



# INTRINSIC SOLUTIONS INTERNATIONAL

## Health & Wellness 101 and Matters of Wellbeing

### Hours & Format

Health & Wellness 101 and Matters of Wellbeing is a 15-hour asynchronous course. It is completed by a brief reading on the topic followed by a brief video and completed by identifying a take-away about the content and a take away about coaching. There is no exam.

### Benefits

The topics covered in **Health & Wellness 101 and Matters of Wellbeing** mirror the health and wellness topics recommended by the National Board for Health & Wellness Coaching for coaches preparing to sit for the National Board Certification exam (NBHWC's recommendations are [here](#)).

The end result is that **Health & Wellness 101 and Matters of Wellbeing**:

- Benefits coaches wanting to be more knowledgeable about and familiar with health topics their clients might be experiencing
- Benefits coaches preparing to sit for the National Board Certification exam

### Topics Covered

From a high level, **Health & Wellness 101 and Matters of Wellbeing** addresses:

- A. Health, health promotion, disease prevention, and applying a whole person perspective
- B. Chronic disease
- C. Health behaviors and social and behavioral risk factors

Specifically:

#### **A. Health, health promotion, disease prevention, and applying a whole person perspective**

Wellness and wellbeing concepts

1. Health-related quality of life & wellbeing (HRQOL)
2. Wellbeing concepts
3. Travis Illness-Wellness Continuum

#### **B. Chronic Disease**



# INTRINSIC SOLUTIONS INTERNATIONAL

## Hypertension/prehypertension, blood pressure

5. Blood pressure basics
6. High blood pressure signs and symptoms
7. Effects of high blood pressure
8. Measuring blood pressure
9. Controlling blood pressure
10. High Blood Pressure Risk from Medical conditions
11. High Blood Pressure Risk from Behaviors
12. High Blood Pressure Risk from Family history and other characteristics

## Diabetes, pre-diabetes, fasting glucose, hemoglobin A1c

13. About Diabetes
14. Who's at risk of diabetes?
15. Symptoms of diabetes
16. Prediabetes
17. Type 2 Diabetes
18. Getting Tested

## Overweight & obesity, BMI, waist circumference

19. Obesity causes and consequences
20. Assessing Body Mass Index (BMI) and Waist Circumference
21. Abdominal obesity and your health

## Cardiovascular disease (mainly heart disease and stroke)

### Heart disease

22. Coronary artery disease basics
23. Heart attack signs and symptoms
24. Heart Disease Risk factors from Medical conditions
25. Heart Disease Risk factors from Behavior
26. Heart Disease Risk factors from Family history and other characteristics

### Stroke



# INTRINSIC SOLUTIONS INTERNATIONAL

- 27. Stroke basics
- 28. Stroke signs and symptoms
- 29. Stroke risk factors from Medical conditions
- 30. Stroke risk factors from Behavior
- 31. Stroke risk factors from Family history and other characteristics

Metabolic syndrome, arthritis and inflammation

Metabolic Syndrome

- 32. Metabolic syndrome

Arthritis

- 33. Osteoarthritis
- 34. Rheumatoid arthritis
- 35. Risk factors for arthritis
- 36. Fibromyalgia

Inflammation

- 37. Chronic diseases caused by chronic inflammation
- 38. Chronic inflammation
- 39. Inflammation and Heart Disease

Lipid abnormalities, lipid panels

- 40. LDL and HDL Cholesterol
- 41. Getting your cholesterol checked
- 42. Knowing Your Cholesterol Risk

## **C. Health behaviors, social and behavioral risk factors**

Healthy weight, optimal nutrition, & hydration

- 43. Nutrition and weight status
- 44. My Plate



# INTRINSIC SOLUTIONS INTERNATIONAL

- 45. Healthy eating plate
- 46. Can we say what diet is best for health?

## Common evidence-based nutritional interventions for prevalent medical conditions

- 47. Hypertension – DASH
- 48. Diabetes Healthy Food Choices

## Anti-inflammatory diets

- 49. Anti-Inflammatory Food Choices (Arthritis Foundation)
- 50. Foods that fight inflammation (Health.Harvard.edu)

## Weight loss

- 51. Choosing a Safe and Successful Weight-loss Program

## Hydration

- 52. Water and nutrition

## Physical activity, sedentary lifestyle

- 53. Physical Activity Overview
- 54. Physical Activity Guidelines
- 55. Physical Activity Guidelines for Americans
- 56. ACSM position stand on individual exercise programs
- 57. Physical activity digital tracking

## Sleep

- 58. Overview of sleep health
- 59. Common sleep disorders
- 60. Sleep and chronic disease
- 61. Sleep hygiene

## Stress & emotional wellness

## Mental health



# INTRINSIC SOLUTIONS INTERNATIONAL

- 62. What is Mental Health?
- 63. Depression
- 64. Anxiety Disorders
- 65. Social determinants of health

## Social isolation

- 66. Social relationships and health behavior
- 67. How stress affects the body
- 68. Coping with stress

## Relaxation and Meditation

- 69. Relaxation techniques for health
- 70. Meditation

## Avoiding tobacco use

- 71. Overview of tobacco use
- 72. Smoking health effects
- 73. Quitting smoking

## Moderate or no alcohol use, substance abuse

- 74. Overview of substance abuse
- 75. Alcohol
- 76. Prescription opioids