



HEALTH AND WELLNESS – INTRODUCTION, PRINCIPLES, AND CONSIDERATIONS



1

WHO DEFINITIONS



Health

A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity

- not only the lack of disease, but many perspectives of health

Wellness

The optimal state of health of individuals and groups

- The activities and choices we make - control of risk factors and inclusion of beneficial factors such as nutrition, exercise and social interactions.

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NATIONAL WELLNESS INSTITUTE DEFINITIONS



1. Wellness is considered a conscious, self-directed and evolving process of achieving full potential.
2. Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment.
3. Wellness is positive and affirming and contributes to living a long and healthy life.



3

EXERCISE IS FOR EVERY AGE

EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.



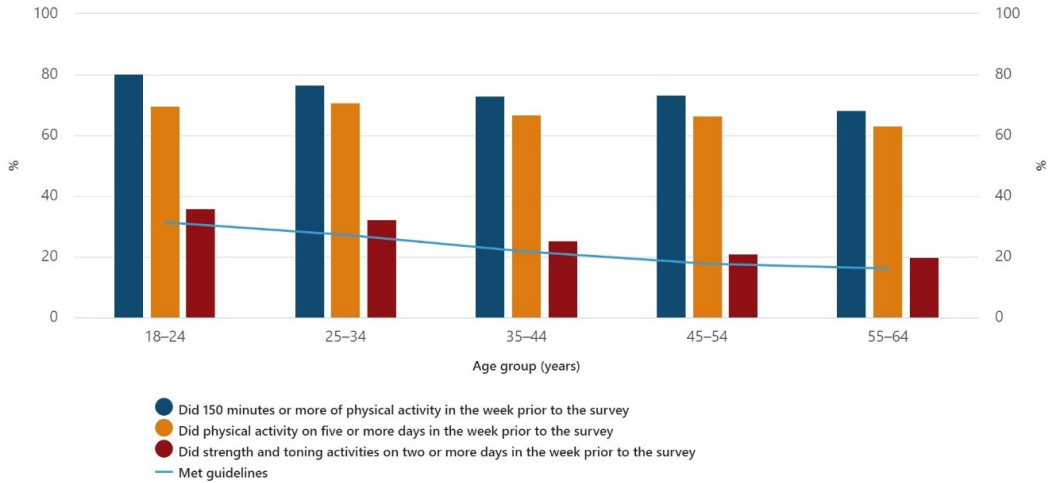
WHO guidelines on physical activity and sedentary behaviour (2020).
For more information, visit: www.who.int/health-topics/physical-activity



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EXERCISE IS FOR EVERY AGE

Proportion of adults aged 18–64 years by whether met physical activity guidelines and age, 2022



Source: Australian Bureau of Statistics, Physical activity 2022

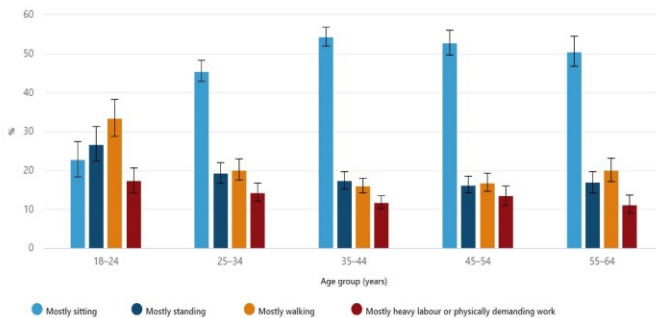
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EXERCISE IS FOR EVERY AGE

In our fifties

Keep up good health, strength and mobility, maintain and increase muscle and bone mass, prevent chronic diseases.

Proportion of adults aged 18–64 years by type of activity at work on a typical work day in the last week and age, 2022



Source: Australian Bureau of Statistics, Physical activity 2022

Physical inactivity accounts for 10%–20% of disease burden for related diseases e.g.

- 19% for diabetes
- 16% for bowel and uterine cancer
- 14% for dementia
- 11% for breast cancer
- 11% for coronary heart disease
- 10% for stroke.

ABS, 2022

AIHW, 2017

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Exercise a total of **150 minutes in a week**, with a preferred 30 minutes in most days. **Strength training two to three times per week**. Also include balance and stretching exercises.



Protein Intake

Adults 18 -70: 1g/kg bodyweight/day

Adults 70+: 1.2g/kg bodyweight/day

The loss of muscle mass is critical as it is likely to impact general health and quality of life.

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Muscle



+

Protein



=

“Reserve Bank of Health”



- The largest organ system in our body
- Skeletal Muscle stores almost 50% of Protein
- Main movers but also have a role as endocrine organs
- Maintain health and preventing disease.
- Build and repair cells, incl muscle tissue repair and immunity assistance
- Recommended dosage:
 - Adults 18 -70: 1g/kg bodyweight/day
 - Adults 70+: 1.2g/kg bodyweight/day
- Combination of strength training and protein intake allows us to stay healthy
- Protein builds muscles that then become the protein reserves – the “banks” we can withdraw from when our body needs to fight illness and rebuild cells.

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WEALTH - HEALTH

Basic banking



- ❖ "Any exercise is good exercise"
- ❖ General healthy food

Lets get serious – Invest in health



Improved Banking



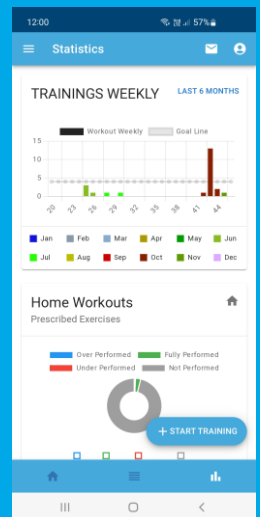
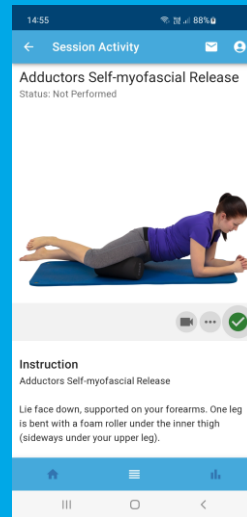
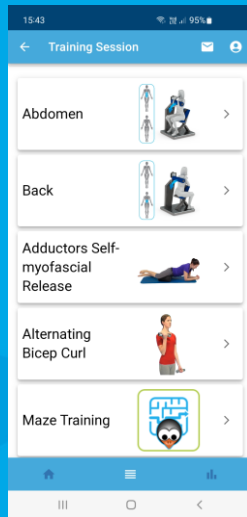
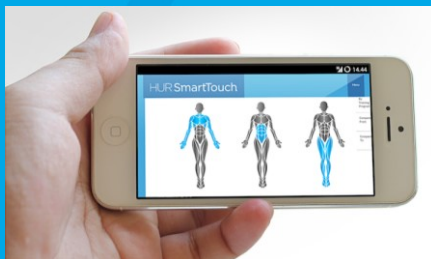
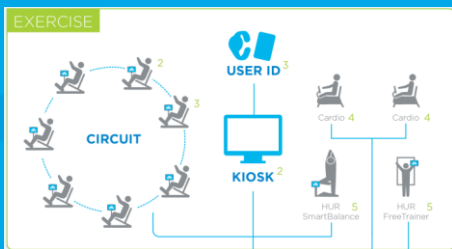
- ❖ Include strength training
- ❖ Focus on nutrients

- ❖ Prescribed, progressive strength training
- ❖ Appropriate protein intake
- ❖ Constant growth allowing for withdrawals

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Progressive training at home or at the gym



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HEALTH AND WELLNESS

The power of exercise in maintaining best health



Dr Tim Henwood

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