

WellNow!

Better health for everybody

Session 6:

A Picture of Health

Benefits of keeping active

- Feel better in yourself - enhanced overall sense of wellbeing
- Improved mood
- Improved sleep, digestion, concentration
- Muscle strength
- Flexibility
- Healthy joints/bones
- Healthy heart/lungs
- Improved insulin sensitivity
- May help with pain management

look forward to the day
alertness
spring in my step
more energy

Other Feel Good Factors

- Social networks, friends, family
- Hobbies eg knitting, bingo, drawing, local history, badminton, pets, cinema, skittles, drumming, reading, gardening, singing
- Natural world
- Spiritual beliefs, hope
- Making a difference eg. volunteering

creativity ~ connection ~ contribution

Active Embodiment

- Linking your mind and body
- Mindfulness helps clarity, calmness, sense of control
- Helps us recognise and manage emotions, thoughts and feelings
- Meditation, relaxation and breathing techniques can help

Active Living and Realistic Fitness

- Helps someone enjoy life to the full.
- Involves doing a range of enjoyable physical activities, according to an individual's ability and circumstances, to optimise their wellbeing
- What does realistic fitness mean for you?



Please
turn over
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Psychosocial factors

This describes how people experience life and health differently because of differences in wealth, opportunities, experiences of violence, trauma, and respect and because of how we feel about ourselves, which are all linked.

Status Syndrome

- People in lower social classes tend to have poorer health than people in higher social classes. The difference isn't fully or mainly explained by health behaviours.
- People in lower social classes are less likely to have control over their lives and more likely to be excluded from society. This, and other stresses, leads to metabolic changes that increase risk of disease and is described as the Status Syndrome

'Prerequisites for Health' Ottawa Charter, 1986

Health requires:

- peace,
- shelter,
- education,
- food,
- income,
- a stable eco-system,
- sustainable resources,
- social justice
- and equity (the likelihood of people from different walks of life having equal outcomes).

What's on offer with physical activity

Conventional Approach

- **Obligation** to be fit - links fitness with human worth

A Well Now Approach

- Personally meaningful feedback
- Enjoying moving and using your body
- Promoting self-care: active living, mindfulness, relaxation
- Recognising that social, fun, creative, pampering aspects of physicality all contribute to wellbeing
- Opportunity for playfulness
- Part of 'feel good' menu
- You are worthy of respect whether you're active or not
- Promotes **opportunity** for pleasurable activity for all

Our life circumstances influence our health differently



The personal is the political