

EDUCATION TO WELLNESS, EDUCATION THROUGH WELLNESS

Milada Krejčí – Pavel Tilinger – Ludmila Vacek

PALESTRA

The College of Physical Education and Sport PALESTRA, L.t. d

**EDUCATION
TO WELLNESS,

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PRAGUE 2016

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Cataloguing:

Wellness
Well-being
Education in wellness
Healthy lifestyle

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Technical redaction: Alena Malcová

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Prague 2016

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ISBN 978-80-87723-23-4 (print)

ISBN 978-80-87723-26-5 (pdf)

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INTRODUCTION

VÁCLAV HOŠEK

Wellness is a phenomenon of such magnitude and with such potential impact that it cannot be ignored professionally. The obstacle of solid studies is the fragmented approach to wellness and same way the major understanding of its social functions as something of a luxury, responsive to the needs of hedonistic spoiled clients. A substantial contribution to this understanding brings advertising, emphasizing the exclusivity of some wellness facilities related to the commercialization of the entire area. On the contrary, the presented monograph derives from the author's team concept that wellness is not a luxury extras in the care of a man but that its social function is based on the Salutogenetic care leading to permanent improvement of human health inducing through the bio-psycho-social well-being. It can happen in many contexts, in a different social context using the different formative means. That is why the content of the study is relatively diversified reflecting conditions of individual studies, different approaches and diverse, applied and interpreted outcomes. In this regard, it is significant also the trend in wellness, known as the "selfness" which emphasizes self-meliorative care of everyone on his/her own. In this approach is necessary to educate people, which is the basic credo of the presented monograph.

Contemporary people are not in an easy situation. More studies considering pessimistic trends of contemporary Euro-American civilization pointing out certain symptoms of the decadence of today's society comparing the current state with moments of the collapse of ancient civilizations. These alarming symptoms also include some information about current population. Techno sphere development and advancing domestication of contemporary human beings undermines their energy balance, causes obesity, decreases efficiency, durability, contributes to the emergence of lifestyle diseases of a degenerative nature. Consumer lifestyle leads to a "debt traps" to tension, stress and anxiety. Classic family function suffers from concerns about career which has harmful demographic consequences and causes intergenerational conflicts. Conflict-free is not man's relationship to the natural environment either. The list of potential disturbing moments could be continued; we make noticeable especially those in which the greater use of wellness approaches could bring improvements, so

called Salutogenetic "resuscitation" of contemporary people. The essence of wellness is harmonization, efforts to eliminate imbalances, balance in terms of physical, biological, psychological, social and environmental purposes. This trend effort is also an unifying principle of the introduced monograph. We see the potential benefits for today's population and topicality of the presented book.

The monograph is diverse, includes historical context and overview of basic concepts, showing the centre of gravity which is in the experimental nature of the intervention approaches in school and sports environment and specific population of seniors with disabilities. The common denominator is wellness and its issues and the unified methodological approach. The team of authors considers the text as the opening of the issue and will be grateful for any professional response.