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## MOVEMENT

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

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

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## ENVIRONMENT

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

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## RELATIONSHIPS

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

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## 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.*

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## SPIRITUALITY

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

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## SLEEP & REST

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

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## WORK LIFE BALANCE

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

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## MIND & BODY

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

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