

# WELL-BEING



## What is well-being?

Well-being is the state of being comfortable, healthy or happy. It includes having good mental health, being satisfied with life, having a sense of meaning or purpose and the ability to manage stress. Well-being includes physical, emotional and social aspects that contribute to your mental health as well as your physical health.

**Physical well-being** is recognizing the need for physical activity, healthy foods and sleep.<sup>1</sup>

**Emotional well-being** is coping effectively with life and creating satisfying relationships.<sup>1</sup>

**Social well-being** is the extent to which one feels a sense of belonging and social inclusion.

## Why is well-being important?


Higher levels of well-being are associated with decreased risk of disease, illness and injury, better immune function, faster recovery and increased longevity. Individuals with high levels of well-being are more productive at work and are more likely to contribute to their communities.<sup>2</sup>

## How can we evaluate our well-being?

The Cooper Quest Well-being Questionnaire is a self-reported 10-question assessment that evaluates your current habits and identifies possible areas of improvement to achieve total well-being.

At Cooper Aerobics we challenge people to *Get Cooperized™*—to live a long, healthy, well-rounded life to its fullest. To help achieve total well-being, Dr. Kenneth Cooper developed the 8 Steps to *Get Cooperized*. Because no one plan works for every individual, these guidelines can and should be customized to fit you—your body, health, interests and life.

## 8 Steps to Get Cooperized™:

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|  Maintain a Healthy Weight                  |  Do Not Use Tobacco                         |
|  Make Healthy Food Choices Most of the Time |  Control Alcohol                            |
|  Exercise Most Days of the Week             |  Manage Your Stress                         |
|  Take the Right Supplements for You         |  Get a Regular, Comprehensive Physical Exam |

1. "Wellness and Well-being." <https://www.nccih.nih.gov/health/wellness-and-well-being>

2. "Well-being Concepts." <https://www.cdc.gov/hrqol/wellbeing.htm>