

## The “Active Wellness” Model

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**Activity**

**Rest/Relaxation**

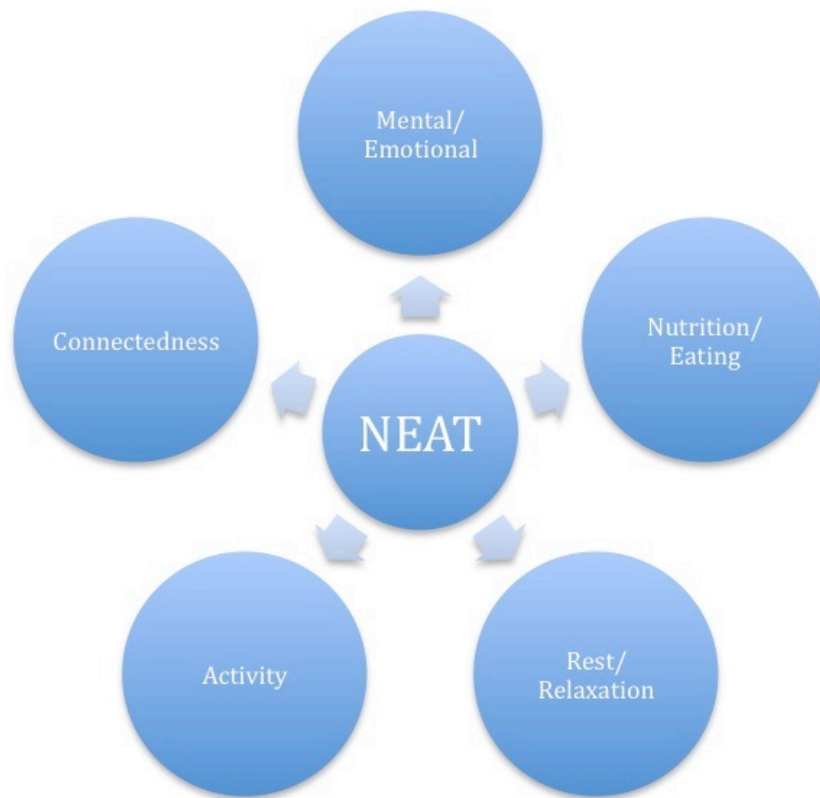
**Nutrition**

**Mental/Emotional**

**Connectedness**

The Real Balance Active Wellness Model looks at wellness from the singular perspective of increasing NEAT (Non Exercise Activity Thermogenesis). It is a way of looking at wellness through the lens of the work of Dr. James Levine and the Mayo Clinic. It begins by adopting the viewpoint that much of our health depends upon healthy and adequate movement. We then elaborate on how achieving healthy and adequate movement in a life-long sustainable fashion involves virtually every aspect of our lives in one way or another.

There are Five Dimensions of Wellness in the “Active Wellness” Model, and they all center around NEAT. The model supports participants understanding and increasing NEAT.



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## Guiding principles:

- 1) Increasing overall activity level is the goal and the key is increasing NEAT.
- 2) The reality is that a persons success at increasing NEAT involves much more complex behavioral and attitudinal change and this is what the model addresses.
- 3) Behavioral and attitudinal change can be facilitated by coaching the client with awareness of these five dimensions of Active Wellness: **Activity, Rest/Relaxation, Nutrition, Mental/Emotional, and Connectedness.**
- 4) The whole really is greater than the sum of its parts. Wellness is a holistic concept. While we can address each of these dimensions as though they were separate, they are in fact inseparable and totally interactive with each other all the time.
- 5) Participants benefit from looking at each of these five dimensions in terms of both fulfillment and the balance.
- 6) The GRUVE device supports immediate feedback for participants

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## The Five Dimensions of Active Wellness

**Activity**  
**Rest/Relaxation**  
**Nutrition**  
**Mental/emotional**  
**Connectedness**

### Activity

- NEAT
- Conscious Exercise
- Fun & Recreation

### Rest/Relaxation

- Sleep
- Relaxation Response
- Everyday relaxation
- Stress reduction

### Nutrition/Eating

- Eating
- Hydration
- Digestion

### Mental/emotional

- Motivation
- Self-talk – Attitude/ Values /Beliefs
- Habit change
- Basic Needs
- Stress

### Connectedness

- Self
- Nature & Environment
- Family
- Social
- Spiritual
- Work