

Choices in Wellness Risk Management

Every problem has a solution, and every solution has a problem.

Wellness is about choices. Choices are available when people are ready. Those choices revolve around things we do to make ourselves feel good and things science has shown lead us to less suffering, less disease, less injury and a longer life. Sometimes the choices are easy, sometimes they are difficult. Science shows us that some choices are far better for us than others.

Wellness Risk Management measures a person against the science on five multidimensional Wellness pillars plus several other important indicators. The scores produced by the program offer people several choices which they can make when they are ready. Wellness Risk Management is designed to be an easy-going modify things on your own if you want to type of program. All action plan items are within the traditional science body of knowledge and all are within the Self-Help reach of everyone.

FoodPainConnection principles are a specialty covered in separate workshops and not part of the lifestyles module where the Action Plan List is drawn from. Likewise for Weight loss principles. These are personal choices. Everyone does not have pain nor does everyone need weight loss.

The excessive consumption division is a division supplying a fillable PDF form for self-assessment. There are no therapeutic principles or protocols supplied by the Wellness Risk Management program or by WRM Instructors in this division. As we all know with regard to modifying excessive consumptions, a person has to be ready. WRM cannot make people 'ready'. That is something they have to do on their own or with professional level help.

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People have various choices as they work within the lifestyle module of the **Five Pillars**. The Action Plan List items are drawn from these pillars. People do not have to deal with any food pain connection protocols, weight loss protocols, or excessive consumption protocols. Those are all individual choices for people to make only if they are needed and are ready. Wellness Risk Management has organised and is ready when people are ready. Also, people have choices within their Action Plan List to skip items and come back to them later. People can re-order their priority list. People keep full control of their lifestyle making choices within their comfort zone.

If people do not want to make any changes, however, they want to know their scores as to where they stand in the Wellness Risk Management scoring system, then that is available as well. These people will have four hours of workshop time saved and credited to them for future use when they need it or want it. **Wellness Risk** is a key point people want to know about. Knowing your risk helps a person make better choices. **Better Choices Makes a Better You.**