

# Core Values and Philosophy

## Our mission:

HEAL Global's mission is to link people to information, services and products that lead to a lifestyle of wellness.

## Our vision:

To revolutionize the manner in which health, education, finances, spirituality and information technology interface to promote health, healing and wellness in the United States and internationally.

## Our values:

- Individual/Community Empowerment
- Diligence
- Accountability
- Excellence
- Leadership

## Our Definitions:

### Health Defined

Optimal health has four dimensions, including physical, emotional, spiritual and financial. Like a quadrangle with its four sides, improved well-being can be achieved by balancing the four dimensions of good health.

### Physical Health

The human body was designed to move. Achieving physical fitness begins by understanding the high return on investment you will receive. Being physically active strengthens your heart, makes you less prone to injury, increases your energy level and detoxifies you. HEAL Global encourages all people to make the decision today to become a physically active person.

### Emotional Health

Health experts and practitioners have aligned their thinking, agreeing that emotional health is by far one of the greatest contributing factors in achieving optimal health. We know for certain that our ability to be emotionally aware, to express our emotions, to manage stress, to have healthy relationships and to be capable of developing the emotions of peace, joy and contentment all contribute significantly to experiencing optimal health and longevity. HEAL Global believes there is a direct link between emotional health and physical health. How you feel emotionally can determine how you feel physically.

### Financial Health

To have the resources to control and manage one's life and ensure the other forms of wellness. Financial literacy is the ability to make informed judgments and to take effective actions regarding the current and future use and management of money. HEAL Global promotes financial literacy and responsibility as a life skill.

## **Spiritual Health**

The spirit of a person is the part which knows: the seat of the intellect, will and mind---all mental faculties. Additionally, the word spiritual is defined as an individual's sense of peace, purpose, and connection to others, and beliefs about the meaning of life. Spirituality may be found and expressed through an organized religion or in other ways. Religion may be defined as a specific set of beliefs and practices, usually associated with an organized group. Spirituality and religion are often used interchangeably, but for many people they have different meanings. Many people consider themselves both spiritual and religious. Some people may consider themselves spiritual, but not religious. Other people may consider themselves religious, but not spiritual. HEAL Global seeks to address the spiritual dimension of wellness.

## **Wellness and Longevity**

**Wellness** means the condition of being healthy and free of all disease.

**Wellness** can also mean the pursuit of a healthy, balanced *lifestyle*

**Wellness** is generally used to mean a healthy balance of the mind, body and spirit that results in an overall feeling of wellbeing.

**Longevity** means being free of all disease by consciously practicing anti-aging disciplines that ward off disease and increase a person's probability of aging gracefully and with vitality.