

# CHALLENGE FITNESS

**UNLEASH YOUR POTENTIAL**

## **THE 7 PILLARS OF HEALTH & FITNESS**



**A GUIDE TO  
WELLNESS**

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# **THE 7 PILLARS OF HEALTH & FITNESS A GUIDE TO WELLNESS**

- 1. MOVEMENT**
- 2. NUTRITION**
- 3. SLEEP**
- 4. LIGHT**
- 5. SELF CARE**
- 6. STRESS MANAGEMENT**
- 7. SOCIAL CONNECTION**

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# 1. MOVEMENT

# RESISTANCE TRAINING

## Benefits

- Build muscle
- Maintain muscle
- Bone Density
- Confidence
- Fat loss
- Self - efficacy
- Cognitive function

## Types of Resistance Training

- Strength - 5x5
- Endurance - 5 x 25
- Hypertrophy - 3- 5 x 12
- Power 3- 5 x 1 - 5

**Beginners = strength endurance 3 x10**

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# 1. MOVEMENT

## CARDIOVASCULAR - Aerobic & Anaerobic

1. **Aerobic** - With oxygen 70 -80% of Max HR 30 min +

CARDIOVASCULAR 30 min each day off Aerobic Activity - Baseline

- Working towards 30 min of Zone 2 cardio daily - 150 - 200 min per week outside of all other activities. Eg, brisk walk, bike ride, swim - Should be able to hold a conversation.

1. **Anaerobic** - Without Oxygen 80% + Max HR up to 3 min

- Interval Training, HIIT Tabata, Sprints
- 1 -3x a week depending on how well trained
- Resistance Training



# 1. MOVEMENT- RATE OF PERCEIVED EXERTION

<b>RPE Scale</b> (Rate of Perceived Exertion)	
<b>1</b>	<b>Very Light Activity</b> (anything other than complete rest)
<b>2-3</b>	<b>Light activity</b> (feels like you can maintain for hours, easy to breath and carry on a conversation)
<b>4-5</b>	<b>Moderate Activity</b> (feel like you can exercise for long periods of time, able to talk and hold short conversations)
<b>6-7</b>	<b>Vigorous Activity</b> (on the verge of becoming uncomfortable, short of breath, can speak a sentence)
<b>8-9</b>	<b>Very Hard Activity</b> (difficult to maintain exercise intensity, hard to speak more than a single word)
<b>10</b>	<b>Max Effort</b> (feels impossible to continue, completely out of breath, unable to talk)



# 1. MOVEMENT - HR ZONE

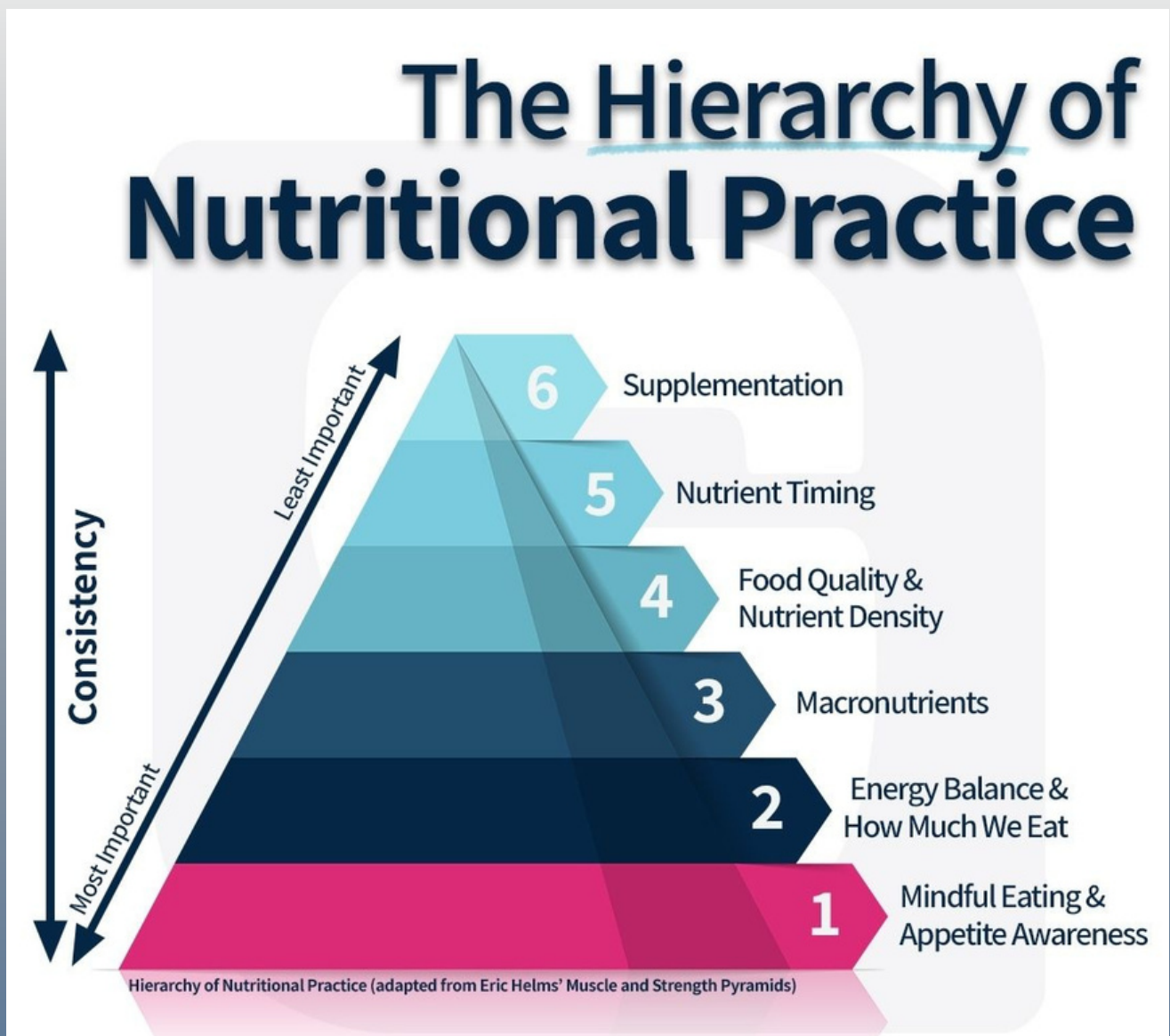
## TRAINING



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# 2. NUTRITION - THE HIERARCHY OF NUTRITIONAL PRACTICE



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# 2. NUTRITION - MINDFUL EATING & APPETITE AWARENESS - SLOW DOWN

**MINDFULNESS:** The ability to pay attention, to be self aware, to be thoughtful of our choices, and to be present in the moment. This is important because most of us “zone out” when we eat, and don’t notice how food or our eating habits makes us feel or perform.

**APPETITE AWARENESS:** The ability to recognise physical hunger or fullness; to be able to distinguish “ I want to eat” from “I need to eat;” and to eat the right amount for our physiological needs.





# 2. NUTRITION- FOOD QUALITY & NUTRIENT DENSITY

1. **FOOD QUALITY** - How processed is the food?

- What grade of ingredients does the food contain ( e.g; Grass fed beef versus an inexpensive hotdog)?
- How fresh is the food? ( Was it grown in season? How far did it travel?)
- How safe (or not) is the food? ( Was it stored properly? What contaminants does it contain?)

2. **NUTRIENT DENSITY** - How many nutrients (such as Vitamins, Minerals, Protein, Healthy fats, etc) does a food contain relative to its volume? For example, broccoli, salmon, and quinoa are more nutrient dense than a candy bar.

- Aim for the best quality you can afford.



# 3. SLEEP - THE DIFFERENT STAGES

Sleep takes part in three different stages that change roughly every 90 - 120 minutes.

1. **Shallow Sleep** - During shallow sleep, you are easily awakened and parts of the brain associated with muscle movement and arousal activity slow down.

2. **Deep Sleep ( Slow-wave)** - During deep sleep, the body is less responsive and you are harder to awaken. This is the cycle of sleep where energy restoration occurs.

3. **Rapid Eye Movement ( REM)** -During REM sleep your eyes dart around and you will be in a dream state. There is an overall increase in brain activity.

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# 3. SLEEP - WHAT HAPPENS TO YOUR SYSTEM WHEN SLEEP IS DISRUPTED?

- Compromised cognition and ability to reason
- Overall stress increases. An increase in stress can affect the quality of sleep, creating a vicious cycle.
- Stress hormones increase, which leads to an increased sympathetic nervous system activity ( fight or flight response)
- Affect the formation of new memories by not being able to consolidate new information.



# 3. SLEEP - WHAT HAPPENS TO YOUR SYSTEM WHEN SLEEP IS DISRUPTED?

- Affected mood, energy levels, and body weight.
  - Heightened pain sensitivity
- Increased risk of cardiovascular disease, fertility problems, gastrointestinal issues, and immune suppression.



# 3. SLEEP - HOW TO IMPROVE YOUR SLEEP ENVIRONMENT

- Keep reading, watching TV, working, and video games out of the bedroom.
- Keep the bedroom as dark as possible. If there is unavoidable light you could try sleeping with an eye mask on or light blocking window shades.
- Keeping the bedroom quiet. Wearing earplugs if appropriate can really help, or trying a white noise machine or app to block out disruptive noise.



# 3. SLEEP - HOW TO IMPROVE YOUR SLEEP ENVIRONMENT

- Keep the bedroom cool. If the bedroom is too warm it can disrupt the body's biological clock making it harder to fall asleep and stay asleep.
- Have a comfortable bed. Your mattress should feel comfortable and restful, if not I encourage you to invest in a new mattress or mattress topper.
- Keep your electronic devices out of the bedroom. This stops the temptation of using them in bed. They can also emit light even when off.



# 4. LIGHT - CIRCADIAN RHYTHM

**EARLY MORNING SUN IN THE EYES-** This may be the most important thing for our clock. By getting early morning sun in the eyes we signal to the brain that it is time to be awake and get moving.

Between 2-10 min is all you need. This will also depend on how cloudy it is outside. The cloudier it is, the more time you need. Being near a window is not the same. You will still benefit but need prolonged periods of time to get the same effect.





# 4. LIGHT - CIRCADIAN RHYTHM

The light in the eyes signals a pulse of cortisol to be released into the system. Cortisol has been given a bad wrap but it is not the enemy. It is essential that we have this pulse of cortisol to wake us up, energise us and get us moving.

If we are not getting this release of cortisol at the right time we may find it hard to wake up, and/ or fall asleep.

This sets the timer for about 12-14 hours later for a release of melatonin.

If it overcast you will need more time. Up to 30 minutes if possible.

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# 4. LIGHT - CIRCADIAN RHYTHM

**AFTERNOON/EVENING SUNLIGHT:** Getting the afternoon/ evening sun into the eyes signals to our system that it is heading into night time and to start to calm the system down.

We get a release of Melatonin from the Pineal gland. Light is the only thing that communicates this cortisol/ melatonin release properly.

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# 5. RECOVERY - SELF CARE

- Necessary human regulatory function which is under individual control, deliberate and self-initiated
- Taking responsibility for yourself on all levels.
- Combination of all the other pillars
- Movement practice, breath & meditation, nutrition, sleep, social connections
- Mobility, Massage, Self- Myofascial Release :  
Reduced muscle tightness and stiffness,  
Decreased Muscle soreness, Decreased muscle pain swelling and spasms, Improved range of motion around joints, Enhanced performance



# 6. STRESS MANAGEMENT

## - SELF REGULATION

- Eustress (Beneficial Stress) and Distress ( To cause strain).
- Stress can either be Psychological or Physical.
- Stress from other areas of your life ( mental, emotional, physical) can impact the body's ability to recover by shifting the nervous system into a more sympathetic state.



# 6. STRESS MANAGEMENT

## - SELF REGULATION

- You may have heard of the autonomic nervous system. It contains the Parasympathetic ( Rest & Digest) and Sympathetic Systems ( Fight or Flight).
- Psychological and Physical stress plays a big role in these two systems. If we are constantly stressed we will be in a Sympathetic state. If we stay there for too long it becomes chronic stress. This is the type of stress we want to avoid. Over time it will literally start to break your body and mind down.

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# 6. STRESS MANAGEMENT

## - SELF REGULATION

- This is where Self Regulation comes in. The ability to Self Regulate means you can control your own inner domain. Your emotions, thoughts, and behaviour. No matter what is going on in your environment. This takes self awareness. An ability to look inward and become aware of the way you are thinking, feeling, and acting. This is a skill.
- When we incorporate this skill into our lives it is super powerful. One way we can use this is if we are in a stressful situation like an exam, business meeting, job interview - anything that makes you feel anxious or stressed, we can learn to calm ourselves down and focus on what we need to do.



# 6. STRESS MANAGEMENT

## - SELF REGULATION

Below are some activities and practices you can implement to help manage stress:

- Practice diaphragmatic Breathing
- Spend time outside - in nature ( grounding)
  - Play
    - Don't be afraid to be goofy
    - Practice Yoga or Qigong
  - Move your body in ways you enjoy
    - Stretch
    - Listen to music
    - Meditate
  - Practise self- compassion
    - Practice mindfulness

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# 7. SOCIAL CONNECTION

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Social connection is the experience of feeling close and connected to others. It involves feeling loved, cared for, and valued and forms the basis of interpersonal relationships.

**"Connection is the energy that exists between people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship." —Brené Brown**



# 7. SOCIAL CONNECTION

- Core human need
- It is crucial to development; without it we experience severe distress
- In humans, one of the most social species, social connection is essential to nearly every aspect of health and well-being.



# 7. SOCIAL CONNECTION

- Lack of connection, or loneliness, has been linked to inflammation, accelerated aging and cardiovascular health risk, suicide, and all-cause mortality.
- We need meaningful relationships
- Connecting to a larger community -  
Connectedness on a community level has profound benefits for both individuals and society.



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**THANK YOU**

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