

Pillar 3: Fitness

Why is it Important?

Physical health is the base of wellbeing – the beginning of making yourself a stronger and happier person. Being physical active not only strengthens your person but also your mind and other forms of health. Through activity you can gain more energy throughout your everyday life and feel more relaxed. You may also find yourself in better moods and having an easier time sleeping.

Physical Benefits

- Lower risk of heart attacks
- Gain stronger muscles, bones, and joints
- Lower blood pressure
- Manage weight easier

Mental Benefits

- Block negative thoughts
- Distract from daily worries
- Increased social contact



When starting a physical activity regiment or setting goals, always remember – starting is the difficult part. Try to see everyday activities as an opportunity to be active, doing any form of activity is much better than none. Small changes throughout your daily schedule are a great way to begin adding physical activity to your everyday life, such as walking in stead of driving.

Ideas of Inspiration

- Yoga
- Tai Chi
- Walking
- Running
- Hiking
- Gardening
- Swimming
- Boxing
- Cross Fit
- Pilates
- Biking
- Jazzercise
- Tennis
- Strength Training
- & More

Are you driven, motivated and enjoy being part of a group? Terrific – join one! If you prefer to work out at home on your own schedule and are self-motivated, get any equipment you need and get started!