness with DMG Roger V. Kendall, Ph.D.,

2011-09-06 DMG is an incredibly important nutrient that has far-reaching effects in the body from better cellular energy to strengthening the immune system. It is key to both the prevention and healing of disease. Building Wellness with DMG tells the amazing story of DMG and how this multi-functioning nutrient has the power to fight disease, ward off secondary infections, give you greater energy and stamina, improve sexual function, decrease epileptic seizures, and enhance brain function. Research suggests that because DMG boosts our cell's most basic functions, it is a vital nutrient to take. The many benefits of DMG include: • Cardiovascular Disease-Decreases elevated triglyceride and cholesterol levels. Improves circulation, helps the body adapt to stress, decreases homocysteine levels, and promotes glutathione and SAME synthesis. • Cancer-DMG has anti-tumor properties, modulates the immune system, and helps protect DNA. • Diabetes-DMG regulates sugar metabolism, helps the production of hormones like insulin, helps with cataract prevention, and acts as an antioxidant. • Immune System-Enhances the immune system by acting as an antiviral, antibacterial, and anti-fungal agent. • Athletic Performance-Increases oxygen utilization, decreases lactic acid formation, and makes energy production more efficient. • Other Conditions-Research also suggests that DMG is beneficial for autism, neurological disorders, circulatory insufficiencies, epilepsy, liver and kidney disorders, autoimmune disease, addictions, and respiratory disease.

first choice health and wellness: Health Professions Education Institute of Medicine, Board on Health Care Services, Committee on the Health Professions Education Summit, 2003-07-01 The Institute of Medicine study Crossing the Quality Chasm (2001) recommended that an interdisciplinary summit be held to further reform of health professions education in order to enhance quality and patient safety. Health Professions Education: A Bridge to Quality is the follow up to that summit, held in June 2002, where 150 participants across disciplines and occupations developed ideas about how to integrate a core set of competencies into health professions education. These core competencies include patient-centered care, interdisciplinary teams, evidence-based practice, quality improvement, and informatics. This book recommends a mix of approaches to health education improvement, including those related to oversight processes, the training environment, research, public reporting, and leadership. Educators, administrators, and health professionals can use this book to help achieve an approach to education that better prepares clinicians to meet both the needs of patients and the requirements of a changing health care system.

first choice health and wellness: Healthplan , 2002

first choice health and wellness: Encyclopedia of Sports Medicine Lyle J. Micheli, M.D., 2010-11-17 With an ever-growing variety of sports and exercise opportunities open to people of all ages, classes, and races, participation in casual sports has blossomed in recent decades, while interest in collegiate and professional sports has continued to soar. The field of sports medicine is thriving in response to the demand for health care professionals to care for people involved in vigorous exercise. Now more than ever, it is imperative that doctors, physical therapists, surgeons, nurses, and alternative medicine practitioners understand and are able to treat effectively the types of conditions stemming from all types of physical activity, ranging from pleasure walking to professional football. Presenting state-of-the-art research and evidence-based applications, this four-volume resource provides the most comprehensive and accessible information available on sports medicine. The Encyclopedia of Sports Medicine describes all aspects of the field with perspectives, concepts, and methods from the medical, behavioral, and social sciences and physical education. Key Features • Includes contributions from preeminent healthcare professionals who are renowned experts • Presents a broad spectrum of entries covering a variety of key topics, a glossary, and two appendices • Contains more than 550 tables and images, including anatomical drawings, X-rays, and MRI scans • Illustrates selected diagnostic and treatment techniques step-by-step with more than 200 photographs • Offers an in-depth examination of the various career opportunities in this area, including orthopedists, athletic trainers, sports psychologists, and nutritionists Key Themes • Conditioning and Training • Diagnosis and Treatment of Sports Injuries • Diet and Nutrition • Doping and Performance Enhancement • Exercise Physiology, Biomechanics, Kinesiology • Injuries and Disorders • Injury Prevention • Medical Conditions Affecting Sports Participation • Rehabilitation

and Physical Therapy · Special Populations · Specialties and Occupations in Sports Medicine · Sports and Society · Sports and Sports Medicine · Sports Psychology · Sports-Specific Injuries · Women and Sports

first choice health and wellness: *California Physician* , 1984

first choice health and wellness: THE “BOOMERS” ARE COMING Jerry Rhoads, 2012-12-10 The foundation of democracy is the pursuit of the Greater Good. As a country, we pursue what is good for most of the people, most of the time. But that is not our approach for the care of our elderly. Of the 330 million people in America 77 million are baby boomers. In the next 10 years a staggering majority of them turned 60. Even though it would be for the Greater Good of America, there are no provisions for taking care of these aging lives. There are only time bombs: • Currently, there are 2.3 million falls per year among the elderly in nursing homes. There will be 80 million per year when the baby boomers come of nursing home age • On the average, baby boomers will have 4 to 5 chronic illnesses by the time they are 65...that equates to 350 million chronic conditions • 77 million families will be impacted by the disabilities and chronic conditions imposed on them by aging baby boomers • 77 million households are not equipped and never will be to handle chronic illnesses and dependent lives • \$77 trillion dollars will be imposed annually on the budgets of State and Federal Governments to care for the aging boomers • The 46 million uninsured will become 100 million as the baby boomers become retirement age and unemployed • There are currently 1.7 million nursing home patients in 18,000 nursing homes and 4 million assisted living residents in 23,000 assisted living facilities. We will need 12 times as many nursing homes and 15 times as many assisted living facilities to handle the 77 million baby boomers in a supportive setting • 2 million physicians, 2 million nurses, 7,500 hospitals and 750,000 other health professionals cannot handle the needs of 77 million aging baby boomers. But they do want their share of the health care dollars. Making the radical change from health maintenance to prevention and health preservation would serve the greater good and make more Medicare money available. On top of these time bombs we have 77 million high expectations. If we are expecting these 77 million baby boomers to just accept nursing homes and assisted living as they are...think again. They tend to be dependent on others for their approach to health care and generally are not staying healthy; nor are they schooled on preserving their health and do not pay more for poor health. Compounding this, their health care providers are not schooled in detecting cause or in pursuing measurable outcomes. But they are paid regardless of results

first choice health and wellness: U.S. Health in International Perspective National Research Council, Institute of Medicine, Board on Population Health and Public Health Practice, Division of Behavioral and Social Sciences and Education, Committee on Population, Panel on Understanding Cross-National Health Differences Among High-Income Countries, 2013-04-12 The United States is among the wealthiest nations in the world, but it is far from the healthiest. Although life expectancy and survival rates in the United States have improved dramatically over the past century, Americans live shorter lives and experience more injuries and illnesses than people in other high-income countries. The U.S. health disadvantage cannot be attributed solely to the adverse health status of racial or ethnic minorities or poor people: even highly advantaged Americans are in worse health than their counterparts in other, peer countries. In light of the new and growing evidence about the U.S. health disadvantage, the National Institutes of Health asked the National Research Council (NRC) and the Institute of Medicine (IOM) to convene a panel of experts to study the issue. The Panel on Understanding Cross-National Health Differences Among High-Income Countries examined whether the U.S. health disadvantage exists across the life span, considered potential explanations, and assessed the larger implications of the findings. U.S. Health in International Perspective presents detailed evidence on the issue, explores the possible explanations for the shorter and less healthy lives of Americans than those of people in comparable countries, and recommends actions by both government and nongovernment agencies and organizations to address the U.S. health disadvantage.

first choice health and wellness: Place Branding Pantea Foroudi, Chiara Mauri, Charles

Dennis, T C Melewar, 2020-02-06 Place branding as a field of research is still in a state of infancy. This book seeks to address this, offering a theory of place branding based on the tourist experience, keeping in mind the roles of stakeholders, both public and private organisations and DMOs in managing the place brand. *Place Branding: Connecting Tourist Experiences to Places* seeks to build a customer-based view of place branding through focusing on the individual as a tourist who travels to undertake a memorable experience. The place is the key creator of this experience, which begins well before the travel-to and ends well after the travel-back. Individuals choose the places where to go, collect information on them, ask for advice and suggestions from fellow travellers, give feedback when they come back and talk a lot about their experience, spreading word-of-mouth. The book enables readers to understand how the tourist experience can be managed as a brand. Readers are exposed to a variety of problems, methodological approaches, and geographical areas, which allows them to adapt frames to different contexts and situations. This book is recommended reading for students and scholars of business, marketing, tourism, urban studies and public diplomacy, as well as practitioners, business consultants and people working in public administration and politics.

first choice health and wellness: *Healthcare Politics and Policy in America: 2014* Kant Patel, Mark E Rushefsky, 2014-12-18 This book provides a comprehensive examination of the ways that health policy has been shaped by the political, socioeconomic, and ideological environment of the United States. The roles played by public and private, institutional and individual actors in designing the healthcare system are identified at all levels. The book addresses the key problems of healthcare cost, access, and quality through analyses of Medicare, Medicaid, the Veterans Health Administration, and other programs, and the ethical and cost implications of advances in healthcare technology. This fully updated fourth edition gives expanded attention to the fiscal and financial impact of high healthcare costs and the struggle for healthcare reform, culminating in the passage of the Affordable Care Act, with preliminary discussion of implementation issues associated with the Affordable Care Act as well as attempts to defund and repeal it. Each chapter concludes with discussion questions and a comprehensive reference list. Helpful appendices provide a guide to websites and a chronology. PowerPoint slides and other instructional materials are available to instructors who adopt the book.

first choice health and wellness: *Bulletproof Spirit, Revised Edition* Dan Willis, 2019-08-27 Suicide, depression, anxiety, post-traumatic stress disorder (PTSD), substance abuse, and many more emotional and stress-related problems plague the first-responder community. Hundreds of thousands of these brave public servants have unwittingly become victims of the professions they once loved. However, the suffering that results from a professional life of sacrifice and service can be prevented and mitigated. As a thirty-year law-enforcement veteran, retired police captain, and police academy instructor, Dan Willis has witnessed the damage of emotional trauma and has made it his personal mission to safeguard and enhance the wellness and wholeness of police officers, firefighters, EMTs, emergency-room personnel, and soldiers. *Bulletproof Spirit* offers field-tested expertise designed to be used by all first responders — and their families — to heal themselves and continue serving with compassion and strength.

first choice health and wellness: *Making Further Continuing Appropriations for the Fiscal Year 2003, and for Other Purposes: Conference Report to Accompany H.J. Res. 2, February 13 (Legislative Day February 12), 2003* ,

first choice health and wellness: *The IMPACT! Body Plan* Todd Durkin, 2011-09-27 Todd Durkin is the most sought-after personal trainer in sports, and if you don't know his name, you've definitely seen his work. He is the man who helped world-class athletes such as quarterback Drew Brees win a Super Bowl MVP, pitcher Cole Hamels win a World Series MVP, and professional snowboarder Shaun White win two Olympic gold medals. He is known throughout sports as the one trainer who can use any person's unique raw materials to transform them into—quite literally—the best they can be. Now Durkin has tailored his elite training program for anyone looking to transform their bodies. Based on groundbreaking muscle matrix research, Durkin's program is designed to adapt to your body to help you shed flab, build strength and flexibility, and enhance your athletic

performance.

first choice health and wellness: Investing in the Health and Well-Being of Young Adults
National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

first choice health and wellness: Growing Herbs for Health, Wellness, Cooking, and Crafts
Kim Roman, 2024-04-02 Growing Herbs for Health, Wellness, Cooking, and Crafts provides everything you need to know to start your own herb garden today. From soil preparation, lighting, how often to water, pests and disease prevention, important things to know when planting indoors verses outdoors, expert gardener and author Kim Roman shares invaluable tips to producing high yield quality herbs. Kim also shares quick reference charts and plant profiles for 36 of today's most popular herbs, in addition to a few of her favorite recipes where herbs are the star ingredient including marinades, salad vinaigrettes, infused oils, delicious cocktails or mocktails, herbed and plain focaccia bread, teas and more! You can enhance your crafting projects by adding herbs as well. Herbs include echinacea, St. John's Wort, turmeric, elderberry, ginger, chamomile, Tulsi, anise hyssop and so much more!

first choice health and wellness: Service Design Practices for Healthcare Innovation
Mario A. Pfannstiel, Nataliia Brehmer, Christoph Rasche, 2022-01-19 This book offers an overview of service design practices for healthcare and hospital management. It explores how these practices can help to generate innovations in healthcare and contribute to the improvement of patient-centered care. Respected experts, including scholars from various disciplines and practitioners from healthcare institutions, share essential insights into established research areas, fields of work and work structures, and discuss successful approaches, methods and tools. By illustrating innovative services, products, processes, systems, and technologies, as well as their application in practice, the authors highlight the role of participating stakeholders in service design projects and the added value that comes from sharing, communicating, networking and

collaborating. This book is a must-read for scholars and practitioners in the hospital and healthcare sector. It will also appeal to anyone interested in organizational development, service business model innovation, customer involvement and perceptions, and service experience.

first choice health and wellness: Anxiety and Panic Disorders in Teens Susan Zeppieri, 2021-09-28 The teenage years can be some of the most confusing and disruptive years of our lives. With rising pressures from social, academic, and employment demands, it is no wonder that anxiety in teenagers has doubled in the last decade, with one in three teenagers in America now struggling with anxiety related disorders. Whether you're a parent, guardian, teacher, or just a concerned friend, it can be hard to know where to start if you want to offer support to a teen who might be struggling on their own.

first choice health and wellness: Prime-Time Health William Sears, 2010-01-06 Twelve years ago, renowned physician and author Dr. William Sears was diagnosed with cancer. He, like so many people, wanted -- and needed -- to take control of his health. Dr. Sears created a comprehensive, science based, head-to-toe program for living a long, fit life -- and it worked. Now at the peak of health, Dr. Sears shares his program in Prime-Time Health. This engaging and deeply informative book will motivate readers to make crucial behavior and lifestyle changes. Dr. Sears explores how to keep each body system healthy and delay those usual age-related changes. Written in Dr. Sears's wise, accessible, and entertaining voice, Prime-Time Health is a practical program to help you live your best life possible-pain-free, disease-free, stress-free, and medication-free.

first choice health and wellness: Ten Commandments of Faith and Fitness Henry G. Brinton, Vikram Khanna, 2008 Building on the Ten Commandments that guide our spiritual lives, Henry Brinton and Vikram Khanna have devised Ten Commandments of Faith and Fitness, a scientifically sound resource that teaches how to properly incorporate physical activity into daily life and how to eat better, while building faith in the process.

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