

### **The Year of Training**

Wellness has a lot of parts. Some of the parts are difficult to grasp and also difficult to incorporate into one's lifestyle. **Optimal Health Secrets** are secrets because many people do not know them and many people know them, but do not do them. Learning new nutrition protocols, new exercise protocols, new attitude protocols, new rest protocols and new spinal health protocols takes time. It can take up to two years of experimenting on oneself with various small changes in order to come up with health modifications that helps you out quite a lot.

At **Wellness Risk Management** we ask people to commit one year to research themselves. We ask people to learn science concepts and take a Wellness Risk Management online measurement of themselves every three months throughout that year. A special website has been created for that purpose. That website is the questionnaire website with 30 mini questionnaires. The website name **TheQ** stands for 'The Questionnaire'. Yes, it's a long one.

That questionnaire is online, comprehensive, thorough and anonymous. Please take 2 to 3 days to complete the questionnaire taking breaks as you need them. During breaks you can pursue our online library of articles at <https://OptimalHealthSecrets.com/library.html> and read a few that you find interesting. Halfway down the Library page there is a Wellness Risk Management section.

As this year of training goes on, you will receive a new progress chart every time you complete a new measurement of yourself. You will see your old scores from the previous measurement and your new scores beside the old ones. The Progress Chart holds up to five sets of scores with the last column always renewing to the latest set.

Throughout this training year you will learn how to test yourself whenever you want to. You will learn how to use a Wellness Risk Management Instructor when you get stuck on some concept and need help from a live person. That live person workshop help is a key to solidifying your knowledge and behaviours in a plan that helps your health. You will be learning Self-Help protocols so you can help yourself when you get into troubles.

Our website network has been created, developed and produced by Dr. Victor Jean Ouellette, DC, MS from decades of clinical practice helping people help themselves with new Self-Help Wellness strategies. Healing oneself is the highest form of healthcare a person can receive. Staying in control, and following the science is what we teach at Wellness Risk Management.

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To get going, contact us at [info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com)

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