

Achieving Vitality Through the Triad of Health

By Eric D'Agati

Every year millions of people set out to improve their health and well-being by engaging in a diet and exercise routine. Unfortunately, many of these individuals will fail in their pursuits. They commonly fall prey to false marketing and “magic bullet” programs, rather than taking a more holistic approach to success.

The *Triad of Health* is a system used by many health professionals to assess and treat each individual's needs by dividing them into 3 main categories:

Chemical: The internal physiology of the body. An individual's chemistry is affected most by their nutrition.

Mental: The mind and body are connected in many ways, whether it be spiritual or simply through reflexes and habits.

Structural: Muscles, joints, bones, etc. all fall in this category and is influenced greatly by movement / exercise (or lack of it).

Eric D'Agati is the founder of One Human Performance Center, a private Fitness and Wellness Center based in Montville, NJ. He specializes in exercise programming for performance enhancement and corrective strengthening and conditioning. He can be reached at 973-882-3366 or at www.onehumanperformance.com