

NORTH AMERICA: UNITED STATES

1. What is currently making news in your country when it comes to wellness or wellbeing?

Wellbeing is an active pursuit of enjoying good health and a quality of life. We have a world of choices and it's about making the choices that provide us with a better quality of life and that allows us to continue doing the things we most enjoy.

At Williams Island, the Florida Riviera, and Spa Innovators, an educational resource for spa and health professionals, we believe our lifestyles may vary but the bottom line is being able to live your life enjoying that lifestyle in good health.

It used to be specific programs being promoted but the essence has become eating healthy and that means your body feels good with your diet; your exercise regime is what keeps you moving and active and your mind and spirit flourish and are rejuvenated by your spirituality and practice of mind thoughtfulness.

2. Please provide one sentence that describes what you think are important developments in your country for each of the following:

Spas: A facility that enhances your wellbeing rejuvenates you and provides you with a lifestyle practice.

Wellness Tourism: A tourist trip that enhances your wellbeing while enjoying a different culture and/or geography.

Wellness Living Communities/Real Estate: A community that encourages teaches and provides lifestyle choices that enhance your wellbeing.

Beauty: Beauty is a look, an act, an attitude, a gesture and making the most of what you have.

Fitness: This is a balance of body, mind and spirit through moving, sleeping and eating that allows you to enjoy all the things in life that is important to you.

Nutrition: Nutrition is what you provide for your body to survive and good nutrition is what allows your body to be and function at its best.

3. How would you describe the state of workplace wellness in your country?

There have been many attempts at workplace wellness but often eliminated for budget reasons as it is the first item to be cut when facing financial challenges. It will become more successful through leaders and individuals who take a stand to promote workplace wellness nationally in corporations and through their own example.

We have a long way to go but there are some corporations who invested in on site programs and whose employees reap the benefits.

4. What has been the general attitude about investing in spa/wellness in your country in 2015? Specific examples?

The building of private communities including spas and fitness centers offering it as a lifestyle choice; the many hotels and private clubs being established offering spas and health clubs, resorts offering spa and health journeys and vacations, medical facilities incorporating spas and health programs as a part of their services, neighborhood parks adding programs and equipment for their communities, etc. The United States as a whole recognizes the need for better health and the medical problems poor health causes not to mention the financial expense but I believe people want to feel good and those willing to make those choices will reap the benefits. The medical profession is beginning to open its eyes to better choices over prescriptive medicines and prevention is a slow process that will take years to become an implementation.

5. Whose responsibility is it to create a well world?

Every one of us is responsible for our own well-being and is responsible to be an example to influence the rest of the world.

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