

**Dr. Victor Jean Ouellette, DC, MS**

[info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com)

Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Master of Science: Biology (With Emphasis on Nutrition)

Retiring Certifications: DNM, RNP, Cert. Acup.

---

---

© Dr. Victor Jean Ouellette, All Rights Reserved.

**Wellness is a journey rather than a destination.**

- Wellness is a process of boosting blood flow to all parts of the body especially those parts of the body that normally don't get much blood flow especially in sedentary activities

**How do we show people why they should be working on Wellness for themselves?**

- Optimal Wellness leads to a long, happy, healthy life with excellent end-of-life qualities.

**How do we show people that other's cannot give them Wellness.**

**They must earn it for themselves?**

- Asking somebody else to exercise for you isn't going to do the job you need. Asking your healthcare provider to fix you after you've ignored your Wellness is not the best for you either.

**How do we lead people to get measured for Wellness Risk?**

- We show them how to do it online and the from home for a very reasonable price.

**Death**

People die every year. More older people die than younger people. One might wonder why that occurs, but that's the natural order of things.

There's something else that we notice and that is people who are unfit die more when they're older than those people who are fit. That should tell us something. What it should tell us is that we need to learn all the parameters of making ourselves well. Make Wellness a Priority.

Fitness is one of those parameters. However, there is physical fitness, and there is mental fitness. We must consider them both. On top of all that we have three other Pillars to consider.

We have to eat, and eating has been shown to tie into physical well-being and a mental well-being. In addition we have postures that can be very bad for us and postures that can be good for us. Finally, we need to learn a balance in life, how to rest properly when we are injured, how to rest properly when we're tired, and how to make relaxation a normal part of our lives. These five things are Major Pillars of Wellness and if you are not doing them correctly, the way science indicates you should be, then your Wellness Risk is high.

**Dr. Victor Jean Ouellette, DC, MS**

[info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com)

Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Master of Science: Biology (With Emphasis on Nutrition)

Retiring Certifications: DNM, RNP, Cert. Acup.

---

---

© Dr. Victor Jean Ouellette, All Rights Reserved.

### **Wellness Risk Management**

Wellness Risk Management measures that Wellness Risk and helps you manage the scores you receive so that you can improve your Wellness toward optimal health. We have optimal health secrets to teach you.

We have a Wellness Risk Management Boot Camp Staycation program offering double workshop time at no extra charge during this Covid-19 shut down.

Contact us and asked to go into the research program and we will start you off with the measurement program. We will connect with you every day for a half hour for five days in a row. We will remain available for another half hour to help you as you feel you may need it.

### **Wellness Risk Management Boot Camp Staycation**

For \$79.95 you can get four Wellness Rest Measurements and four hours of workshop time over the next year. You can get into a one-week staycation program while we connect with you for up to one hour a day for five days. However, we will show you how to help yourself using us only to answer your questions as you need it. Longer work shop sessions are always available should you need them. Contact us by email and asked to go into the anonymous research program today.

Email us at [info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com)

Just say **Boot Camp Staycation** in the subject line.

Wellness as a journey is definitely smart.

<https://OptimalHealthSecrets.com/Library/Miscellaneous%20Articles/wellness-is-a-journey-rather-than-a-destination.pdf>

**Let's Say Again** (Sorry for the political rant.)

Seeing as I have a few lines here, I still think the wealthy and especially the mega-wealthy, should come to the table now in taxes. CEOs of all large corporations that pay huge, obscene fees to their upper management should pay now because it is the little people, the middle class people, the poor people who pay the way for these mega rich. AND, lets not forget those foreign conglomerates or even just very large companies, who come into our country, pay no taxes, pay our workers poorly then abscond with our money taking it out of the country. Don't we really want to do something about that? Do we really want to be bailing them out so they can take our money out of our country again and not pay any of this pandemic recovery plan. Come on! Okay, I feel a bit better now that I have had my rant. It's therapy for me. LOL