Curriculum for A Journey with Wellness and a Healthy Lifestyle Guided by the Sun

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Ádééhániíih (Concern for the self)
- Hayoolkaal bií’ na’adá; practicing wellness in the dawn light
- Ádáa m’yoolk’ii; praying for yourself so you will have positive outlook
- Naanhool’neecstáá’i’gií bikut’ehgo ádédééhíniíih; practice your elders’ teachings
- Hats’iiís dóó bee hazhdít’éhíií; be aware of your whole body
- Hozho’go naasháa doo jiníigo; you want high quality of life

Ádáá Hádí Hësí (Know your limits and boundaries)
- Ádáá’ áhojílyá; always take care of yourself and stay healthy
- Hastóí dóó sánííí hól níilíigo bina’ítíningó jídësín; respect the elders and their teachings
- Hózhó’go naasháadooc jídësín dóó jiníigo nííjíghíí; verbalize positive things to yourself and empower yourself with positive words

As’łah Oodiíin (Wellness)
- As’łah na’áda;
  - Ya’déeghóo jiimá, living a healthy lifestyle
  - Hats’íís doo bii’í bii’í, physically healthy
  - Hózhó’tíí jídësín; having mental strength
  - Há’í bii’í; having emotional strength

Ádáá Háhíí (Nutrition)
- Jíhii; taking care of oneself

NAVÁJO WELLNESS MODEL PARADIGM

Ádáhohóolígíí (Respect and Reverence)
- Hats’íís hol níilíí; have respect for your body
- Hótsahát’ées baa áhojílyá; positive thinking guards against negative thoughts
- Hamahá’ a’ yá’át’ééh; make sure your plans and behaviors are proper and ethical
- Hwe’oolda’ bi’ch’go njíghíí; follow your beliefs, values, and principles of good living

Ádáá Háhíí (Personal Care)
- Hats’íís baa áhojílyá; taking care of self
- Hazhít’ë’ ádolííizhíí; be prepared and organized
- Hazhó’ó tselk’i dóó ch’ídëjíí jíhíí; behave and practice proper male and female role and responsibilities by observing traditional puberty rites teachings
- Adilóobichií; understanding the proper traditional teasing

Shábik’e’ego As’lah Oodiíin
A Journey with Wellness & Healthy Lifestyle Guided by the Journey of the Sun
- Shábik’e’ego
  - According to the daily journey of the Sun
  - According to the southerly pathway of the Sun
- As’laj
  - Far ahead into the future; to old age
  - With health and strength of body, mind, and spirit
  - Avoiding problems
- Oodiíin
  - The personal travel or journey

Developed by the Navajo Area Indian Health Service Health Promotion Disease Prevention Program