



PHYSICAL EXERCISE FOR HEALTHIER AND HAPPIER LIFE

COACH BOB SEBUGWAWO



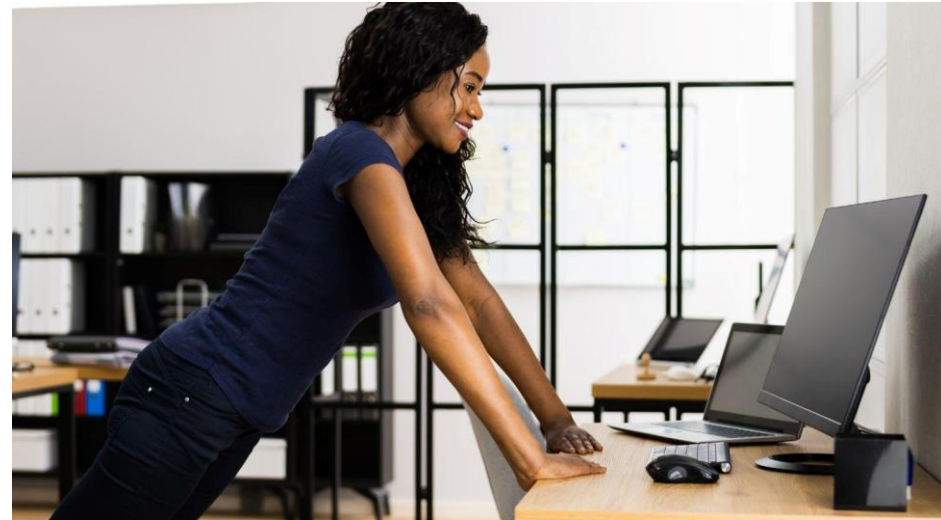
Quote from COACH

Physical exercise
for a healthier
and a happier
life





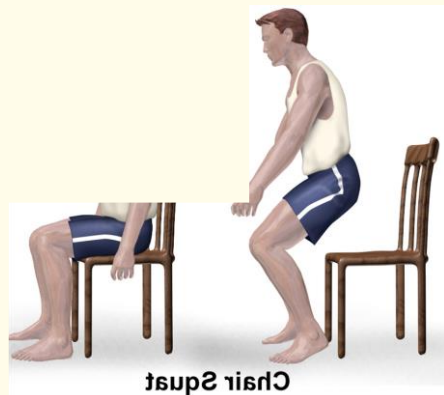
Physical exercise is a type of physical activity that's planned, structured, and repetitive, with the goal of improving or maintaining physical fitness.



Typical Sample Physical Exercises for Judges

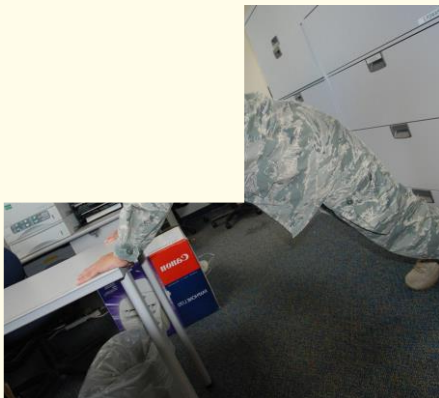


Desk-Based Exercises



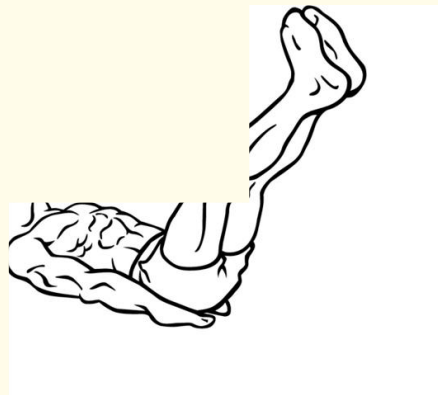
Chair Squats

Stand up and sit down in your chair without using your hands.



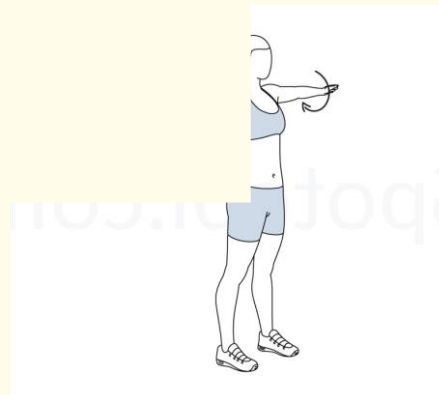
Desk Push-Ups

Place your hands on your desk and do push-ups.



Leg Raises

Lift your legs off the floor and hold for a few seconds.



Arm Circles

Hold your arms straight out to the sides and make small circles.

Active Breaks



Take a Walk

Take a short walk around the office or outside.



Stair Climbing

Climb a few flights of stairs to get your heart rate up.



Jumping Jacks

Do a few sets of jumping jacks to get your blood flowing.



Yoga or Pilates

Do a few simple yoga or Pilates exercises at your desk.

Wellness Initiatives

Good nutrition

is essential for maintaining overall health and well-being. Here are some key principles of good nutrition:



Eat a variety of foods



Focus on whole foods



Limit added sugars and saturated fats



Watch portion sizes



Hydrate adequately

Wellness Initiatives

Good sleep

is essential for maintaining good health.

Tips for Good Sleep;



Stick to a Schedule



Create a Sleep-Conducive Environment



Avoid Heavy Meals Before Bed



Wind Down Before Bed



Avoid Stimulants Before Bedtime

PURPOSE OF PHYSICAL EXERCISE

Mental and Emotional Benefits



**Reduced Stress
and Anxiety:
Physical
exercise is a
natural
stress-
reliever and
mood-booster.**



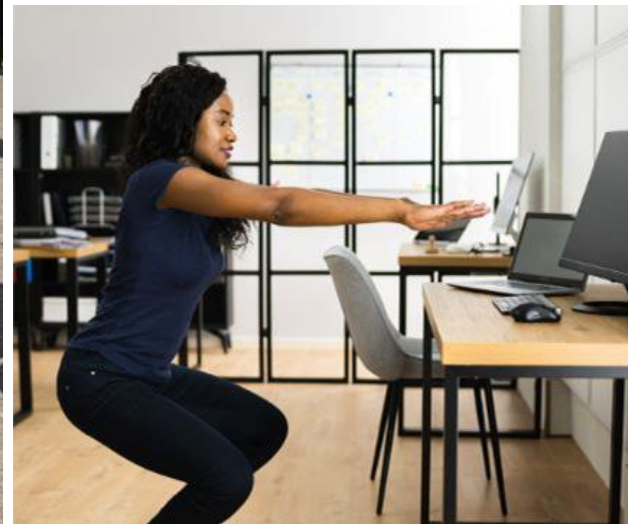
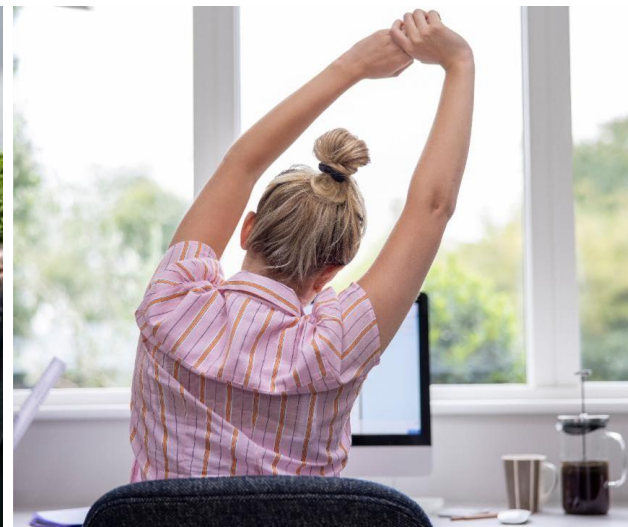


**Improved Mental
Clarity and
Focus:**

**Exercise
enhances
cognitive
function,
concentration,
and mental
alertness**



Boosted Self-Esteem and Confidence:
Regular physical activity can enhance self-esteem, body image, and overall confidence.



**Better Sleep
Quality:**
Exercise helps
regulate sleep
patterns,
improve sleep
duration, and
enhance overall
sleep quality.




Social and Functional Benefits





Improved Functional Capacity: Regular physical activity helps maintain functional ability, mobility, and independence.



A photograph of Barack and Michelle Obama standing in the White House. Barack is on the left, wearing a light blue shirt and tie, and Michelle is on the right, wearing a white shirt and blue tie. They are both smiling and appear to be speaking. In the background, there is a large arched window with a fan-like pattern.

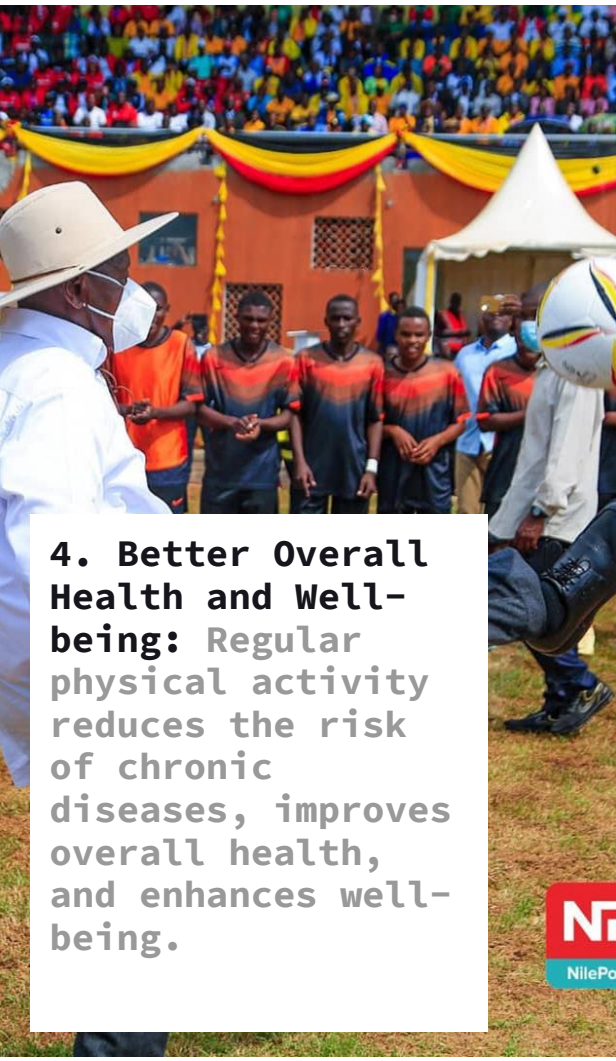
**Enhanced
Productivity
and Creativity:**
Exercise can
improve work
performance,
creativity, and
overall
productivity.






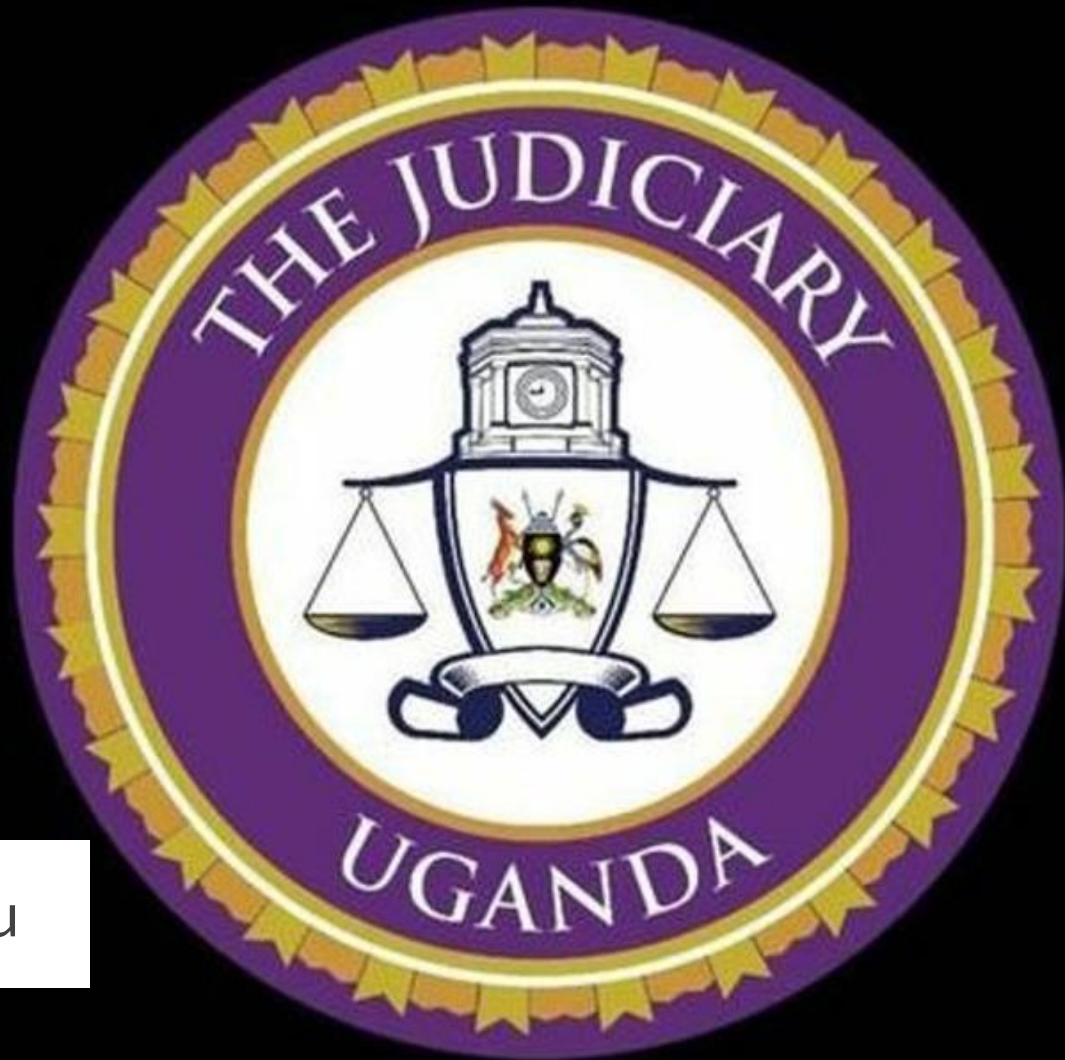
**Social Connections
and Community
Building:**
Exercising with
others can foster
social
connections,
friendships, and a
sense of
community.





4. Better Overall Health and Well-being: Regular physical activity reduces the risk of chronic diseases, improves overall health, and enhances well-being.





Thank you