



Providence Hospital • Wellness Institute
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WELLNESS *wheel*

THE SIX DOMAINS LISTED ABOVE ARE ESSENTIAL TO MAINTAINING A SENSE OF BALANCE AND OVERALL WELLBEING, A NECESSITY FOR THE PRESERVATION OF HEALTH

- *Physical:* *The physical domain encompasses the adoption of healthy behaviors such as engaging in physical activity and eating a balanced diet.*
- *Emotional:* *The emotional domain deals with the inner self, and defines one's character and outlook on life. It also defines how one chooses to express him or herself, deal with stress, and exert one's independence.*
- *Occupational:* *The occupational domain centers on career development and job satisfaction.*
- *Spiritual:* *The spiritual domain is associated with a sense of purpose, meaning, and balance in life.*
- *Social:* *The social domain involves interpersonal relationships and community interaction.*
- *Intellectual:* *The intellectual domain involves mental stimulation and cognitive functioning.*



WELLNESS TIPS

- Make Half of Your Plates Fruits & Veggies
- Practice Stress Management
- Get Adequate Rest
- Practice Spiritual Renewal
- Make Half of Your Grains Whole

- Avoid Tobacco, Alcohol and Drug Use
- Go Lean with Protein
- Enjoy Time with Friends and Family
- Enjoy Your Food, but Eat Less
- Engage in Physical Activity

Maintain a Healthy Weight

Have a Positive Outlook

WELLNESS

health recommendations

BLOOD PRESSURE

<120 SYSTOLIC AND <80 DIASTOLIC	NORMAL
120-139 SYSTOLIC OR 80-89 DIASTOLIC	PRE-HYPERTENSION
140-159 SYSTOLIC OR 90-99 DIASTOLIC	STAGE 1 HYPERTENSION
≥ 160 SYSTOLIC OR ≥ 100 DIASTOLIC	STAGE 2 HYPERTENSION

BLOOD WORK

Total Blood Cholesterol

< 200 mg/dl
200-239 mg/dl
240 mg/dl and over

Desirable
Borderline High Risk
High Risk

HDL (Good Cholesterol)

≥ 60 mg
< 40 mg/dl for men
<50 mg/dl for women
160-189 mg/dl

Desirable
High Risk
High Risk
High

Triglycerides

< 150 mg/dl
150-199 mg/dl
200-499 mg/dl
≥ 500 mg/dl

Normal
Borderline High
High
Very High

LDL (Bad Cholesterol)

< 100 mg/dl
100-129 mg/dl
130-159 mg/dl
≥ 190mg/dl

Optimal
Near or Above Optimal
Borderline High
Very High

Please follow up with MD regarding lab values.

BODY MASS INDEX

> 18.5	Underweight
18.5 – 24.9	Healthy
25 – 29.9	Overweight
≥ 30	Obese

BLOOD GLUCOSE TARGETS

American Diabetes Association

Fasting or Before Meals	70-130 mg/dl
2 hrs after the start of a meal or snack	<180 mg/dl

PHYSICAL ACTIVITY

2 hrs and 30 min each week of moderate-intensity aerobic activity
or
1 hr and 15 min each week of vigorous physical activity

Be sure to include balance and stretching exercises, e.g. yoga, t'ai chi, to minimize injury risk and enhance physical stability.

Strengthening activities, e.g. push ups, sit ups, weight lifting, should be performed at least two days per weeks