8 Dimensions of Wellness

- Physical
- Spiritual
- Financial
- Emotional
- Social
- Occupational
- Intellectual
- Environmental
Physical wellness

Social wellness
Diet

1.
### Gingerbread Cookie Nutrition Label

#### Start with serving size

#### Nutritional content is as important as Calories

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>24 servings per container</td>
<td></td>
</tr>
<tr>
<td>Serving size</td>
<td>1 cookie (43g)</td>
</tr>
</tbody>
</table>

**Amount per serving**

<table>
<thead>
<tr>
<th><strong>Calories</strong></th>
<th>150</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>15mg</td>
<td>5%</td>
</tr>
<tr>
<td>Sodium</td>
<td>65mg</td>
<td>3%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>16g</td>
<td></td>
</tr>
<tr>
<td>Includes 16g Added Sugars</td>
<td>32%</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>60mg</td>
<td>4%</td>
</tr>
<tr>
<td>Iron</td>
<td>1mg</td>
<td>6%</td>
</tr>
<tr>
<td>Potassium</td>
<td>186mg</td>
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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

%DV is based on a 2000 Calorie diet
Carbohydrates

Added sugars max 10% of daily Calories

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Added sugar
Associated with poor health effects

Fiber
Promotes gut health and reduces blood sugar levels
Fats

Different types

- Unsaturated Fat = Good
- Saturated Fat = Bad
- Trans Fat = Worst

Blood tests

- ↓ TG (triglycerides)
- ↓ LDL (low-density lipoprotein)
- ↑ HDL (high-density lipoprotein)

Nutrition Facts

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Note: The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Salt and Sodium

Max 2400 mg sodium per day

Quantity
One teaspoonful of table salt contains 2400 mg of sodium

High blood pressure
Reduce max to 1500 mg per day
How much sodium?

- 2 tablets of Alka-Seltzer
- 10.5 oz can of chicken noodle soup
- 20 oz bottle of Gatorade
- 1 package of frozen chicken strips
How much sodium?

1134 mg

2225 mg

270 mg

1050 mg
Exercise 2.
Benefits of Exercise

- Improves heart health
- Improves brain health
- Reduces fall risk
- Improves mental health
Exercise Recommendations

150 minutes per week

**Aerobic**
- Moderate Intensity
  - Brisk walking
  - Water aerobics
  - Dancing

**Strength**
- At least 2 days a week
  - Yoga
  - Gardening
  - Weight training

**Balance**
- As often as possible
  - Standing on one foot
  - Walking heel to toe
3. Social Wellness
Social Isolation Increases Risk of:

- Premature death
- Heart disease
- Dementia
- Mental health issues
- Stroke
Benefits of Social Wellness

- Enhances physical health
- Helps reduce stress
- Boosts brain health
- Improves mental health
What are some ways you stay social?
Opportunities for Social Wellness

**Community Events**
Participate in events at senior centers, religious groups, or volunteer organizations

**Activities**
Join walking groups, yoga classes, or dance lessons

**Physical Connection**
Plan in-person events with loved ones

**Digital Connection**
Communicate with loved ones by phone, text, email, or video calls
Additional Resources

CDC – Nutrition
https://www.cdc.gov/nutrition

CDC – Exercise
https://www.cdc.gov/physicalactivity/basics/older_adults

NIH Social Wellness Toolkit
https://www.nih.gov/health-information/social-wellness-toolkit
All About Winter Wellness

Allison Nguyen & Samuel Yang
PharmD Candidates of 2024

Lucio Volino, PharmD, RUCIF, CTTS

Ernest Mario School of Pharmacy
Rutgers, the State University of NJ
Barnabas Health Retail Pharmacy

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