



# PERSONAL FITNESS AND WELLBEING

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# UNDERSTANDING FITNESS AND WELLBEING



DEFINITION OF FITNESS:  
STRENGTH, ENDURANCE,  
FLEXIBILITY, AND BALANCE



WELL-BEING: MENTAL,  
EMOTIONAL, AND SOCIAL  
ASPECTS



HOW FITNESS AND WELL-  
BEING ARE INTERLINKED

# COMPONENTS OF PHYSICAL FITNESS

Cardiovascular Endurance: Benefits and examples (running, cycling)

Muscle Strength: Importance of strength training for bone density and metabolism

Flexibility: Role in injury prevention and mobility

Balance and Coordination: Exercises and benefits, especially with aging

# CREATING A BALANCED FITNESS ROUTINE

Importance of  
combining different  
types of exercises

Weekly breakdown:  
cardio, strength,  
flexibility, and rest  
days

Example schedule  
(e.g., 3 days cardio,  
2 days strength, 2  
days rest/flexibility)

## GOAL SETTING FOR PERSONAL FITNESS

- **Define Your “Why”**
- Think about why fitness matters to you: improving health, building strength, reducing stress, etc. A personal “why” gives your goals purpose.
- **Set SMART Goals**
- **Specific:** Be clear about what you want (e.g., “run a 5K” rather than “run more”).
- **Measurable:** Track progress (e.g., “run 5K in 30 minutes”).
- **Achievable:** Make it realistic based on your current level.
- **Relevant:** Align it with your “why” and overall lifestyle.
- **Time-bound:** Set a deadline to stay focused (e.g., “in three months”).

## GOAL SETTING FOR PERSONAL FITNESS

- **Break It Down**
- Divide big goals into small, actionable steps. For example, if you're aiming to do 10 pull-ups, start by increasing reps each week.
- **Track Your Progress**
- Use a journal, app, or weekly check-ins to monitor achievements, adjust goals, and stay motivated.
- **Celebrate Wins and Adjust**
- Acknowledge small victories along the way, and be flexible—if you need more time or a new challenge, adjust as needed.

# TYPES OF WORKOUTS AND THEIR BENEFITS

Strength training: Types (bodyweight, weights, resistance bands)



Cardiovascular exercises: Low vs. high-intensity, interval training



Flexibility and mobility: Stretching techniques and their impact



Mindful movement: Yoga, Pilates, Tai Chi

# NUTRITION AND ITS ROLE IN FITNESS



**Fuel for Workouts:** Carbs provide energy for exercise; complex carbs offer sustained fuel.



**Muscle Repair:** Protein supports muscle growth and repair after workouts.



**Recovery:** Nutrients, especially protein and antioxidants, help the body recover faster and reduce inflammation.



**Metabolism:** Healthy fats boost metabolism and provide lasting energy.



**Hydration:** Staying hydrated is essential for performance, focus, and recovery.



**Weight Management:** Balanced nutrition helps achieve weight goals—calorie deficits for weight loss, slight surpluses for muscle gain.



**Overall Health:** A nutrient-dense diet strengthens immunity, mood, and reduces chronic disease risk.





MENTAL  
HEALTH AND  
FITNESS  
CONNECTION

- **Boosts Mood**
- Exercise releases endorphins and serotonin, which help improve mood, reduce anxiety, and combat depression.
- **Reduces Stress**
- Physical activity reduces stress hormones (like cortisol) and increases relaxation, helping you manage everyday stress more effectively.
- **Improves Sleep**
- Regular exercise promotes better sleep patterns, which are essential for mental clarity, focus, and emotional resilience.



MENTAL  
HEALTH AND  
FITNESS  
CONNECTION  
(CONT)

- **Increases Self-Esteem**
- Setting and reaching fitness goals builds self-confidence and a sense of accomplishment, positively impacting self-image.
- **Enhances Brain Function**
- Exercise supports cognitive health by improving blood flow to the brain, which enhances memory, focus, and even creativity.
- **Provides Social Support**
- Group workouts, sports, and fitness classes build social connections, which can reduce loneliness and improve mood.

# SLEEP AND RECOVERY IN FITNESS

Sleep	Sleep and recovery are crucial for fitness:
Muscle	Muscle Repair: Sleep helps repair and grow muscles, making recovery key for progress.
Sleep	Energy Replenishment: Sleep restores energy for your next workout by refilling glycogen stores.
Reducing	Reducing Soreness: Good sleep reduces inflammation and speeds up recovery.
Better	Better Performance: Sleep improves focus, mood, and energy, boosting your workout performance.
Sleep	Hormone Regulation: Sleep balances hormones related to stress and appetite, supporting fitness goals.
Rest	Prevents Overtraining: Rest days and sleep prevent burnout and injury, ensuring your body heals properly.
Aim	Aim for 7–9 hours of sleep and give your body enough recovery to see the best fitness results.

# INJURY PREVENTION AND SAFE EXERCISE PRACTICES

1

**Warm-Up & Cool Down:**  
Start with light cardio and dynamic stretches; finish with static stretches to relax muscles.

2

**Proper Form:** Use correct technique, especially with weights, to avoid injury.

3

**Progress Gradually:**  
Increase intensity and weight slowly to allow your body to adapt.

4

**Listen to Your Body:**  
Stop if you feel pain or discomfort to prevent serious injury.

5

**Rest & Recover:**  
Take rest days or do light recovery activities to avoid overuse injuries.

6

**Stay Hydrated:**  
Drink water before, during, and after workouts to stay safe.

7

**Wear Proper Gear:**  
Use the right shoes and protective gear for your workouts

# CREATING YOUR OWN FITNESS PLAN

- **Set Goals:** Define what you want (e.g., strength, weight loss, endurance).
- **Pick Workout Types:**
- **Strength:** Builds muscle (e.g., squats, deadlifts).
- **Cardio:** Improves heart health (e.g., running, HIIT).
- **Flexibility:** Prevents injuries (e.g., stretching, yoga).



CREATING YOUR  
OWN FITNESS  
PLAN (CONT.)

- **Plan Weekly Routine:**
- **3–5 days** of workouts, alternating muscle groups.
- **2–3 rest or active recovery days.**
- **Choose Sets and Reps:**
- **Strength:** 3–4 sets of 6–12 reps.
- **Cardio:** Aim for 150 minutes weekly.
- **Flexibility:** Stretch each area 15–30 seconds.
- **Track and Adjust:** Record workouts, check progress every 4–6 weeks, and adjust as needed.

# WELLBEING BEYOND PHYSICAL FITNESS

Wellbeing is more than just physical fitness—it includes mental, emotional, and social health:

**Mental Health:** Practice mindfulness, meditation, or journaling to reduce stress and improve focus.

**Emotional Wellbeing:** Manage your emotions through self-care, talking to others, or therapy.

**Social Connections:** Build strong relationships to feel supported and connected.

**Sleep and Rest:** Aim for 7-9 hours of quality sleep for recovery and mental clarity.

**Nutrition:** Eat a balanced diet to fuel both your body and mind.

**Work-Life Balance:** Set boundaries to avoid stress and prevent burnout.

True wellbeing nurtures your body, mind, and relationships for a balanced, healthy life.

## COMMON FITNESS AND WELLBEING MYTHS



**Spot Reduction:** You can't target fat loss to specific areas. Fat loss is overall and depends on genetics and calorie deficit.



**Sweating Means a Better Workout:** Sweating is about cooling, not calorie burn. Workout intensity isn't measured by sweat.



**Carbs Are Bad:** Carbs fuel your body, especially in active people. Focus on complex carbs for better energy.



**Lifting Makes You Bulky:** Most people won't get bulky from weightlifting. It builds strength and tones muscles.



**More Exercise Is Better:** Recovery is key. Overworking leads to burnout and injury. Balance workout with rest days.



## COMMON FITNESS AND WELLBEING MYTHS(CONT.)



**All Calories Are Equal:** Nutrient-dense foods impact energy and health more positively than empty calories.



**Only Cardio Burns Fat:** Strength training also burns calories and preserves muscle, which helps with fat loss.



**Pain Is Gain:** Soreness can happen, but sharp pain means injury risk. Listen to your body.



**Only Long Workouts Work:** Short, intense workouts like HIIT can be just as effective as longer sessions.



**Yoga and Meditation Are Just Relaxing:** Both improve physical health (flexibility, balance) and mental focus.

# CLOSING REMARKS AND NEXT STEPS



## **Summary of key takeaways**



## **Suggested resources: Books, websites, and apps for further learning**

How to Eat, Move and be Healthy – Paul chek  
Atomic Habits- James clear  
RevampFIT!

Q&A AND OPEN DISCUSSION