

# Problems with Wellness

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**Transitioning to Wellness Risk Management - Instructor/Coach/Guide**

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## Making Wellness a Priority

**Creating Value for Society - Helping Business Manage Wellness - Teaching Evidence Based Wellness**

<https://WellnessRiskManagement.com> - <https://WellnessRisk.com>

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1. When your body is satiated your brain is not yet satiated. OOOh, that can be a problem.
2. When your brain is satiated it is toooooo much for the body. That's definitely a problem.
3. Finding the balance requires HELP. We are that help.

BUT

4. We need a scientific and comprehensive measurement tool? DONE, done, done.
5. It takes some time. You must be willing to give it that relaxed, easy going time.
6. The first three items in this list above apply to Nutrition, Exercise, Spinal Health, Rest & Relaxation, Attitude & Perspective in Life pretty much equally.
7. Attitude comes into play right off the bat.
  - a. You can't be temperamental
  - b. You can't be picky.
  - c. You can't be judgmental.
  - d. You can't be in a hurry.
  - e. You can't be demanding (of yourself).
8. When your body starts to flow into Wellness it will love you for it.

But

9. You can't get there by watching it on TV.
10. You can't get there by going to your medical doctor or your chiropractor.
11. You can't get there by saying, "Hey, I'll get to it next week."

But

12. It will cost you a little bit of money.
13. It will cost you a little bit of time.
14. It will cost you a little bit of effort.

But

15. You can get there.
16. You can become the rose that deep down you know you are.
17. You can BECOME healthy.

But

18. You need to start NOW. You need to start TODAY. We MEASURE first.

Email us. [info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com) <https://WellnessRiskManagement.com>