Caring is the essence of nursing. With caring comes the trust of the client that allows the therapeutic relationship to develop. There are many influences that affect an individual’s health: the physical environment, the home environment, work conditions, the social network of the individual. The entire well being of a client can be impacted by the quality of his social ties. There is the person’s psychological makeup and attitudes, and the person’s situation in the life cycle. At various points among these intercepting influences, I know that as a nurse I can make a difference in a client’s life. What I am doing is basic human interaction. I am showing support for another human being. Health has to be conceived as a continuum. Whatever way I assist a client in making an adjustment that maintains or improves health is progress. The nurse should identify and modify risk factors in advance. The nurse has to think as holistically as possible and also has to focus as much as possible on prevention. I believe that prevention is paramount and that modifications of lifestyle can prevent illnesses down the road. Although lifestyle isn’t the only influence on health, it is one area that individuals have some control over. Simple measures like eating a healthy diet, engaging in exercise, and balancing exercise with sleep and rest can prevent chronic illnesses. It is a mistake to wait for diseases to manifest themselves before an individual makes lifestyle changes. Primary prevention should mean preventing disease from occurring in the first place. I admire those leaders who are activists in working towards modifying the culture and environment in ways that support individuals in improving their lifestyles. I noticed that there were posters put up in the subways warning parents about the content of sugar in soft drinks and the fact that chronic diseases could result later on in life. I applaud these kinds of initiatives. It is my hope that improvements in air quality, inclusion of green spaces, and a national culture of healthful living will become a reality.