

When it comes to the pillars of Wellness there is a famous quote used in other contexts that we can borrow as an appropriate lesson.

“No one is as deaf as those who don’t want to listen.”

Edited quote from the movie **The Protege, 2021**

What does this mean with regard to our topic of Wellness Risk Management?

When a person makes the claim that they do not want to change their meal plans, or they do not want to change their exercise level for whatever reason, or they do not want to change how they think, then they are a person who does not want to listen. They become deaf to the science. The same reasoning goes for the other three Pillars of Optimal Health Secrets. This type of attitude toward learning puts this person at a Wellness disadvantage that severely restricts their progress toward optimal health.

We search for new ways to motivate people and new ways to lead people toward Optimal Health Secrets. We can lead but, people need to follow. This is the reason for our qualification data near the beginning of our Wellness Risk Management enrollment process. It is also the reason for the other famous quote below.

“You can lead a horse to water, but you cannot make it drink.”

Source dating back to the 12th century (1175 AD).

