

OptimalHealthSecrets.Com
LIA Lifestyle Instruction Aid

abcde1. The Five Factors of optimal Health & Wellness

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Optimal Health is a Circle of Wellness Behaviours

Behaviours that have been identified as essential to optimal health are as follows.

1. Spinal Health
2. Nutrition
3. Exercise
4. Rest & Relaxation
5. Attitude Balance

The OptimalHealthSecrets.Com Factors of Wellness are:

1. Spinal Health:
Advice from experts on spinal care.
2. Nutrition:
Meals, Vitamins, Minerals, Phytonutrients, other Supplements
3. Exercise:
Advice on Strength, Stretch, & Endurance
4. Rest & Relaxation:
Advice on Planned Down Time
5. Attitude:
Advice on Balance

These are the FIVE FACTORS for Optimal Health & Wellness. Balance is where it's at. Balance your behaviour teeter totter. You need all 5. If you don't have them all then, you do not have optimal health. Optimal Health & Wellness requires many things. Some of them cost a lot. They are all needed. Learn now, and empower yourself. You can't do it yourself. You need help. You will need help with: Products, Services, Ideas, Planing, Motivation, Perseverance, and Tracking your progress.

Learning more about what the FAB 5 are, is your first step. Learning how to implement them, is your second step. Tracking your progress is your third step.

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