FIT + REC
SOCIAL WELLNESS
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WHAT IS IT?

• “Developing a sense of connection, belonging, and a well-developed support system.” --- SAMHSA (Substance Abuse and Mental Health Services Administration)

• Ability to develop good communication skills and maintain good relationships with one another

• Balancing social and personal time

• Engaging well with those in the community
WELLNESS WHEEL

8 DIMENSIONS OF WELLNESS

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

FINANCIAL
Satisfaction with current and future financial situations.

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system.

PHYSICAL
Recognizing the need for physical activity, diet, sleep and nutrition.

SPIRITUAL
Expanding our sense of purpose and meaning in life.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one's work.

BENEFITS?

- Feelings of security and support
- Reduce stress and tension in life
- Improve physical health and happiness
- Enhance self-esteem and self-worth
- Increase energy and brain power
5 WAYS SOCIAL WELLNESS INFLUENCES HEALTH

- Stronger immune function
- Better cardiovascular health
- Lower risk for depression
- Healthier aging
- Longer life


http://www.lifetime-weightloss.com/blog/2013/12/30/5-ways-social-wellness-influences-health.html
TIME MANAGEMENT

- Time management & priorities
- Tips:
  - Think about what this means for you
  - Write it out!
  - Set goals
  - Use help from others!
  - Socialize & take breaks from work!
WHY?

- Huge benefits moving from zero fitness to a little fitness!
- Greatest health improvements come from decreasing sedentary time to be just a little more active!
- Little by little - slowly increasing activity!
- Helps to increase energy, brain power, and stress management
- Helps prevent health complications such as high blood pressure, heart disease, stroke, diabetes, and osteoporosis
- Improve overall mood and enjoy being active with friends!
- Social time together while working on physical health improves overall health and wellness!

The American Heart Association Recommendations for Physical Activity in Adults

At least 30 minutes of moderate-intensity aerobic activity 5 days per week for a total of 150 minutes, or 25 minutes of vigorous aerobic activity 3 days per week for a total of 75 minutes, or a combination of the two.

AND

 Moderate to high intensity muscle-strengthening activity 2 days per week for additional health benefits.
SOCIAL WELLNESS ASSESSMENT

- See where your social wellness level is and ways in which you can improve your own health

BUILDING BLOCKS

- Put it on your calendar and do it!
- Do 10 minutes of physical activity at a time
- Add a 15 minute walk or activity during your lunch break or after dinner
- Make activity part of your daily routine
- Find a place you can stay active indoors
- Always bring extra clothes (weather permitting)
- Worried about cost?
  - Choose activities that don’t require special gear or advanced skills
  - Check out a local community or rec center
HOW?

- Lunch break - walk around campus with a friend/coworker
- OU Fit & Rec Classes [http://www.ou.edu/far/fitness/group_fitness](http://www.ou.edu/far/fitness/group_fitness)
- Personal Training
- Walk the dog!
- Family day at the park
- Walk or jog with a friend
- Mall-walking, talking and shopping
- Vacation - family hikes, walks on the beach, laps at the pool!
OU FITNESS EVENTS

• **MCSSC:** Lap swim, Aqua Zumba, Aqua HIIT Deep, Shallow Challenge, H2O Low

• **Walking Paths:** 1 mile, 2 mile, 3 mile Research Campus paths

• **Free Fitness Classes!**

• **Do your own thing with friends!**
SUMMARY: WHY?

- **It goes both ways!**
  - **Being social with others** improves adherence to physical activity.
  - **Being physically active** helps you be more confident and likely to balance social wellness in your relationships with one another and the community.
REFERENCES


- http://www.ou.edu/far/fitness/2018_Summer

- http://www.ou.edu/far/fitness/group_fitness/  