



# Be WellAhead with WesleyLife!

What does it mean to be WellAhead? At WesleyLife, it means we *live* health and well-being, from the way we design our communities to the experiences we help create for residents, clients, participants, and team members. WellAhead is illustrated by a curriculum we call the Core4, which is based on research from the Blue Zones®, areas of the world where people live the healthiest and longest lives. The Core4 includes these elements of well-being:



**Move Naturally:** The people who live the longest don't run marathons or even join gyms; they find ways to move naturally, bringing intuitive forms of exercise into their lives in a sustainable way.



**Eat Wisely:** It's not just what we eat but also *how* we eat that helps us become and stay healthier. Enjoying a variety of fruits and vegetables in a rainbow of colors is a great place to start!



**Have the Right Outlook:** Research tells us having a reason to get up in the morning can help us live as many as seven years longer. We encourage connecting to a purpose that adds deeper meaning to our lives.



**Be Connected:** Those around us greatly influence our health and well-being. Being connected is all about creating a sustaining strong relationships with people who challenge, support, and grow with us.

Learn more! Email your questions or comments to [wellahead@wesleylife.org](mailto:wellahead@wesleylife.org) to be connected with a member of our Health and Well-Being Team!

