

Jennifer Shearin Group Wellness Coaching - Road to Wellness Less Travelled

With the upsurge of the wellness industry in the past thirty years, more and more people are living well-balanced and active lives. And as the essential medical knowledge and practices improve even more, we can look forward to more people living up to a hundred years or more, something which was apparently a common thing in ancient times. In certain parts of the world, such as Thailand, Spain, Japan, France and the US, where we can find the most number of centenarians, dietary and lifestyle habits are commonly investigated and emulated as effective means of achieving not just long-life but for maintaining a sense of well-being.

If it was such a common thing for people to live up to a hundred or even much longer in ancient times, how come modern people no longer approach that level of physiological durability? We are more of an exception now rather than the rule in biological longevity. Sea turtles, swans and carps and some other animals have longer average life spans than us humans. And they do not even read bibles and blogs!

But we should not despair as life is, as often said, not measured in the length of one's life but in the quality of life that one has. What human can survive living in water as tortoises and carps do? Yet the quality of life, not just the length of it, can now be attained through observing certain basic health tips and lifestyle changes any person can do without having to spend so much. And one need not reside in Okinawa or in Nepal to achieve this.

[Jennifer Shearin](#) provides a valuable list of how one can attain wellness, and, it follows, a long and happy life. She does not tell her readers to do all, of course. One only has to choose those that fit one's budget and other conveniences in life.

Take, for instance; tip # 45 on taking up yoga. Yoga, admittedly, has so many health benefits. But such benefits can only be attained through some rigorous body exercises unique to yoga. Here is where many people feel challenged, especially the aged and the physically disabled? What then? As suggested, one must look for other alternatives while trying to achieve the same health benefits.

Certain ancient Chinese breathing exercises are known to provide rejuvenation of internal organs through slow, meditative deep-breathing routines. Almost any person of any age and even with disabilities can practice them. Perhaps, certain body movements, just as certain expensive foods are inaccessible to most people, are not meant for everyone. But there are certainly other ways to get the health benefits through some other means.

And with 74 ways to choose from, [Jennifer Shearin](#) has certainly covered most bases when it comes to having a healthy, happy and long life. For that, we can only thank her.