

16. Managing Personal Wellness & Fitness

“If it’s not safe – don’t do it”

What’s the difference between Wellness and Fitness?

When a person puts in physical effort e.g. (running, swimming, jogging etc.) or any kind of activity that helps a person stay in shape – this is called **fitness**.

Wellness, however, is about raising a person’s self esteem, driving a person to find motivation within themselves, by focusing on mind, body and spiritual well being. Therefore maintaining the balance between wellness and fitness is really important.



How can I maintain personal wellness and fitness?

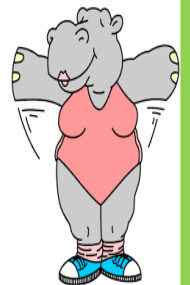
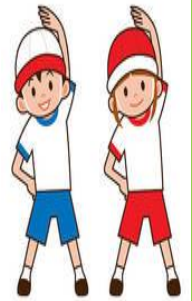


Healthy eating – eat well, identify healthy foods e.g.; whole grains, lean protein, fruits and vegetables, dairy products, healthy fats. Making healthy choices is about what you eat from the options available ‘Eat well – feel well’.

Good nights sleep – getting the right amount of sleep is really important to maintain a healthy body and its systems. Most adults need about 8 hours of sleep each night. Sleep allows our bodies to restore and repair themselves. Not enough ‘good quality’ sleep can also lead to a lowered immune system, as a sleep-deprived body doesn’t have enough time or resources to effectively fight off germs.

Good exercise – have a programme or schedule in place to maintain good exercise. Include things like walking, swimming, cycling, and if you’re desk bound – get up and move about on a regular basis.

Healthy choices – be aware of things like - the detrimental affects of tobacco, alcohol, drugs (recreational and habitual), and sexually transmitted diseases.



How can I improve my work-life balance?

Good ‘work-life’ balance policies and practices are good for everyone. Poor work-life balance can lead to anxiety, absenteeism and low output.

Employees’ general health and wellbeing, work satisfaction and motivation are all likely to be improved where work-life balance practices are working well.

It's about work not completely crowding out the other things that matter to people like time with family, participation in community activities, voluntary work, personal development, leisure and recreation. Look outside work and enjoy life.

