The Wellness Wheel

 The Seven (7) Dimensions of Wellness

1. **Physical Wellness**

This is what we all do well in our health clubs. It is met through the combination of good exercise and eating habits, taking precautions for self-care and receiving appropriate health screenings throughout our lives. It also means taking personal responsibility and care for minor illnesses and knowing when professional medical attention is needed. Physically well people understand and appreciate the relationship between sound nutrition and how their body performs. The physical benefits of looking good and feeling terrific most often lead to the psychological benefits of enhanced self-esteem, self-control, determination and a sense of direction.

**INDUSTRIES UNDER PHYSICAL WELLNESS DIMENSION:**

1. SPA Industry

A visit to a spa is perceived as a self-indulgent treat. However, spas are now increasingly seen as being part of a healthy regimen. The spa industry has been working to broaden its consumer appeal and is quickly becoming a leading leisure activity. By reducing stress, soothing sore muscles, eliminating toxins and allowing people to feel better emotionally and mentally, spas are now synonymous with well-being.

**Industry Activities**

Massages, facials and body treatments

1. Yoga and Pilate

This industry comprises facilities that offer Pilates and yoga instruction to individuals or groups. Pilates is a body conditioning routine to build strength and flexibility while yoga is a physical and spiritual practice focused on breath control, flexibility and strength. This industry does not include Pilates and yoga classes taught at gyms or other health club centers.

**Industry Activities**

Yoga classes, Pilates classes, Merchandise sales, Pilates and yoga accreditation training

**Industry Activities**

Pilates and yoga studios, Pilates and yoga classes, Personal training involving Pilates and yoga activities, Merchandise sales, Workshops and seminars, Pilates and yoga accreditation training

1. Wellness Products

Given the aging population and obesity crisis, more people are paying closer attention to the quality of the products, food and beverages they consume. As part of healthier lifestyle, they use these products to help stave off disease, lower cholesterol, lose weight and achieve an overall better well-being. Natural and organic food and beverages, functional beverages (which offer health-promoting pr disease preventing properties) and all-natural beauty products promise to help people live healthier and feel and look better.

1. Gym Industry

Businesses in this industry operate fitness and recreational sports facilities featuring exercise and other active physical fitness conditioning or recreational sports activities, such as swimming, skating or racquet sports. Firms are also involved in facilities management and fitness instruction.

**Industry Products**

* Tennis centers, Gyms and fitness centers, Ice and roller rinks, Dance centers, Swimming pools

**Industry Activities**

* Aerobic dance and exercise centers, Athletic club facilities for physical fitness, Body building studios for physical fitness, Fitness centers, health clubs and gyms, Recreational sports club facilities, Ice or roller skating rinks, Spas Squash, racquetball or tennis clubs, Swimming pools
1. Cosmetics and Beauty Products

Operators in this industry prepare, blend, compound and package beauty products and cosmetics. Products included in this industry are perfumes, make-up items, hair preparations, face creams, lotions and other toiletries.

**Industry Products**

Skin care products, Perfumes and colognes, Hair care products, Oral hygiene products, Cosmetics Deodorants and antiperspirants, Sun care, nail care and baby care products

**Industry Activities**

Manufacturing natural and synthetic perfumes

Manufacturing shaving cream, shaving preparations and aftershave products

Manufacturing hair care products

Manufacturing face and body creams, beauty creams or lotions and hand cream or lotions (except barrier creams)

Manufacturing sunscreen products

Manufacturing cosmetics, including face powders, eye shadows, lipsticks and mascaras Manufacturing bath salts and talcum powders

Manufacturing deodorants and depilatory products

Manufacturing nail care preparations and nail polishes

Manufacturing toilet cream or lotions (except toilet lanolin)

1. **Social Wellness**

The social dimension of wellness encourages contributing to one's human and physical environment to the common welfare of one's community. Social Wellness emphasizes the interdependence with others and nature. It includes the pursuit of harmony in one's family. Social wellness is having positive interactions with and enjoying being with others. It is having comfort and ease during work and leisure situations and communicating feelings and needs to others. It involves developing and building close friendships and intimacy, practicing empathy and effective listening, caring for others and for the common good, and allowing others to care for you. It is recognizing the need for leisure and recreation and budgeting time for those activities.

**INDUSTRIES UNDER SOCIAL WELLNESS DIMENSION:**

This industry consists of establishments engaged in promoting the civic and social interests of its members. These establishments may operate and provide facilities for its members. Industry establishments include:

1. Retirement Social Associations

**Industry Activities/Products**

* Leisure facilities
* Learning activities
* High-end amenities such as in hotels, resorts and the like
* Activities that promote and encourage improvement for older lives
* Active lifestyle for old people
* Counseling Programs
* Retirement Plans
1. Profit/Non profit Social Clubs

**Industry Activities/Products**

* Fun learning activities
* Active social lifestyle
* Leisure facilities for preferred indoor/outdoor games
* Leadership trainings
* Plays and musicals
* Fine dining/Cocktail parties
* Team building activities
* Intricate training sessions
1. Alumni Organizations

**Industry Activities/Products**

* Active social involvement
* Group dynamics
* Fund raising activities
* Reunions
1. Special Interests Groups

Non-profit and usually [voluntary organization](http://www.businessdictionary.com/definition/voluntary-organization.html) whose [members](http://www.businessdictionary.com/definition/member.html) have a [common cause](http://www.businessdictionary.com/definition/common-cause.html) for which they seek to [influence](http://www.businessdictionary.com/definition/influence.html) [public policy](http://www.businessdictionary.com/definition/public-policy.html), without seeking [political control](http://www.businessdictionary.com/definition/political-control.html). Their [primary](http://www.businessdictionary.com/definition/primary.html) [activities](http://www.businessdictionary.com/definition/activity.html) are [lobbying](http://www.businessdictionary.com/definition/lobbying.html) the members of legislative bodies through [contribution](http://www.businessdictionary.com/definition/contribution.html) to political [parties](http://www.businessdictionary.com/definition/party.html), [working](http://www.businessdictionary.com/definition/worker.html) to [elect](http://www.businessdictionary.com/definition/elect.html) sympathetic or pliable politicians, and conducting covert or [open](http://www.businessdictionary.com/definition/open.html) [propaganda](http://www.businessdictionary.com/definition/propaganda.html) [campaigns](http://www.businessdictionary.com/definition/campaign.html). The major [types](http://www.businessdictionary.com/definition/type.html) of [interest](http://www.businessdictionary.com/definition/interest.html) [groups](http://www.businessdictionary.com/definition/group.html) are (1) Economic [association](http://www.businessdictionary.com/definition/association.html), such as chambers of [commerce](http://www.businessdictionary.com/definition/commerce.html), [trade unions](http://www.businessdictionary.com/definition/trade-union.html), religious bodies, (2) [Professional](http://www.businessdictionary.com/definition/professional.html) association, such as that of [architects](http://www.businessdictionary.com/definition/architect.html), doctors, [lawyers](http://www.businessdictionary.com/definition/lawyer.html), (3) [Public interest group (PIG)](http://www.businessdictionary.com/definition/public-interest-group-PIG.html), such as 'Friends Of [environment](http://www.businessdictionary.com/definition/environment.html)' who [aim](http://www.businessdictionary.com/definition/aim.html) to [benefit](http://www.businessdictionary.com/definition/benefit.html) people beyond their [membership](http://www.businessdictionary.com/definition/membership.html), and (4) [Special interest group (SIG)](http://www.businessdictionary.com/definition/special-interest-group-SIG.html), a subgroups formed within the [framework](http://www.businessdictionary.com/definition/framework.html) of a larger or main group to focus on a very narrow area of interest. Whereas [pressure groups](http://www.businessdictionary.com/definition/pressure-group.html) try to [promote](http://www.businessdictionary.com/definition/promote.html) a cause ([change](http://www.businessdictionary.com/definition/change.html) the [status quo](http://www.businessdictionary.com/definition/status-quo.html)), interest groups try to defend it ([maintain](http://www.businessdictionary.com/definition/maintain.html) the status quo).

1. Youth Organizations

**Industry Activities/Products**

* Counseling Programs
* Fun learning activities
* Active lifestyle for Youth
* Leisure facilities for outdoor games
* Leadership trainings
* Team building activities
1. Veterans’ Membership Organizations

**Industry Activities/Products**

* Leisure facilities
* Learning activities
* High-end amenities such as in hotels, resorts and the like
* Activities that promote and encourage improvement for older lives
* Active lifestyle for old people
* Counseling Programs
* Retirement Plans
1. Corporate Social Responsibility (CSR)

This is the company’s sense of [responsibility](http://www.businessdictionary.com/definition/responsibility.html) towards the [community](http://www.businessdictionary.com/definition/community.html) and [environment](http://www.businessdictionary.com/definition/environment.html) (both ecological and social) in which it [operates](http://www.businessdictionary.com/definition/operate.html). [Companies](http://www.businessdictionary.com/definition/company.html) express this [citizenship](http://www.businessdictionary.com/definition/citizenship.html) (1) through their [waste](http://www.businessdictionary.com/definition/waste.html) and [pollution](http://www.businessdictionary.com/definition/pollution.html) [reduction](http://www.businessdictionary.com/definition/reduction.html) processes, (2) by contributing educational and social [programs](http://www.businessdictionary.com/definition/program.html), and (3) by earning [adequate](http://www.businessdictionary.com/definition/adequate.html) [returns](http://www.businessdictionary.com/definition/returns.html) on the [employed](http://www.businessdictionary.com/definition/employed.html) [resources](http://www.businessdictionary.com/definition/resource.html).

**Industry Activities**

Donation of sales
• Unrestricted cash donations
• Donation of products
• Employee volunteerism
• Collection of customer donations
• Charity events
• Promotion of public service announcements

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|  Pollution levels• Reduced energy consumption• Recycling• Labor practices (e.g. child/sweatshop labor)• Diversity• Fair trade• Other supply chain responsibility (e.g., human rights)• Third party awards for performance• Customer relations• Employee relations• Packaging• Ethical conduct• Packaging• Ethical conduct• Competing fairly and ethically• Local sourcing• Industry codes of ethics• Adherence to other standards (e.g., GRI)• Product recalls• Governance• Lawsuits• Decreased product use/moderation message• Investment in workplace safety |

• Energy efficiency
• Organic
• Product ingredients
• Controversial products (e.g., firearms, alcohol, gambling)
• Product quality

1. Corporate Wellness Activities

This industry includes companies that primarily provide workplace programs that offer a combination of educational, organizational and environmental activities designed to support behavior that is conducive to the health of employees in a business and their families. This does not include programs designed internally by existing human resources personnel.

**Industry Products**

* Health Risk Assessments (HRAs), Screenings Nutrition Weight, Management Fitness Services, Smoking Cessation, Stress Management

**Industry Activities**

* Provide health assessments and screenings, Provide education on nutrition and other health related topics, Provide fitness classes and services
1. **Emotional Wellness**

This dimension includes the capacity to manage one's feelings and related behaviors, including the realistic assessment of one's limitations, development of autonomy and the ability to cope effectively with stress. Emotionally well people have the ability to express feelings freely and manage feelings effectively. They are also aware of and accept a wide range of feelings in themselves and others.

**INDUSTRIES UNDER EMOTIONAL WELLNESS DIMENSION**

This industry includes firms of independent mental health practitioners engaged in the diagnosis and treatment of mental, emotional, and behavioral disorders or the diagnosis and treatment of individual or group social dysfunction brought about by mental illness, alcohol and substance abuse, physical and emotional trauma or stress.

* Clinical psychologists' offices (e.g., centers, clinics)
* Doctors of psychology offices (e.g., centers, clinics)
* Psychoanalysts' offices (except MDs or DOs)
* Psychologists' offices (e.g., centers, clinics),
* Clinical Psychotherapists' (except MDs or DOs)
* Social workers' offices (e.g., centers, clinics)

 **Industry Products**

* Clinical psychologists, Industrial-organizational Mental health social workers, Marriage and family therapists

**Industry Activities**

* Behavioral and Marital Counseling, Training and Development Programs (For employees), Team Building, Rehabilitation Sessions, Intensive Training Guide for Self Management, Stress Management and Anger Management Seminars
1. **Intellectual Wellness**

This dimension recognizes one's creative and stimulating mental activities as well as expands knowledge and skills while sharing his or her gifts with others. The intellectually well person is open to new ideas, thinks critically and seeks out new challenges. These people will stretch and challenge their minds with intellectual and creative pursuits instead of becoming self-satisfied and unproductive.

**INDUSTRIES UNDER INTELLECTUAL WELLNESS DIMENSION**

1. Amusement Parks

This industry caters to the need of knowledge expansion. Amusement parks provide various entertaining attractions such as rides, historical plays, satirical plays, mini museums that are most appealing to teens and children. The historical plays and mini museums provide and insight to the viewers about origins and ancestral beginnings of some things through Fossil Exhibitions, Old art works and depicting the lives of prominent people from the ancient times.

1. Museums

This industry is most attractive to educational institutions since it is beneficial on the part of their clientele. Museum is where objects of lasting interest or value are being place in order to preserve its importance and contribution to the contemporary things or events. It is also in charge of the procurement, study and care of ancient historical items.

1. Educational Institutions

The educational institutions are entities that provide formal and non-formal learning system, facilitated learning experiences, and instructional services to individuals. The following are the types of educational institutions: (1) early childhood education (2) primary education (3) Secondary Education (4) Higher Education

1. **Spiritual Wellness**

The spiritual dimension recognizes our search for meaning and purpose in human existence. It does not mean one is religious, but that it is better to ponder the meaning of life and be tolerant of the beliefs of others than to close our minds and become intolerant. Spiritually well people take time out of their day for spiritual growth and learning. They have a clear sense of right and wrong, and they act accordingly.

**INDUSTRIES UNDER SPIRITUAL WELLNESS DIMENSION**

1. Retreat Houses

This provides amenities that enable the people to retire for refuge, quite place where they can be secluded for religious contemplations and also a sort of stress escape and relaxation.

1. Spiritual Seminars

This is an avenue for people’s spiritual clearance and growth. They provide intricate and intensive sessions guided towards spiritual involvement and spiritual relaxation from all sorts of anxieties.

1. Yoga

Yoga is a physical and spiritual practice focused on breath control, flexibility and strength.

1. **Environmental Wellness**

This includes the ability to promote health measures that improve the standard of living and quality of life in the community, including laws and agencies that safeguard the physical environment. The environmentally well person is aware of the earth's natural resources, conserves energy, buys organic foods and products, and enjoys and appreciates spending time in natural settings.

**INDUSTRIES UNDER ENVIRONMENTAL WELLNESS DIMENSION**

1. Corporate Social Responsibility

Corporate Social Responsibility is the continuing commitment by business to behave ethically and contribute to economic development while improving the quality of life of the workforce and their families as well as of the local community and society at large. Four of the most famous CSR that is directed to the Environmental Wellness of the Society are:

1. 3 R’s – Reuse, Reduce and Recycle
2. Reducing Energy Consumption
3. Reducing Environmental Pollution
4. Garbage Control

1. **Financial Wellness**

Financial wellness is an intricate balance of the mental, spiritual and physical aspects of money. This unique combination is an ideal to strive towards in our dealings with money. Financial wellness is having an understanding of your financial situation and taking care of it in such a way that you are prepared for financial changes. Maintaining that balance consists of being comfortable with where your money comes from and where it is going. Take the quiz below to see how close you are to achieving financial health.

The industry comprises firms and individuals that provide financial planning, financial advice and wealth management to individuals and business clients. Firms provide advice in conjunction with other activities such as portfolio management, protection planning and brokerage services. This industry does not include mutual fund companies, hedge funds, discount brokers, insurance brokers or other companies that provide these services outside the context of a written financial plan.

**Industry Products**

Business and government planning and management

Personal financial planning and advice

Personal investment management

**Industry Activities**

Fee-based financial investment advice services

Financial planning services