



Workplace Wellness™

Wellbeing and living a healthy life have evolved to being more than eating well and exercising often. Today, being healthy and well involves a more complex and holistic approach to enjoy quality of life.

Awareness and Balance is key.

Wellbeing evolves through the integration of the **Eight Dimensions of Wellness** which work in synergy, influencing and balancing each other to create overall wellbeing. Each dimension forms a piece of a lifestyle pie; without one piece, there is a void, a missing link that imbalances the remainder of the dimensions. Wellbeing is never a static state and is not merely the absence of disease or infirmity.



Live Well - Work Well - Stay Well

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