**For Immediate Release:**

**Expanding the Concept of Health and Wellness: Beyond Physical Fitness, Nutrition and Stress Reduction**

Newton, MA – May 30, 2017 – Wellness is a term that many people typically think of only in terms of physical fitness, nutrition and stress reduction. However, wellness is a multi-dimensional concept that also encompasses mental, emotional and spiritual issues. If they’re not integrated with fitness, nutrition and stress reduction, wellness can’t be achieved. The widespread emphasis on quick fixes and temporary relief falls short of addressing self-destructive behaviors that can contribute to further despair and deterioration of overall health.

[Wellness and Beyond](http://www.wellnessandbeyond.net/) expands common definitions of wellness by introducing new components such as functional movement, functional therapy and mental health, and integration of body and mind,” said Lenny Levin, competing athlete, and the creator of the expanded Wellness and Beyond concept. Common understanding of overall health has to be taken beyond fitness, stress reduction and nutrition and it should be viewed as a wellness concept in contrast to a treatment paradigm with separate specialists for each discipline.

Conventional fitness methods revolve around weights, cardio and stretching regimens by focusing on isolated parts of the body. In turn, individuals are left emotionally and spiritually bereft when they don’t obtain the results they want and are often injured in the process.

Wellness and Beyond incorporates the mental, emotional and spiritual aspects of the human mind and body. It integrates them with functional movement development into a single, comprehensive program to help individuals change self-destructive behaviors and attitudes at the same time. Building a body-mind connection through functional movement development will enable people to gain experience in how to handle mental issues and self-destructive behaviors.

With musculoskeletal injuries at an all-time high and medical professionals treating symptoms rather than addressing the root of the problem, clients at Wellness and Beyond are [embracing functional movement therapy and training](http://www.wellnessandbeyond.net/functional-therapy/) with open arms. It offers a proven functional alternative to injury treatment and prevention without surgical intervention.

The average person doesn’t understand how their body is designed to work or if it’s functioning properly, resulting in mental, emotional and spiritual problems when the body and mind resists the individual’s attempts to improve that connection. This is an example where an individual can avoid self-destructive behavior and develop the power to overcome such challenges.

“I started helping clients overcome these mentally challenging issues of body and mind connection or otherwise there will be no success or progress with functional movement,” said Levin. “As we were developing the body-mind connection, we had to address associated mental and emotional issues. It brought us into a wellness universe where we were improving fitness and health, while addressing mental and emotional problems at the same time.”

“The bottom line is that if you want to restore or develop [functional movement](http://www.wellnessandbeyond.net/functional-fitness/), you have to resolve associated mental and emotional issues at the same time,” continued Levin. “As you improve functional movement, you will be laying the foundation to integrate body and mind to build better health and wellness.”

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