

WAY TO WELLNESS AND QUALITY OF LIFE

Richard NEUWIRTH

Abstract

The paper presents a description of the structure of wellness services according to its two features. It is a description of groups of activities suitable for the realization of human goals. Stages of the process of change from consideration and initial search to achievement of goal and maintaining a higher quality of life are described. In addition, there are different groups of activities: sport with the main goal of achieving adherence to sport, self-care and relaxation activities with the aim of their regular inclusion into daily life, obtaining and internal acceptance of healthy diet. There is also the goal, resilience and sense of personal freedom. The description of the spiritual path is then completed by a goal that includes the acquisition of personal potential and the ability to successfully play roles in society. The paper was inspired by lectures of Peter Rehor (School of Human Kinetics and Graduate School, University of Victoria, BC, Canada) and of Milada Krejčí (College of PE and Sports, PALESTRA, Prague, Czech Republic).

Keywords

Activity, realization of goals, health, personality potential

1 INTRODUCTION

In industrial world over the next four years, deaths due to chronic diseases are projected to increase by 17 per cent. For example in Canada, out of the projected six million people who will die by 2015, four million will die of a chronic disease - unless urgent action is taken. Given that both physical inactivity and obesity are strong independent causes and predictors of chronic illness and disability, it has been estimated that they impose a significant economic burden on the health-care system in Canada. The most recent research, in the Canadian Health Measures Survey released by Statistics Canada, indicates that only 7.5 per cent of children and 15 per cent of Canadian adults are physically active for at least 150 minutes per week, while 18.7 per

cent are obese and 46 per cent are overweight. Chronic diseases develop over one's lifetime, with clinical symptoms occurring many years after the underlying origins of the disease have occurred. As we move ahead in the 21st century, cardiovascular diseases [i.e., coronary artery disease (CAD) hypertension, stroke, and heart failure], Type 2 diabetes, metabolic syndrome, and cancer are the leading killers in westernized society and are increasing dramatically in developing nations. Recent data from the Centers for Disease Control document that cardiovascular diseases, various forms of cancer, and diabetes combine to make up - 70% of all deaths in the industrial world (Rehor, 2016).

The most dramatic implication for the future of Exercises and Wellness Education

is that there will be a need for professionals who are knowledgeable regarding holistic health/wellness. Neither the traditional health educators nor the traditional physical educators meet the needs of the future. We cannot any longer afford the luxury of arguing why our specific specialization is more relevant than some other. We must cooperate to redefine our goals and establish our contribution to the future (Rehor, 2015).

In nowadays the term wellness is used as a broader term across different contexts. Current understanding of the phenomena “wellness” is usually in two kinds of meaning: in the “hedonistic meaning” oriented on wellness in understanding of pleasure attainment and pain elimination; and in the “eudemonistic meaning” focused on relating to happiness and well-being on the base of holistic transformation to harmony and balance (Krejčí, Tilinger, Vacek, 2016). Krejčí (2017) focused on clear scientific description and demarcation on background of health support and education to be well, to be active in own health development and in health support of others. This approach is fully consistent with the WHO definition of “Wellness” in the wording: “Wellness is the optimal state of health of individuals and groups. There are two focal concerns: the realisation of the fullest potential of an individual physically, psychologically, socially, spiritually and economically, and the fulfilment of one’s role in the family, community, place of worship, workplace and other settings” (WHO 2000).

As the authors Krejčí, Hošek, (2016) interpreted wellness can be a part of the protection and promotion of health with a tendency to initiate self-education. It contributes to the cultivation of actions and

behaviour. The monograph presents findings of long term scientific cooperation of authors regard to the topic “education to wellness” using designs and methods to empower inner motivation and responsibility across all dimensions of health and wellness in historical basic context.

2 OBJECTIVES, RESEARCH QUESTION

The main objective of this article is to analyse and discuss important considerations in the development of wellness life style generally. The next objective is to create a theoretical model of wellness determinants in human life.

Under the objective defined criteria we developed the research question: “How culture and values influence on a strategy to providing answers to the wellness life.

3 METHODS

We used a qualitative research technique “Content analysis” with the distinct approaches: directed and summative (Cavanagh, 1997). The approaches were used to interpret meaning from the content of texts, lectures in a naturalistic paradigm. We delineated the analytic procedures specifically to each determined factor, addressing trustworthiness with hypothetical examples drawn from the area of wellness care.

4 RESULTS AND DISCUSSION

All declared results are presented in the connection to the Figure 1.

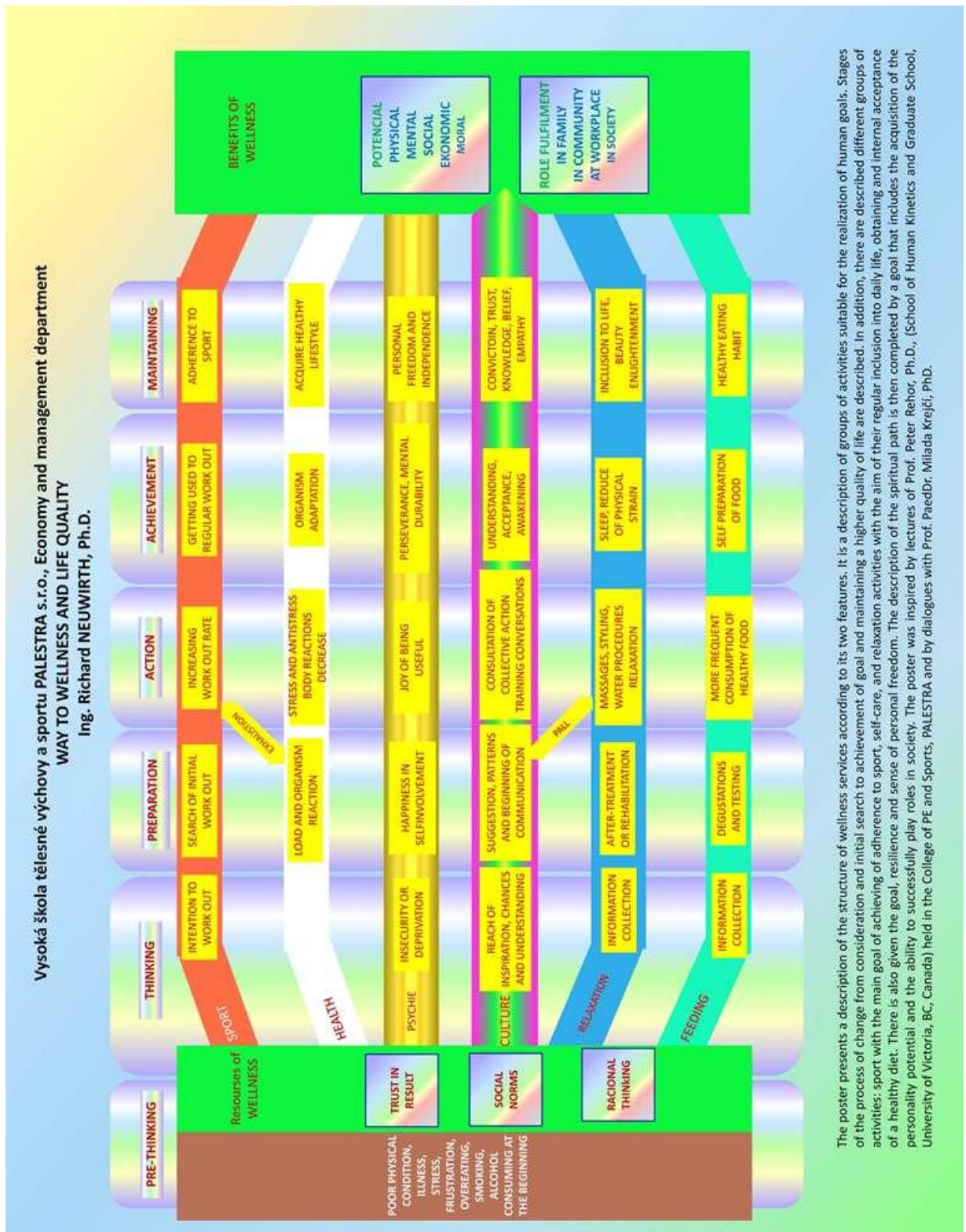


Figure 1 Model of potential wellness determinants in human life

4.1. Sport

The point is to achieve better physical fitness and acceptance of sport as one of the frequent leisure activities, important especially where the client has a sedentary job and his job is associated with countless stressful situations, see Figure 1.

Step 1: Intent to Start Practicing. It may originate in mind of prospective client itself, but the role of staff wellness, there is also considerable. The sport type selection is a part of the stages before thinking and thinking, and the wellness worker should be assisted here by advice and enabling the client to try out the sports that are best suited to him.

Step 2: Introductory Exercise, Search. The client begins to learn new sports activities or to restore previously acquired skills. The wellness worker then selects those tasks and exercises in which the client achieves the best results. He also encourages the client to start to find satisfaction in the pursuit of sport and also to feel a joy and enjoyment.

Step 3: Strengthening Exercise Intensity. It is natural and the physical condition is improving. The client goes through phases named above action. The wellness worker should become a guide and guide to the client and create a proactive atmosphere in which the client is more likely to achieve higher performance. But the worker will see to it that they do not lead to overtraining or to excessive exhaustion. This could (in the worst case) lead up to exhaustion, and the client might lose interest in even the overall change in the way he lives.

Step 4: Habit for Regular Exercise. It is characterized by adapting the organism

to its regularity and stable performance. It is in the general stage of the achievement phase. The client has already acquired the technical skills needed to running the sport and starting to feel the first positive benefits of sport. The wellness worker has the opportunity to establish the first contacts leading to permanent cooperation. Collaboration client - provider can then have in future positive impact for both the client and the wellness facility.

Step 5: Adherence to Sport. It means personal acceptance of the sport by the client. The client will add his favourite sport to personal life rhythm, sport in his life has a stable place and the client has entered the retention phase. In the best case it also occur permanent cooperation between wellness and client, and he can become a supporter of the sport and the promoter of the sport.

4.2 Health

This path is more of a consequence of efforts to change the overall lifestyle. The phases before thinking and the phases of reasoning are in this case initiated by a deteriorated health condition. The sport, as activity described above, then has on the health of the client's direct influence, see Figure 1.

Step 1: Load and Response of the Organism. At the stage of preparation, the first attempts and the search for sporting activities also take place. Then we see the first load of the organism as his first reactions. It is the reaction of the nervous system, then the hormone-humoral system and then the cardiorespiratory system. However, this area is fully in the competence of sports trainers and their education. In the

event of an excessive load (see the "Load Strength" course), it may occur exhaustion and the consequence may be the loss of the client, considered to be a potential visitor to the establishment.

Step 2: Stress, Anti stress and reducing the Body's Response. The stage, called action, occurs in extension exercise, to intensification of its intensity, its more frequent repetition. In a case of an adequately growing stress occurs in the response to stress. The intensity of these stresses and anti-stresses decreases during long-term training and occurs gradual adaptation of the organism.

Step 3: Personalize Your Body. At the stage of reaching, it is step by step created adaptation of the body to stress, stress and anti-stress disappears and the body brings a wellness specialist to the exercise activities. It means that the organism responded by changing all three of the above systems and achieved adaptation to all physical and mental levels.

Step 4: Accepting a Healthy Lifestyle. In the retention phase it is a matter for the client with his wellness consultant, he managed to harmonize all the activities he has carried out so that their combination is made up of health optimal way of life.

4.3 Nourishment and dining

Catering has an irreplaceable role in wellness. Improving the physical and mental state of the personality that is achieved by running other activities could be "devalued" by a poor diet and, for example, too many fats or preservatives and carcinogenic substances contained in dishes may have a negative effect on during the process of total change, see Figure 1.

Step 1: Collect Information. Within the phases before consideration and consideration in this area should be a future client to collect information about healthy nutrition, the nutritional value of food, various eating streams, such as vegetarianism, and on the other hand, the range of options for overweight diets. In this phase it should be wellness expert mentor and promoter suggestions, and should be able to present the implications of different dietary habits.

Step 2: Tasting and Testing. It coincides with preparation and goes some heads of getting personal taste experiences and expertise, for example, a change in the functioning of the digestive tract. This should also happen eradication of prejudices and myths related, for example, to vegetarianism, and again with the qualified help of an expert.

Step 3: Frequent Consumption of a Healthy Diet. Based on the experience it is gained more frequent and especially intentional eating of a healthy diet.

Step 4: Customize Your Diet. It corresponds to the stage of achievement. The client himself becomes active and can also inspire his surroundings.

Step 5: Habit for Healthy Diet. Healthy food becomes a common part of life. In the phase of retention it is desirable to use the client's potential and experience in the context of the establishment wellness. However, it is necessary for the client to have premises of such a relationship that allows the organization of common actions in customer clubs centred on wellness.

4.4 Relaxation

Relaxation belongs to activities that may be more or less passive. In the pre-reflection and reasoning phase, information is collected about the client's acceptable "passive" financial difficulty, see Figure 1.

Step 1: Collect Information. Phase of thinking. At present there are plenty of relaxation options available. Many establishments dealing with accommodation, and sometimes also leisure, have the term wellness. Here it is the question of the right to include the term wellness in the name of the establishments and to indicate their subject of activity. There is a risk that the client will buy the products, called wellness services, and consequently, the establishment will manifest itself as a mere provider of massive and only passive relaxation activities. However, the impersonal character of such establishments has nothing to do with providing wellness services. It is up to the experts to their prospective clients warned of the danger and tried to be helpful advice and knowledge of conditions necessary for the correct selection of the company, providing relaxing activities.

Step 2: Consulting with physicians, procedure of rehabilitation. In the preparation phase, the client should find out what his / her state of health is and on the basis of this he / she chooses the intensity and expiration time of the purchased relaxation services. It is advisable for the client to be able to disclose to the practitioner any contraindications such as the provision of some types of massage,

Step 3: Massage, Styling, Water Treatments and Relaxation. They fall into the action phase. The client finds not only passive satisfaction with consumption, but

also physical rehabilitation after completed sports activities. Here is the task of the expert to the amount consumed services match the previous physical burden as well, and the overall health of the client. Furthermore, the expert is obliged to oversee compliance with technical and safety conditions for the operation of individual health care facilities. For example, the times spent in the hot tub or solarium. There is danger here, similarly as in the case of excessive physical load, exhaustion, namely fatigue to "disgust". This situation is predominantly in the hands of the client, but the wellness expert should have enough erudition and the possibility to prevent such fatigue and excitement of certain relaxation activities.

Step 4: Sleep, Physical Relief. They fall into the stage of achievement. The client experiences the positive consequences of adequate relaxation and is professionally educated in the course of each type of activity with their health consequences. For example, regular and good quality sleep, as one of them forms of relaxation.

Step 5: Inclusion in Life, Enlightenment, Beauty. It corresponds to the retention phase and the client starts relaxing regularly and mainly focused on his / her life, in better case and into the life of their family. Here it is an example of how change in personal life can have positive consequences even for the client's immediate surroundings. This aspect is valid in all the routes described above.

4.5 Psychics

The penultimate way is the path of psychological development. Activities, however, in this area is rather situated on

specialized experts from ranks of health professionals and psychologists. But in the case of wellness it is rather a set of consequences of the operation of all previous activities that affect the particular mental state of the personality. Among other things, it is the fact that wellness cannot be composed only of unilateral focus of the client that the field is quite complex, see Figure 1.

Step 1: Uncertainty, or Deprivation. It falls into the phase of reasoning and it is the result of a man's unhappy situation. It's also one of the reasons why the prospective client is looking for, gathers information, and where he has the opportunity to meet with a wellness expert can be inspired by future activities.

Step 2: Enjoying Your Joy. It comes here the first pleasant experience in implementing selected activities. The client may for the first time forget his / her difficulties and "ubiquitous stress" for a short time. It comes to pleasure of usefulness, which is again an opportunity for a wellness expert who can invite the client here in its further progress in achieving a higher quality of life. It is also about building the idea of the client's future cooperation establishment. Under the term cooperation it is meant the relationship between the provider and the recipient of the service he has in the context of market transactions, the positive consequences for both parties, regardless of the financial evaluation of the acquired utility values.

Step 3: Pleasure of Usefulness. It does not happen within the action phase. It comes to the persistence of other activities on human personality. After a period of instability occur feelings of well-being that are conditioned by repeatedly

engaging in selected activities. Here it is necessary to mention the fact that empathy, as a component of the personality of wellness expert, is one of very necessary prerequisites for successful cooperation between the client and the wellness facility, providing quality services.

Step 4: Endurance, Psychological Resistance. It corresponds to the stage of achievement. For example, when meeting with stress, the client resists this situation. Its resilience is no longer only short-lived and forced by circumstances but results from his already satisfactory mental state. In order for the service provider to take advantage of this situation for the benefit of his / her client, it is certainly necessary to have a professional psychological erudition of wellness professionals. In any potential cooperation (see above), the client can be used as a connecting interface between party service providers and those clients coming in wellness establishment in contact with this individual.

Step 5: Personal Freedom and Independence. At the retention stage, such client status is ideal. Within this state it can already decide on its own, and its decision to respect and appreciate them. He can become as important personalities in the collective, as well as a respected individual meters, radiating peace and on the road so much expected PODs.

2.6. Culture

The result of combining multiple paths and within them the achievement of the retention phase occurs ideally the cultural changes of personality. The term culture of personality refers to the overall spiritual state in which the client is located. It is a frequent experience of positive

feelings and moods, the result of which is the target state of personality, called wellness, see Figure 1.

Step 1: Finding Opportunities, Inspiration and Understanding. At the stage before thinking and reasoning occurs realizing their own "unhappy", troublesome and difficult to solve situations in areas of total satisfaction, fulfilment of the meaning of life, and for example feelings of loneliness and unnecessary. Inspiring and invoking specific interest is the first indication of possible changes to the client's direction. From this again it leads to a reference to psychological erudition and a requirement for empathy and understanding of the client's wellness by a specialist.

Step 2: Ideas, Patterns, and Beginning of Communication. This situation corresponds to the preparation stage, in which the client is consciously choosing the activities that are closest to him and most correspond to his / her nature. On the one hand, it is still a way of searching, on the other hand, it can also be a finding of affection or a relation to a particular spiritual area, shared by social groups such as visits to cultural and social events, various hobbies, the element of self-realization, collective sharing of the atmosphere in within the joint actions of mysterious or religious context, or educational action. This can happen here as well case of relaxation, step 3, fatigue. It is the skill that leads the client to determine the proper form and frequency. The amount and type of activity begins to determine the client itself. It is ideal to organize social events organized either in wellness facilities, in the case of the creation of client clubs outside these

establishments, at the wellness centre of the secured venues.

Step 3: Consultations, Joint Actions, Interviews and Training. At the stage of the action, the client will initially be a passive consumer, later he can become an active contributor to activities of specifically targeted groups. In this area of wellness offers here yet underused options that help one to establishments self-profiling. This then impedes the positive differentiation of the traffic from the competitors. There is also the possibility of separating the wellness sector as such from the offer, which aims only to sell services, not to realize the "real" intentions and goals of the wellness field.

Step 4: Understanding, Adoption, Insight. It corresponds to the stage of achievement. The client has a high level of professional education in the area if becomes a promoter of what he has in his mind and feelings.

Step 5: Belief, Trust, Knowledge, Faith, Empathy. In the retention phase, the client is in charge of the overall attitude of fulfilling the state, which brings him mental and above all spiritual stability, characterized by mature and balanced personalities.

DISCUSSION

General model of change

It is the total transformation of the personality of man. Thus, it is obvious that a part of the concept is a way or so successive stages of achieving a higher quality of life.

The initial state, given by the current unfavourable situation, is characterized by

poor physical and mental condition, eventual illness, experiencing stress, bad moods and potential frustration. This state may not always be the burden of the above, but the consequence of it may be the phase called pre-contemplation.

In the presented general model of change we can discuss follow main wellness determinants. Within the phase before considering it is a situation where the individual does not feel well and begins to feel the need for change. Individual is looking, dreaming, thinking. If in this time he will be in contact with wellness specialists, the most suitable moment to go presentation of the field, its possibilities and benefits. At this stage it is necessary to ascertain as much information as possible about the future client in order to be able to decide and use the client's potential as a source of motivation leading to a change in lifestyle. These motivational resources are in the paper termed a result, social standards, and rational reasoning, see Figure 1.

- Faith in result: It is not just about faith in the religious word of meaning, but of trust based on the value systems of different cultures and thought directions.
- Social standards: This case can be used as a motivational element of cultural tradition, social patterns and family patterns, which include the habit of regular sports (public tours and bike cycling in families, etc.).
- Rational Thought: This is a source that is fully in the competence of the wellness expert. It is persuasion, explanation and discussion on the theme of lifestyle change. The willingness to change the way of life then arises on the basis of the logical

thinking and knowledge of the future client.

The next stage is **Consideration**. That includes collecting information, selecting specific activities, and accepting ideas the area and activities. In this stage is for an expert to select appropriate activities for the client, and to present the results achieved by other customers. Once again, it is necessary to present wellness area with respect to the selected source of acceleration of thoughtful change. For example, using rational thinking to present measurable changes that other clients have achieved.

Phase **Preparation** of self-paced search for specific activities. In the area of sports will be a selection of appropriate exercises or specific sports that will help the client to achieve change. We also include the purchase of appropriate equipment and the creation of concomitant conditions, such as timetable, implementation into the day mode of the client, etc. It is necessary to familiarize the client with obstacles to lifestyle change. For example, the exercise will come a period of success and well-being, but also the clients may find themselves in a situation in which he loses interest in activity, when he or she will be trained, when the mental content of the activity is thawed. It should be pointed out that such moments must be overcome by the client and that the client is also in these moments are sufficiently motivated.

Phase **of Action** is a real beginning under the guidance of coaches. Coaches and wellness instructors in this time they take a professional or a wellness part of their responsibility to prove their client to the intended goal. On-site support it is also available praising and pointing to the first

achievements achieved. The "guides" on the way of change will point to achieving the first set goals. Those (in the previous stage) policy goals should have a dual character: First objective skill, we can say the quality and "countable é" objective, quantitative. The dual nature of the goals is to ensure their easy comprehension, a variety of activities, and easier to understand and understand by the client.

The stage of **Achieving** is a stage in which a client reaches predetermined goals and is experiencing new life habits. These habits are then implemented into his or her normal life and give the opportunity to collect the benefits of a new lifestyle. IN this stage is appropriate with client to establish a relationship that will allow long-term cooperation between the wellness services provider and the consumer of the service. The aim of such cooperation is, for example, the creation of client groups and the sale of services to whole groups of "co-workers" clients.

The stage of **Holding** should, as a final stage, ensure that the client's personality status, in which he is able to use all the positive consequences of active to your own life. The client, not the customer, is then able, within the meaning of wellness definition (WHO 2000), to use his newly acquired potential in physical, psychological, social, economic and moral, and is also able to play roles in family environment, community, employment and in society.

5 CONCLUSIONS

On the base of presented analyses and syntheses and on provided deduction, we

can conclude to the shown theoretical model how to realise benefits of wellness:

The result of achieving sustain phase, in which the client received through the completion of several roads, leading to a change in life is to gain potential and capacity to play a vital role. In terms of the definition of WG 2000, it is a potential physical, psychological, social, economic, and due to the culture of its personality and the potential of morality. This potential will enable the client's personality play vital roles in the family community, workplace and society. The result is a full-fledged life experience in terms of basic fulfilment of the mission and goals of the wellness field.

Very important is to express paths or groups of activities that create the ambience of wellness. In a system of wellness are designed "paths", groups of individual activities that in their combination lead to achieve a higher quality of life. It is important to note that only one group of activities cannot help the client in making life changes. It is necessary to keep in mind that the personality of a person consists of many levels and a change in personality as the system may only be changed - if more components of personality as such. The role of wellness workers is then the choice of a combination of paths that in utmost level satisfy specific client and his life situation and also to the stage of its life cycle.

6 REFERENCES

- Cavanagh, S. (1997). Content analysis: concepts, methods and applications. *Nurse Researcher*, 4(3), 5-16.

- Krejčí, Milada., Hošek, Václav., a kol. (2016). *Wellness*. Praha: Grada Publishing.
- Krejčí, Milada., Tilinger, Pavel., Vacek, Ludmila. (Eds.). (2016). *Education to Wellness, Education through Wellness*. Praha: VŠTVS PALESTRA.
- Krejčí, Milada., Šulová, Lenka., Rozum., František., Havlíková, Dagmar. (2017). *Výchova ke zdravému životnímu stylu*. Plzeň: FRAUS.
- Rehor, Peter. (2015). Exercise and wellness curriculum. *Acta Salus Vitae*. 3(1): 1-5.
- Rehor, Peter. (2016). Wellness specialist – Expanding Integrated Health Network Team. In: Krejčí, Milada., Hošek, Václav., et al. *Wellness*. Prague: Grada Publishing.

7 CONTACTS

Ing. Richard NEUWIRTH, PhD.
College of PE and Sport Palestra
Slovačikova 400/1
197 00 Praha 19 - Kbely
Czech Republic
E-mail: neuwirth@palestra.cz