



Achieving Your Wellness & Fitness Goals In 10 -Steps

Wellness is a holistic approach to incorporate - physical, mental, and emotional well-being.



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WEBINAR – GOALS AND OBJECTIVES

This webinar will provide strategic tips to achieve your overall wellness and fitness goals in 10-steps

Wellness is a holistic approach to incorporate - physical, mental, and emotional well-being.

PRESENTER: STACEY CHATMAN

- Aquila, Program Manager
- ACE, Certified Personal Trainer
- AFAA, Group Fitness Instructor

Aquila ™



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Tip #1- “fad Lifestyle” vs. “healthy lifestyle”

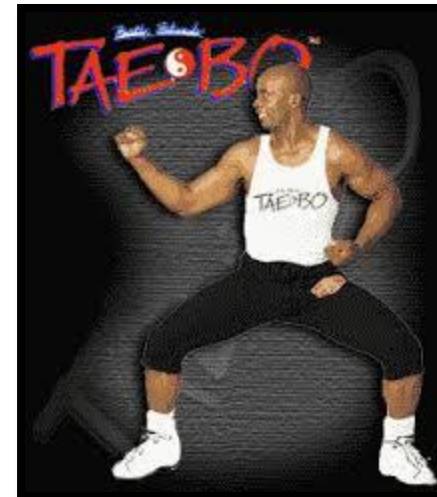
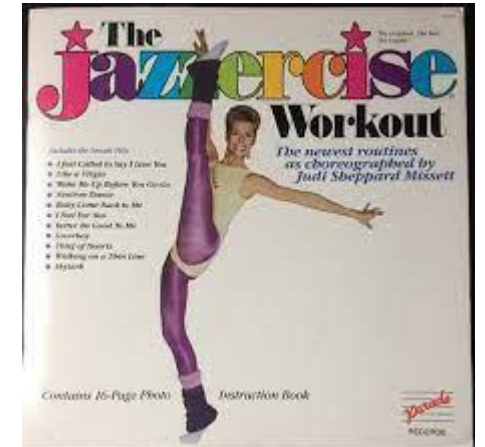
**BEING HEALTHY
AND FIT ISN'T A
FAD OR A TREND.
INSTEAD, IT'S A
lifestyle. ♡**

- Definition of Fitness Fad – an intense and widely shared enthusiasm for something, especially on that is short-lived a –craze- “fad”
- Fads are objects or behaviors that achieve short-lived popularity but fade away.

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Fitness Fad Examples by the Decades

- 1940's Stretching
- 1950's Hula Hop
- 1960's Vibrating Belt
- 1970's Jazzercise
- 1980's Aerobics (Step-Aerobics)
- 1990's Tae-Bo & Spinning Classes
- 2000's Zumba
- 2010 Plus – Cross-Fit



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Tips to Avoid the Fitness Fad Craze!

- Motivate Yourself for long-term exercising.
- Imagine Yourself as a Fitter You
- Rely on Simple Daily Fitness Planning
- Plan Your Exercise for Indoor & Outdoor Activities
- Add Variety to Your Exercise Routine



EXERCISE RECOMMENDATIONS

Endurance and Aerobic Activities

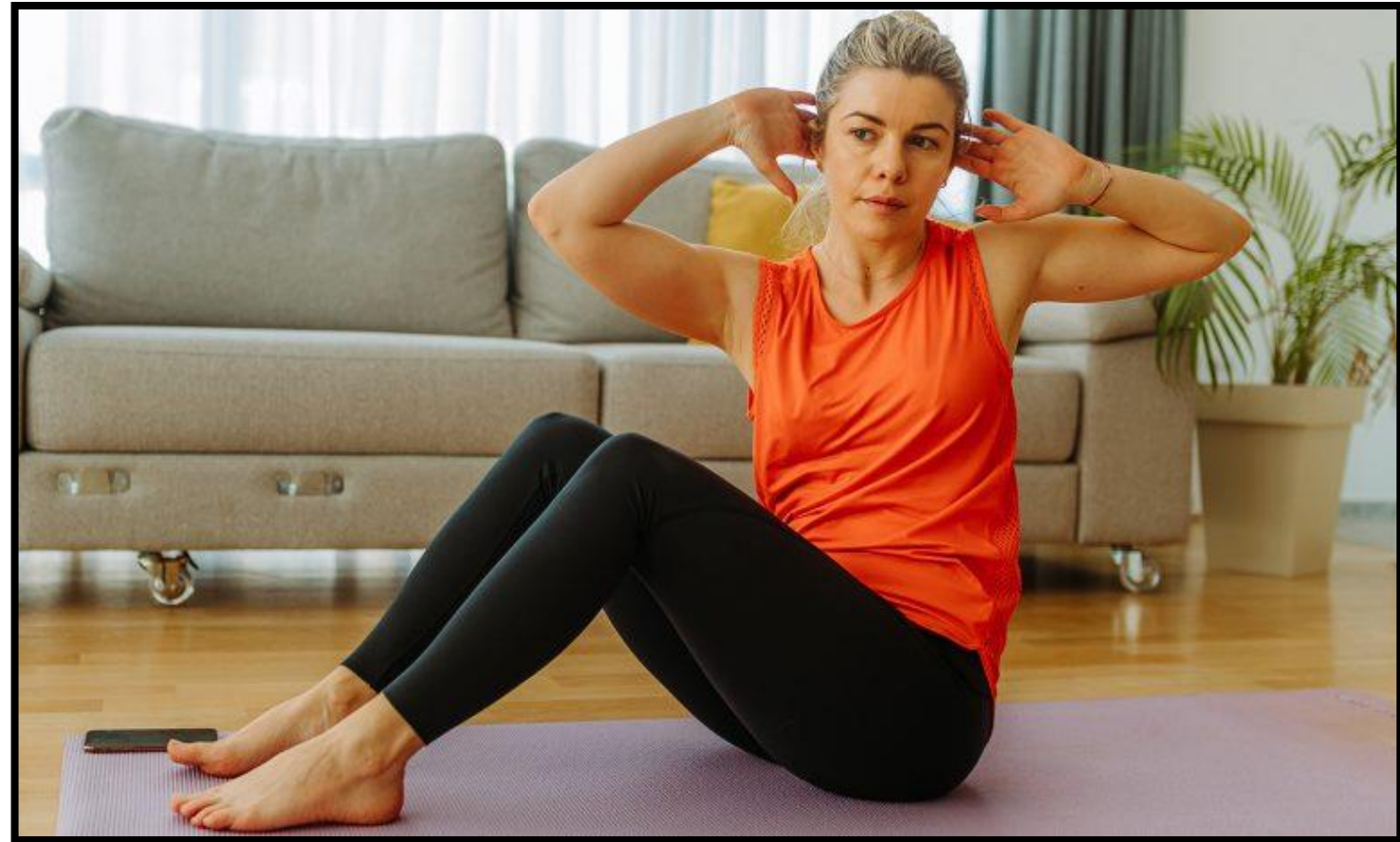
150 minutes per week (30 mins. X 5 Per Week)

Strength Exercises to Target All Muscle Groups (2 Times Per Week)

Balance and Stretching Exercises 2 (2 Times Per Week)

Body Adaptation:

Consider Gradually Increase Strength Training and Aerobic Activity



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EXERCISE RECOMMENDATIONS

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Diet Fad Examples by the Decades

- Atkin's Diet
- Keto Diet
- Paleo Diet



Benefits of Working with a Registered Dietician/Nutritionist

Develop a Nutrition Plan

Meal Planning and Prepping

Develop SMART – Goals for Client

Provide Motivational Encouragement and Support



<http://www.grossmanwellness.com/the-benefits-of-working-with-a-nutritionist/>

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Benefits Of Meal Prepping



- May Improve Diet Quality and Variety
- Linked to Weight-Loss and Obesity Prevention
- Meal-Prepping Saves Money
- Meal-Prepping may reduce Food Waste

TIP # 2

FITNESS CONSULTATION AND ASSESSMENTS

- The personal trainer will consult with client to establish a one-on-one relationship/connection
- Identify Clients Fitness Goals (PAR-Q) physical activity readiness questionnaire – review any medical conditions & restrictions for exercise prescription
- Develop SMART – Goals for Client
- Provide a proper fitness assessment for baseline workouts
- Personal program design
- Provide Motivational Encouragement and Support



The Benefits of working out with a personal trainer

One on One Personal Attention (Goal Setting)

Customized and Engaging Fitness

Accountability, Motivation, and Structured Fitness

Overcome – Fitness Plateaus



S



SPECIFIC

Make your goals specific and narrow for more effective planning.

M



MEASURABLE

Define what evidence will prove you're making progress and reevaluate when necessary.

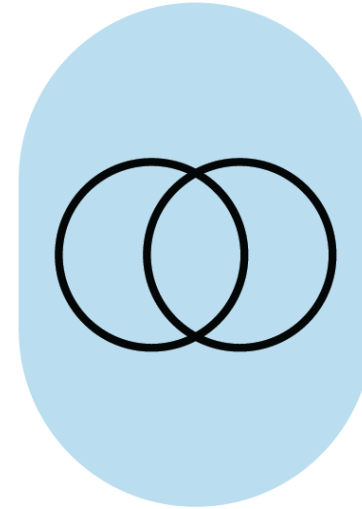
A



ATTAINABLE

Make sure you can reasonably accomplish your goal within a certain time frame.

R



RELEVANT

Your goals should align with your values and long-term objectives.

T



TIME-BASED

Set a realistic ambitious end-date for task prioritisation and motivation.



Tip #3 -A Healthy Morning Begins with A Sleep Habits the Evening Before

Sleep! why is sleep so important? It's a vital part of your health and wellness. You may not realize it, but the amount and quality of sleep you get each night can impact the way your immune system functions, your mood and much more! Getting consistent and high-quality sleep can improve all aspects of your health.

If you are having persistent trouble sleeping, it's important to contact your doctor.

Sleep Hygiene Tips

- Create a Sleep Routine
- Practice Good Sleep Hygiene
- 1-2 Hour Technology Rule





Tip #4 -Create A Morning Stretch Routine

- Relieves Tension from Sleeping the Night Before
- Can Help Energize Your Day
- Improves Mobility and Posture



Tip #5 Benefits of Morning Hydration

-
- Improves Cognitive Function
 - Rehydrates the Body
 - Improves the metabolism/Bowel Movement Functions

Tip #6 Balanced Morning Meals

-
- Include: Protein (Egg Whites) (Turkey Bacon)
 - Healthy Fats: (Coconut Oil, Avocado, Flaxseed Oil)
 - Oatmeal
 - Breakfast Smoothies/Yogurt Parfaits/Nuts
 - Adding Vegetables (Spinach, Broccoli, Tomatoes)
 - Physician Approval: Morning Vitamins



Tip #7

Create A Daily / Goal & Meditation Journal

- Improves Focus/Productivity
 - Enhances Overall Well-Being
 - Increases Goal Tracking
 - Increases Awareness and Emotional Intelligence
 - Decreases Stress
-



Tip #8 – Manage Stress



DEFINING STRESS

3 TYPES OF STRESS

- ACUTE STRESS
- EPISODIC STRESS
- CHRONIC STRESS
- Eustress

Acute Stress:

Occurs when symptoms develop due to a particular event: COVID-19 adjustments/natural disasters/receiving bad news

Episodic Stress

This stress can occur when people take on many tasks and responsibilities/projects. Episodic Stress can be seen as a person is always:
Rushing/Running Late/Disorganized

Chronic Stress


A consistent sense of stress and or pressure – overwhelmed over a long period of time.

Eustress

This stress motivates and moves us forward, allows flow and provides a driven force to perform.

<https://www.psychologytoday.com/us/blog/open-gently/201812/the-three-types-stress>


Three types of stress – a moment for reflection




Acute
Most common, short term, and comes on suddenly.


Episodic
Recurring to people overloaded with responsibilities and schedules.

Chronic
Caused by long-term exposure to stressors.

 Anticancer LIFESTYLE PROGRAM



Eustress
Eustress is the stress that motivates, moves us forward, allows for flow, and gives us drive to perform.



Distress
Distress is thought to be a form of stress that results in a negative impact on the individual.



DISTRESS

EUSTRESS

Don't Forget Self

Balance Wheel Assessment



Tip # 9 – Practice Self Care - Why is It Important to Exercise?

- Boost Brain Power
- Increases Dopamine – Feel Good Energy
- Decreases Stress
- Provides Energy
- Assist with Self-Empowerment
- Fosters Healthy Relationships
- Prevents Disease
- Improves the Cardiovascular System
- Improves the Muscular System
- Promotes Healthy Eating Habits

<https://www.webmd.com/men/features/exercise-benefits>



Self-Care Tips For Beginning an Exercise Program

- Check Your Health/Screenings
- Create a Plan
- Ensure Health Screenings Become a Habit
- Optimize Your Nutrition



Tip #10

Treat Yourself

Use a reward system to keep yourself on track

Example of non-food rewards:

- Book a weekend retreat
- Buy yourself a new outfit
- Visit friends or family
- Buy a fitness tracker
- Read a book
- Take a bubble bath
- Participate in a charity event





QUESTIONS

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Wellness is a holistic approach to incorporate - physical, mental, and emotional well-being.