Wellness Assessment

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The area of wellness that I am going to be working to improve is physical wellness. Physical wellness delves into the physical well-being of people. Physical well-being is concerned with lifestyle choices, behaviors, and physical ability that help ascertain the various determinants of health (Myers, & Sweeney, 2018). I chose the area since lack of physical wellness in society today is a major cause of many diseases. When people lack physical fitness, they are more susceptible to become overweight and this can have negative effects on the healthcare outcomes of the people.

I plan to improve it through locating people in the community who are not physically fit and putting them into the physical wellness program. The aim is to allow them to become physically fit and lose weight since many people who lack physical fitness are overweight or obese.

I hope to answer several questions including the need for physical fitness, the dangers of lack of it, and various strategies that can be adopted by people at their homes to improve their physical well-being. I will also want to have an idea about the notions that people in society have towards physical wellness. Answering the question may help determine the success of the programs that may be developed within this area of wellness.

There are several unknowns that I will need to explore. One of the unknowns is the perceptions and notions that people in society have towards physical well-being. Ascertaining the unknown is important since it may determine whether people would be interested in the physical wellness programs that may be created for them (Tharakan, 2012). The second unknown is whether additional resources will be needed to achieve the goal. Such a determination may help allocate resources to certain areas so that the desired outcomes are met.

References

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