TOTAL FITNESS

Components:

1. **S**

2. P

1. **I**
2. **E**
3. **S**

Define each of the above **and** for #2(P) on the list, list the FIVE components that make it up. Done for you on back of page.

Using the five components of total fitness (written down and encircled in a bubble) create a web or geometric shape where each components is connected with the other five using a line. How many lines extend from each component? What do the lines represent? Which direction do the lines travel?

Take one of the connection and describe how these two fitnesses are interdependent on one another by giving a real life example of how one component affects the other component.

**Social Wellness** is developing healthy relationships with those around you. This would entail initiating *better communications* with those around you.

**Physical Wellness** is developing healthy activities that benefit your body such as exercise, sleep, and nutritious eating. This would entail exercising, moderating alcohol consumption, sound sleep and proper nutrition.

**Emotional Wellness** focuses on taking care of yourself and developing ways to enhance your inner resources. This would entail awareness and acceptance to *one’s feelings*, and effectively *coping with stress*.

**Intellectual Wellness** is using your resources to *expand your knowledge*, to create, and to become *mentally stimulated*. This would entail challenging your mind and identifying problems, rather than worrying or waiting to contend with major concerns later.

**Spiritual Wellness** recognizes the *search for meaning and purpose in human existence*. It enhances the connection between your mind and body. This would entail tying your beliefs and values to the teachings of the Catholic church