



TRAINING GUIDE



Improve your health, Improve
your life by learning all the secrets
of **Wellness Wheel**

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WELLNESS WHEEL

INTRODUCTION





“Are you well?”

We’ve all been asked this question, or have asked others at some point. Usually, it’s an inquiry as to whether we are currently suffering from any illness or ailment, as wellness is generally assumed to be the opposite of illness. But this is far from being the truth.

One way to explain this further is by taking a look at the Wellness Wheel. This allows us to examine different areas of our lives and, by making adjustments and changes, we can improve our overall health in so many ways. We become happier and healthier, which can help us to lead more fulfilling and enjoyable lives.

This guide will help you to learn the importance of wellness wheel in life to ensure an upgraded version of lifestyle.

So let’s get started!