

# Alexia Harrigan Mind/Body Health Coaching



## How to Develop a Wellness Program in Your Life

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***It's important for all of us to take responsibility for our health and overall wellness in life.*** If you want to improve how you feel, how you look, or any other component in your life, developing a wellness program is the way to do it!

Developing your own personal wellness program will enable you to fully understand what it means to have a life-balance and give you a plan for achieving it.

### Evaluating Your Life

There are several core areas in your life that you should review when developing your wellness program. All of these areas are important, yet some of them are often ignored because of our busy schedules. These core areas include the following:

- Diet
- Exercise
- Thoughts
- Leisure  
Time
- Feelings

***In order to create a program that ensures your wellness, it's vital to include all of these areas in your plan.*** This is because, ultimately, all of these key areas have a place in how we feel both physically and psychologically.

### Elements of a Wellness Plan

A program that focuses on how well you are, should ***always start with a diet that includes healthy foods.*** These include nutritionally rich foods, and foods that are cultivated organically so that you reduce the amount of toxins that enter your body.

You should focus on consuming fresh plant foods like fruits and vegetables rather than the prepackaged foods in the store. Eating nuts and drinking lots of water can also be especially helpful.

- ***Check out your local health food store or farmer's market for the freshest produce.***

Exercise is another important element of success when it comes to developing a wellness program. Not only does exercise help you lose or maintain your weight, but it also increases the amount of available oxygen throughout your body.

The cells, muscles, bones, and other components of the body are heavily dependent upon oxygen and the body's ability to properly circulate the blood. ***A healthy, oxygenated body will have more energy, which will make you more productive and generally happier.***

- Exercising doesn't mean spending lots of money on a gym membership. Walk around your block, take the stairs instead of the elevator, or walk through a nearby mall and you'll see the benefits.
- The American Heart Association along with the World Health Organization recommend 150 minutes of exercise per week. That can be broken down into 5 - 30 minute sessions or even 15 - 10 minute sessions, whatever can work into your schedule. Make a commitment to make time to invest 150 minutes into building a better body.

The next part of a wellness program is to ensure that your thoughts and feelings are positive and complimentary to your life. Having a support group or someone to talk to about issues that concern you can be very productive. This ***can be extremely beneficial to your wellness mission.*** If certain people or places cause you to experience stress, depression, or other negative feelings, then it's important to pull yourself away from them or find a productive means for coping with them.

- Talking to a **health coach** can be very helpful to achieving optimal well being. Your health coach can help you refine your goals, help you develop your wellness plan and provide accountability to keep you on track.
- Remember, you must focus on both the physical and the psychological aspects of who you are in order to be well. By following these techniques to develop your wellness program, you'll enhance your life well into the future!

Whatever your wellness vision is, your health coach can help you make that vision a reality. Visit [www.AlexiaHarrigan.com](http://www.AlexiaHarrigan.com) to schedule your complimentary **Vision Session** to take the first step towards a healthier you.