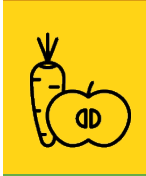


UNIVERSITY OF VERMONT
Integrative Health and Wellness
Wheel of Health Definitions



Movement

All the movement and exercise throughout your day, including activities of daily living, aerobic exercise, strength training, and flexibility.



Nutrition

The foods you eat and the beverages you drink, as well as your habits and patterns of eating.



Environment

The spaces and landscapes in which you live, work, and play, including things such as light, air quality, noise, and colors.



Relationships

The connections to the people (and animals) that you are surrounded by, interact with, and reach out to.



Personal Development

Depending on your age and stage in life, this can refer to your school work, your profession, your hobbies, your financial goals and more.



Spirituality

This includes seeing meaning and purpose in something greater than yourself and may include religion, nature, arts, humanitarian efforts and more.



Sleep & Rest

The amount of sleep, rest, and restoration you get daily.



Work Life Balance

Your personal perception of the push and pull of daily life.



Mind & Body

Awareness of the connection between the mind and the body and the effects they have on each other.