

WELLNESS DEFINES THE HEALTH AND THE GOOD FUTURE OF PUPILS

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National Sports Academy "Vasil Levski", Sofia**Keywords:** physical education, healthy life, young people**INTRODUCTION**

Health and physical education (PE) programs are challenged to provide meaningful and relevant learning experiences for children and youth in the 21st century. The aim of this report is to explain the status and perspectives of health and PE programs which is combined with Wellness and Spa areas, "... creating a polyvalent SPA culture ..." (Dimitrova, (2009). [Димитрова]), "... discuss problems for remedial importance of physical activity in the aquatic environment..."(Dimitrova, (2012) [Димитрова]) "...improving the quality of life and health status of the practitioners ..." (Dimitrova, 2014) . The regulation of this field is logically coordinated but "... should not strive to eliminate conflicts, but to use them to their advantage (within the sector), because they contain constructive force..." (Dimitrova, 2011[Димитрова]) and concentrated with physical education and the 21st century modern lifestyle (Dimitrova, 2014). It should be noted that "...not only in Bulgaria but also in Europe the finding of a highly qualified staff for Spa & Wellness centres is a major problem..." [Dimitrova (Димитрова), (2014a)].

When we connect PE program with Wellness and Spa areas by applying the Six-Dimensional Model, a person becomes aware of the interconnectedness of each dimension and how they contribute to healthy living.

METHODOLOGY

This **holistic** model explains:

- How a person contributes to their environment and community, and how to build better living spaces and social networks and create a good connection between parents and kids
- The enrichment of life through work, and its interconnectedness to living and playing
- The development of belief systems, values, and creating a world-view
- The benefits of regular physical activity, healthy eating habits, strength and vitality as well as personal responsibility, self-care and a healthy lifestyle
- Self-esteem, self-control, and determination as a sense of direction
- Creative and stimulating mental activities, and sharing your gifts with others



The Wellness model may be helpful in finding solutions to form general and more flexible local PE programs throughout the world.

1.Table – The Six-Dimensional Model

RESULTS

Wellness is generally used to mean a state beyond absence of illness but rather aims to optimize well-being. The notions behind the term share the same roots as the alternative medicine movement, in 19th century movements in the US and Europe that sought to optimize health and to consider the whole person. The term arose in the World Health Organization's 1948 constitution which said: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."^[1] It was initially brought to use in the US by Halbert L. Dunn, M.D. in the 1950s; Dunn was the chief of the National Office of Vital Statistics and discussed "high-level wellness," which he defined as "an integrated method of functioning, which is oriented toward maximizing the potential of which the individual is capable."

The US Substance Abuse and Mental Health Services Administration uses the concept of wellness in its programs, defining it as having eight aspects: emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual^[4]. ^[1] Zimmer, Ben (2010-04-16). "Wellness". The New York Times.; "The Eight Dimensions of Wellness". Substance Abuse and Mental Health Services Administration (SAMHSA). 2016.

Six Dimensions of Wellness

Developed by Dr. Bill Hettler, co-founder of the National Wellness Institute (NWI), this interdependent model, commonly referred to as the Six Dimensions of Wellness, provides the categories from which NWI derives its resources and services.

http://www.nationalwellness.org/?page=six_dimensions

Definition of Wellness

- Wellness is a conscious, self-directed and evolving process of achieving full potential
- Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment
- Wellness is positive and affirming

The definition of wellness, long used by the National Wellness Institute is consistent with these tenets. *Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.*

By applying the Six-Dimensional Model, a person becomes aware of the interconnectedness of each dimension and how they contribute to healthy living. This holistic model explains:

- How a person contributes to their environment and community, and how to build better living spaces and social networks.
- The enrichment of life through work, and its interconnectedness to living and playing
- The development of belief systems, values, and creating a world-view.
- The benefits of regular physical activity, healthy eating habits, strength and vitality as well as personal responsibility, self-care and when to seek medical attention.
- Self-esteem, self-control, and determination as a sense of direction.
- Creative and stimulating mental activities, and sharing your gifts with others.

Applying a wellness approach can be useful in nearly every human endeavour. As a pathway to optimal living, wellness is being applied to related fields, such as health promotion and holistic health, and has seen a growth in "helping professions" including counselling and medical arts and practices.

http://www.nationalwellness.org/?page=Six_Dimensions

The brand Resense creates a steady connection between both - Wellness and young people. This brand is not preferred only by parents but well used by kids between 5 -12 years of age.

Created in early 2009, Resense started as a collaboration between Kempinski Hotels and Raison d'Étre. This union brought together Kempinski's hotel management excellence and Raison d'Étre's experience in tailor-making holistic spas and spa brands.

Resense, now established, is arguably the fastest growing global spa company with more than 50 spas in operation and development after only six years. It operates two brands: Resense 'The European Spa' and Kempinski The Spa and one white label spa at present. In the future there will be more brands and white label spas to come.

This is achieved by not only having a well-designed spa with a good operational flow, but also by having the right people at the right place with the right training. Resense considers authenticity to be crucial for achieving quality. Resense's portfolio of spas has achieved an average LQA (Leading Quality Assurance) score of 92% or higher for the past 2 years.

Kempinski The Spa is a journey inspired by the European cycle of the seasons. Drawing on the elemental wisdom of nature, our treatments both invoke and restore the body's natural equilibrium.

Kempinski The Spa – 4 seasons is not a myth, but a fact, that we are all unique. You may feel invigorated and alive in chilly weather and perhaps feel sluggish and fatigued in hot climates, whilst another person might be just the opposite.

Inspired by Kempinski's origins, the distinctive European seasons - central to the Kempinski The Spa philosophy, invoke an understanding in most of us. While winter generates thoughts of hibernation and recuperation, spring may encourage ideas of blooming and growth.

Treatments are tailored to provide a definite result that suits each person's individual needs. Kempinski The Spa's seasons identify on how each person would like to feel.

The Resense Spa is the renaissance of the classical European spa. A fusion of modern and traditional design, art, music, therapies and bathing.

Resense Spa is the ultimate luxury spa that leaves no detail to chance. Resense Spa is available to Kempinski hotels, other luxury hotels or as standalone spas.

DISCUSSION

- The first of its kind – Luxury European Spa Brand
- Guided Bathing Kur
- Health Concierge or Activity concierge – trained in personalised service
- 'Anti-Zen' design concept

The Spa Journey is a collection of Experiences that the parents and kids have from the moment they walk through the door until the moment they leave. Through that design, personal service, training, treatments, details and magic we ensure that every person has an authentic experience.

<http://www.resensespas.com/spa>

Activity concierge is a key position within the Kempinski brand. The main responsibility of an Activity Concierge is organizing both outdoor and indoor activities. Very often activities are organized in the Wellness area such as aqua aerobics, water gymnastics, swimming etc.

Usually the activity concierge is a local person who is very knowledgeable about the region and may quickly and efficiently organize various activities for people at all ages. A relevant education is very important for a dedicated Activity concierge. One of the TOP universities in Bulgaria is the National Sports Academy "Vasil Levski". It provides the highest level of education and is a great start for every Activity concierge.

In 21st century healthy lifestyle is peoples' top priority. Healthy lifestyle is well promoted on different platforms, such as Facebook, Instagram, Twitter etc. It takes place in the daily shows as well. These days health, luxury and well-being may be easily combined. All luxury hotels provide wellness areas where people may enjoy different facilities such as: outdoor or indoor swimming pools with nonmineral or mineral water, different type of saunas, steam baths, sensations showers, jacuzzi, fitness centres, ice rooms, tennis courts, various treatments and massages.

Nowadays sport and relax are very well combined. People may enjoy the wellness area when combining sports such as aqua aerobics, water gymnastics, water bicycle, yoga. These days creating a weekly activity programme is a TOP priority for every luxury property.

Activity concierge may see beyond peoples' needs. He/ She may turn people's life in a whole new direction, may strengthen family relationships, may provide people with an unforgettable experience.

The activity which is mostly preferred at the Kempinski Grand Arena Bansko is the aqua aerobics. Parents and kids feel refreshed and rejuvenated. Each session lasts 30 min. Other than that other activities such as: biking, horse riding, paintball, excursions, hiking etc are popular within guests at all ages.



There are special activities for kids such as mini disco, snowball games in the winter season etc.

Hotels who provide an Activity concierge are very often chosen only because of the concierge itself.

The below kids' activity pyramid is very important to be well implemented in children's lives. This way kids will grow up healthier and will get a great start in their future development. The Kids club is an important part of every

luxury hotel. Experienced animators take care about parents and kids well-being.

Both Activity concierge and Kids club attendants are crucial for creating an unforgettable experience for parents and children.

CONCLUSION

According to the term Wellness nowadays improves physical fitness and improves the health status of students. Among the trends of the 21st century, it is fashionable to practice in modern spa centers where various sports activities such as zumba, kango jimbus, water aerobics, kalentics, boxing, yoga, etc. are constantly being introduced. The wellness area appears to be the ideal place for workout and relaxation of the individual, this is the ideal place where everyone can build their personality ideally - building spiritual and physical beauty, which is related to reaching the so-called harmonious development of man. As the new trends enter, there is an increase in the number of visitors and sporting activities.

To achieve good health status among students and to build health habits, it is linked to the following recommendations:

1. Maintain a healthy body weight without large weight fluctuations;
2. Eat rational and balanced - eat more fruits and vegetables;
3. Reduce the consumption of cooking salt;
4. If you consume alcohol, reduce it to a minimum or reduce it to a glass of red wine in the evening;
5. Build a daytime mode that includes time for you - enough rest, time for favorite activities, attention to your loved ones and time for social contacts and communication;
6. Do not overdo sitting in front of the TV and computer;
7. Find the time for enough sleep;
8. Stay away from different psychological addictions and harmful habits - alcohol, drugs, smoking, gambling, food, shopping, and more.
9. Move enough. Even if you do not have time (in your opinion) for active sporting activities, look with other ways to activate your muscles with us;
10. Do not miss prophylactic examinations and are actively interested in your health;
11. Avoid taking many unnecessary medicines and supplements;
12. Drink plenty of water;

In conclusion, I believe that the following trends will be observed in compliance with the following recommendations, visits to spa centers and healthy lifestyle according to the National Strategy for Development of Physical Education and Sport in the Republic of Bulgaria 2012 - 2022:

- reducing the share of the non-sports population from 58% to 39%;
- increasing the proportion of the population that regularly sports at least once a week from 3% to 5%;
- increasing the number of participants in sports activities from 100 000 to 150 000 sportsmen;
- reducing the relative share of the overweight population from 49.5% to 40%;
- increasing the proportion of the volunteer population in the sport sector from 3% to 6%.

Summarizing assessments and proposals to improve the effectiveness of the National System of Physical Education and Sport are a primary responsibility of the MFAF.

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