

## PROLOGUE

Motto:

“*Concordia Salus*” – “**Well-being through Harmony**” (Latin phrase)

Latin word “Salus”<sup>1</sup> translated usually like "safety", "salvation", "welfare", “well-being”, in the new scientific content can be covered by the modern term “wellness”. Still quite new definition of the wellness - according WHO - represents a new wide sphere of scientific work. It sounds: “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.” – World Health Organisation (2000). *The world health report 2000. Health Systems: Improving Performance*. WHO: Geneva. –

[http://www.who.int/healthpromotion/about/HPRGlossary\\_NewTerms.pdf](http://www.who.int/healthpromotion/about/HPRGlossary_NewTerms.pdf)

The scientific journal “Acta Salus Vitae” aims to create a new scientific platform just for the up defined base of wellness and consequence with health and quality of life problematic. The scientific platform of the journal is open for experts in field of wellness promotion and service (educationalists, physicians, physiologists, psychologists, etc.). The platform can be divided in 3 areas of research focus:

1. Theoretical foundations of wellness, health and quality of life. Definition of terms and correlation with scientific research. Research methodology in the wellness area. Philosophical and ethical resources. Wellness and sport.
2. Physical, emotional, interpersonal, spiritual aspects of wellness in relation with human health. Wellness in the environmental context, in the school and work environments.
3. Wellness and lifestyle. Principles and problems of protective nutrition. Sleep habits in relation to wellness and quality of life. Adequate movement regime and active lifestyle as a part of wellness and health promotion. Wellness programs and wellness procedures in relation to benefits of the health and quality of life.

Wellness - Health - Quality of life, three words very often used in nowadays. The three terms written in the line present a logic continuum and also a path to rich satisfaction in our human being. It is a great honour for me to be in this historic event and to give a few remarks in a key moment of the new scientific journal “Acta Salus Vitae”. I convey my deepest admiration to all the scientists, which contribute to the high scientific level of the journal and wish them all the success for their research and for peaceful development of scientific progress.

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<sup>1</sup> “Salus” was a Roman goddess. She was the personification of security and well-being (welfare, health and prosperity) of both the individual and the state