Like a well-rounded education, personal wellness is a solid mixture of more than one discipline. Personal health and wellness encompasses five aspects of the individual: physical, emotional, social, intellectual and spiritual.

Trying to improve your health in all five aspects at once may be overwhelming. Perhaps a good resolution for the new year would be to choose one on which to focus and really improve. For more information on each aspect of wellness and what you can do to improve in each area, read the Life@Home article in the January issue of Desktop Wellness.

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OTHER ARTICLES

- The Importance of Folic Acid in Preventing Birth Defects
- All About Organic Foods
- The Top 10 Ways to Connect with Your Children
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