



Foundations of Wellness

By Bill Reger-Nash, Meredith Smith, Gregory Juckett



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In Foundations of Wellness, you'll explore physical, mental, emotional, social, environmental, and spiritual realms of wellness; discover wellness strategies; and learn how to make healthy behavioral changes. Foundations of Wellness will help you achieve balance and peace of mind in your life.

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Bill Reger-Nash, EdD, is emeritus professor in the School of Public Health at West Virginia University. He has been a wellness professional for more than 30 years and has served as research coordinator for the Cardiac and Wellness Center of Wheeling Hospital; director of the Bayer Wellness Program in Wellsburg, West Virginia; director of wellness for the Ohio Valley Medical Center; and founding director of wellness for West Virginia University.

Reger-Nash has more than 10 first-author peer-reviewed publications and has presented his work in health promotion throughout the world. He has received numerous awards and distinctions, including being named among the 100 best minds by *US News & World Report* in 2004, the 2006 Ethel and Gerry Heebink Award for Distinguished State Service, and the 1996 Health Advocate of the Year Award presented by the State Health Education Council of West Virginia.

Gregory Juckett, MD, MPH, is a professor of family medicine at West Virginia University, Morgantown, where he provides clinical services for the WVU Health Service and also directs the University's International Travel Clinic. He received his medical degree from Pennsylvania State University College of Medicine at Hershey and a master's degree in public health from West Virginia University. He completed his family medicine residency at the Medical University of South Carolina, Charleston. Dr. Juckett's interests include tropical and travel medicine, dermatology, and cross-cultural health care. In addition, Dr. Juckett has extensive international experience in Africa, Asia, Latin America, and the Pacific.

Meredith Smith Ludden, MS, MA, has master's degrees in sport and exercise psychology and community counseling from West Virginia University. She has worked as a family and marriage therapist as well as a drug and alcohol counselor. She works for the State of New Mexico as a health educator to decrease the burden of chronic disease in the state. She and her husband, Sean, also own and operate a small farm that emphasizes sustainable and organic practices. In addition, Meredith is a certified yoga teacher. Her emphasis has been on whole-body wellness and helping her clients achieve this in the capacity that works for them.

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