



Wellness
Club

C A M A F
MEDICAL SCHEME

IN A CLASS OF ITS OWN

"HEALTH & HAPPINESS"

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A Holistic approach to Thriving



Topic that is both profoundly **simple and complex** at the same time:
Health and Happiness.

Explore the **interconnectedness** of these two aspects and how they are **1)** intertwined in our lives, how they **2)** influence each other and how we can **3)** cultivate both in order to lead a more fulfilling life.

1. **3 Foundations of physical health**
2. **Essentials of mental- wellbeing**
3. **Synergy between health & happiness**
4. **Practical strategies to create a life that is more meaningful & vibrant**



A Holistic approach to Thriving



Foundations of Physical Health

1. Exercise

Known as the **cornerstone of physical health**. Also the foundation of a **Healthier** and **Happier** life.

Healthier: Improves

Cardiovascular function: Improved heart function (strengthens heart muscle, enhances ability to pump blood, lower heart rate, improved circulation)

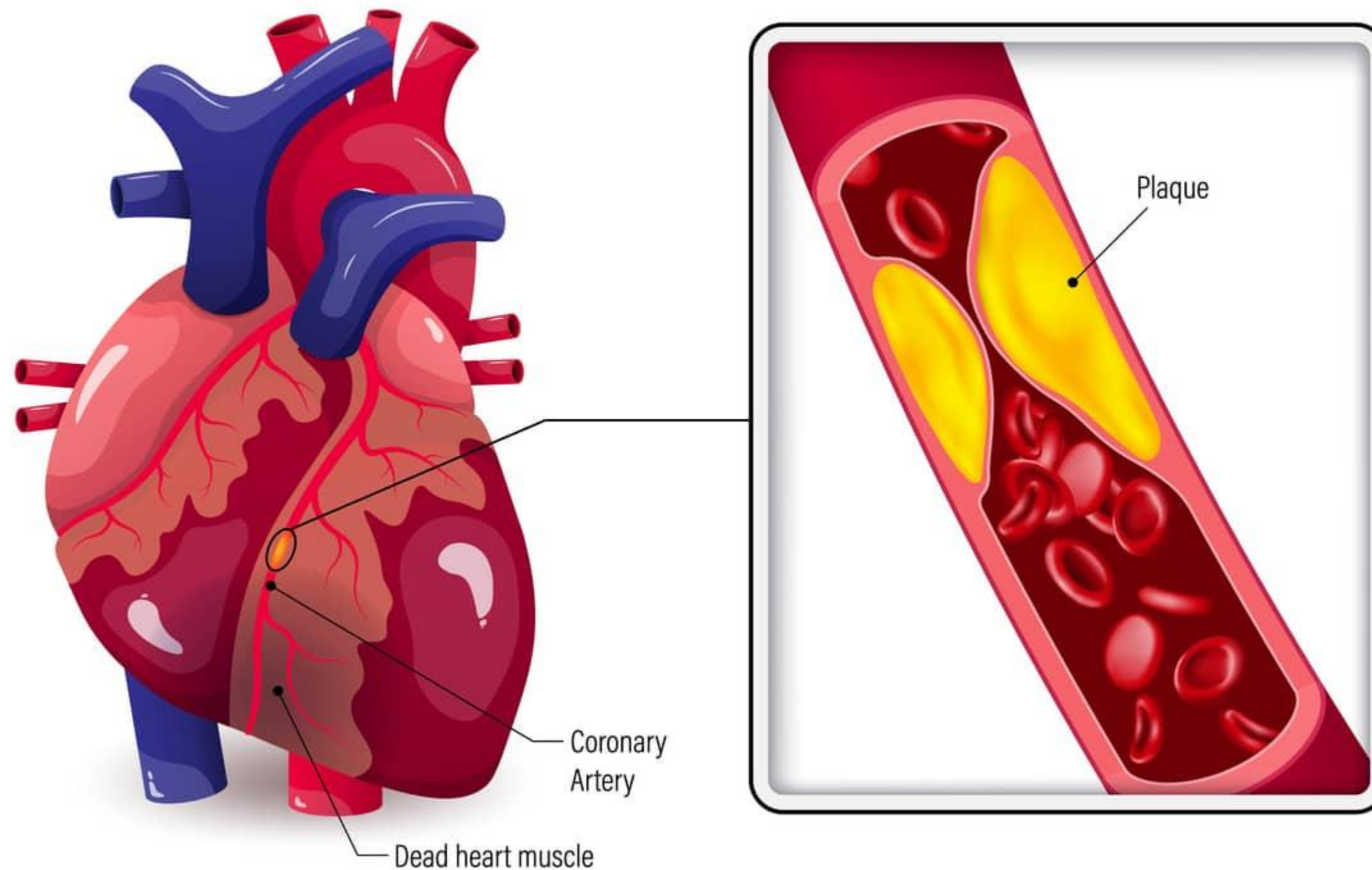
Reduced risk of heart diseases: Aerobic activities decreases LDL (bad cholesterol) levels and increases HDL (good cholesterol)- lower risk heart attacks and artery diseases.

Lower blood pressure: Improves elasticity of blood vessels, enhances blood flow.



Foundations of Physical Health

Coronary Artery Disease (CAD)



Foundations of Physical Health

Healthier:

Weight management & Boosted metabolism: Increase energy expenditure, decrease body fat %, increase body's ability to grow muscle, enhance MR.

Musculoskeletal health: Swimming/cycling (low impact activities) strengthen muscle around joint, improve joint stability & decreases joint inflammation- overall joint health. Resistance and weight bearing exercises stimulates bone formation, increases bone density & reduces risk for developing osteoporosis and improves muscle development, tone & function.

Improved insulin sensitivity: Helps manage blood glucose levels, decreases risk for developing type 2 diabetes.

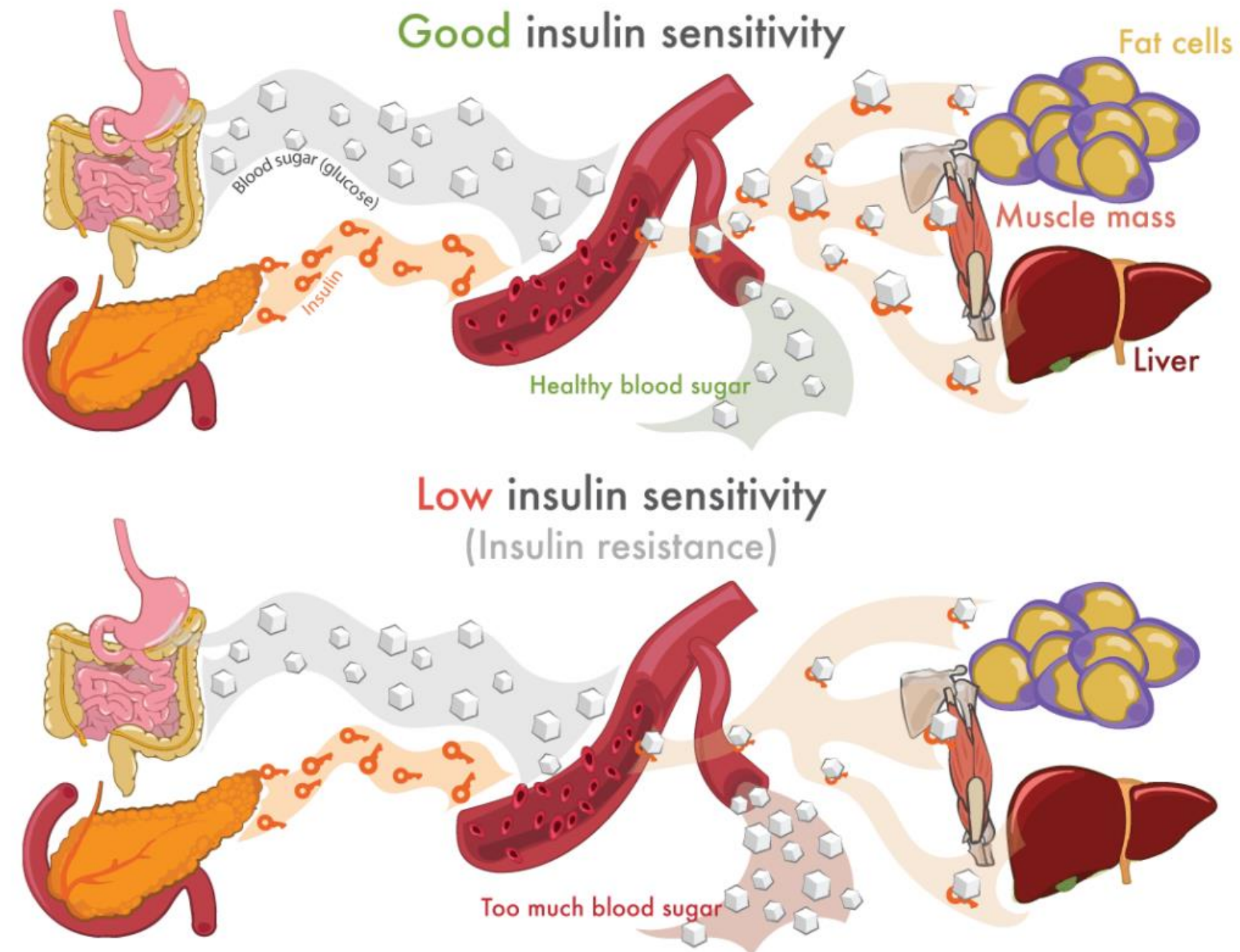


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Foundations of Physical Health



INSULIN SENSITIVITY HOW IT WORKS



Foundations of Physical Health

Healthier:

Regulation of Hormones and Improved digestive health.
Enhanced immune system functioning.

Happier:

Stress reduction: Release good endorphins and neurotransmitters help to alleviate stress and anxiety.

Improved quality of sleep

Improve cognitive function & productivity levels.

Boosted self- esteem and body image

Increase life-span (A min of 150 mins or more each week, increases life expectancy by at least 4 years, can be greater due to positive influence of physical activity)

Improve overall quality of life



Foundations of Physical Health

2. Nutrition

Balanced diet is essential for physical and mental wellbeing.

Half plate in a day needs to be balanced between **fruits and veg**: High in fiber, essential vitamins, iron, potassium & folate.

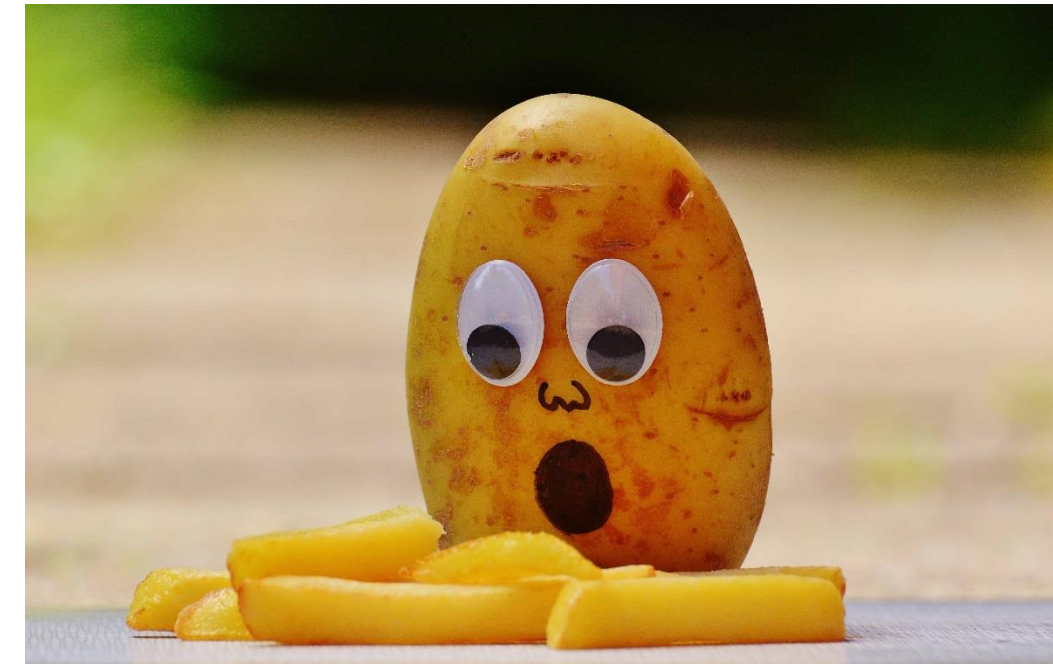
Whole grains: Make up quarter of your plate. Brown rice, oats, quinoa, whole wheat bread etc. Rich in fiber, iron, magnesium, Vitamin B etc.

Lean Protein: Chicken, fish, ostrich mince, extra lean mince, eggs, beans, lentils etc. Quarter of the plate. Essential for muscle repair, growth & production of hormones.

Dairy: Low fat- fat free products in milk, cheese & yogurt. Alternatives to dairy almond milk, soy milk, oat milk.

Healthy fats: Unsaturated fats: Avo, nuts, nut butter, olive oil and omega 3. Avoid trans fat (processed food), limit saturated fats (full dairy products and red meat).

Staying hydrated: Drinking 2-3 L of water daily.



Foundations of Physical Health



Foundations of Physical Health

Poor nutritional choices, or unbalanced diet can lead to: fatigue, mood swing, depression, reduced recovery and performance and decreased cognitive function- **Overall reduced happiness.**

3. Sleep

Its importance is mostly underestimated.

7-8 Hours of sleep.

This is where healing & repair takes place. Prioritizing good sleeping patterns increase energy levels, boost your mood and enhance your health and happiness.



Role of Mental Well-Being on Happiness

Stress Management & Emotional Health

Stress is inevitable. Chronic stress is just as debilitating as physical illness. Lead to array of issues: Depression, anxiety, variety mental illnesses even suicidal thoughts.

Focus on stress management techniques: Breathing exercises, meditation, quiet time with yourself, spending time in prayer, exercises (yoga, pilates), Gaining perspective of your current situation, focus on solutions rather than the problem at hand and think logical rather than emotional.

Have you ever been so stressed that relaxing makes you more stressed because you're not working on what's making you stressed?



Role of Mental Well-Being on Happiness

Stress Management & Emotional Health

Emotional health is crucial for happiness.

Emotional health involves understanding and processing our emotions in a healthy way.

Identifying our triggers, creating healthy boundaries, removing toxic relationships from our lives, understanding why we respond in a certain way.

Techniques: Journaling, therapy, speaking to someone you trust helps to articulate your feelings, puts things into perspective, feeling heard-provide insight on your situation and coping strategies.

Engaging in activities that brings joy: What makes you happy? Setting time aside for your hobbies, helping others etc.

Key: Foster a positive mindset and outlook on life amidst the chaos around us, direct correlation on our overall happiness.

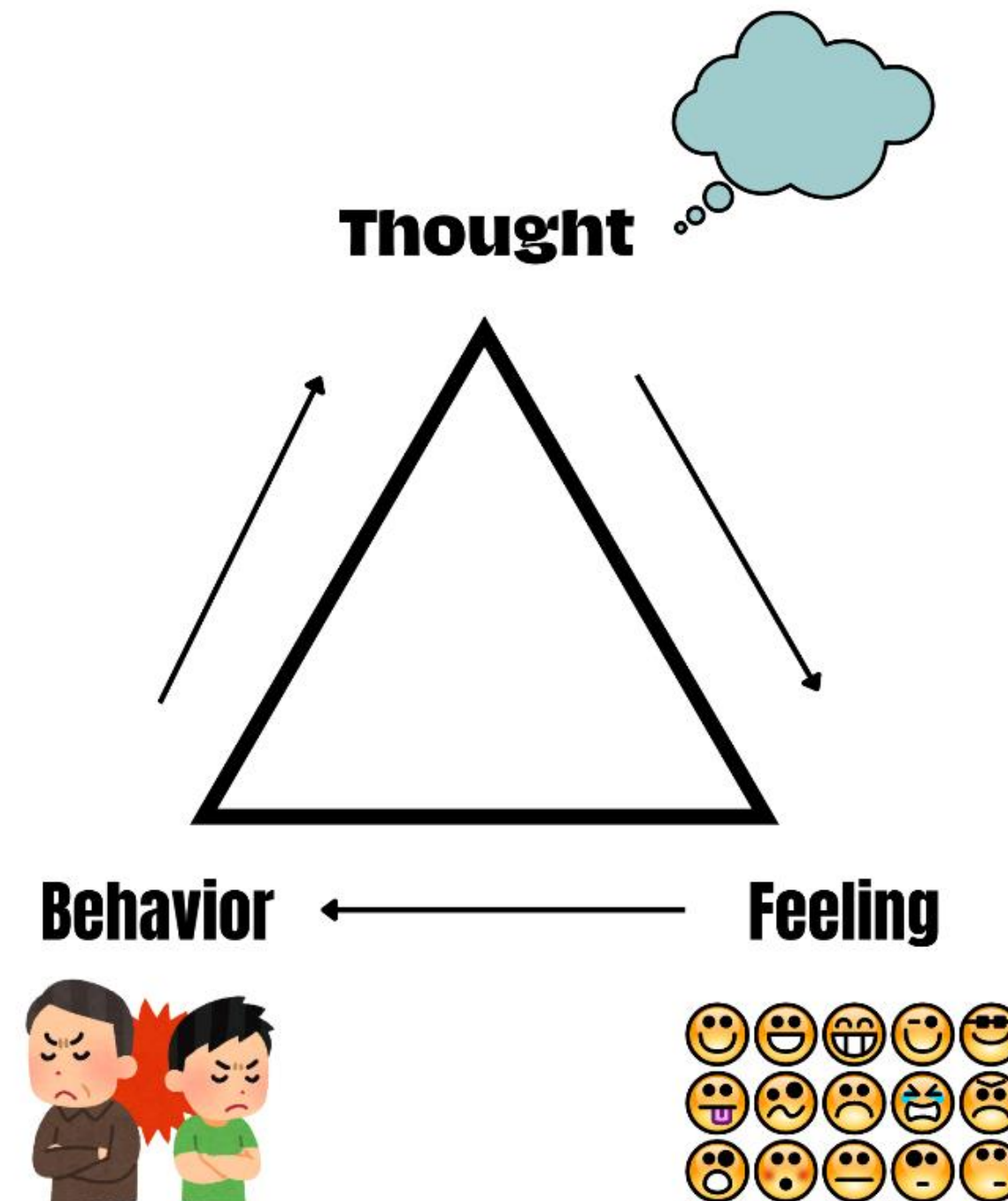


Role of Mental Well-Being on Happiness

Social Connections

Support structure is vital for our overall mental health and happiness.

Social connections provide a sense of belonging, bring joy and enrich our lives, engage in meaningful and stimulating conversations. It enables us to seek support and help when needed- influence our overall well-being.



Synergy between Health & Happiness

NB: Not about managing health and happiness in isolation, the synergy between the 2 is what creates a thriving life.

Regular exercise- doesn't just improve physical health, enhances mood and reduces anxiety.

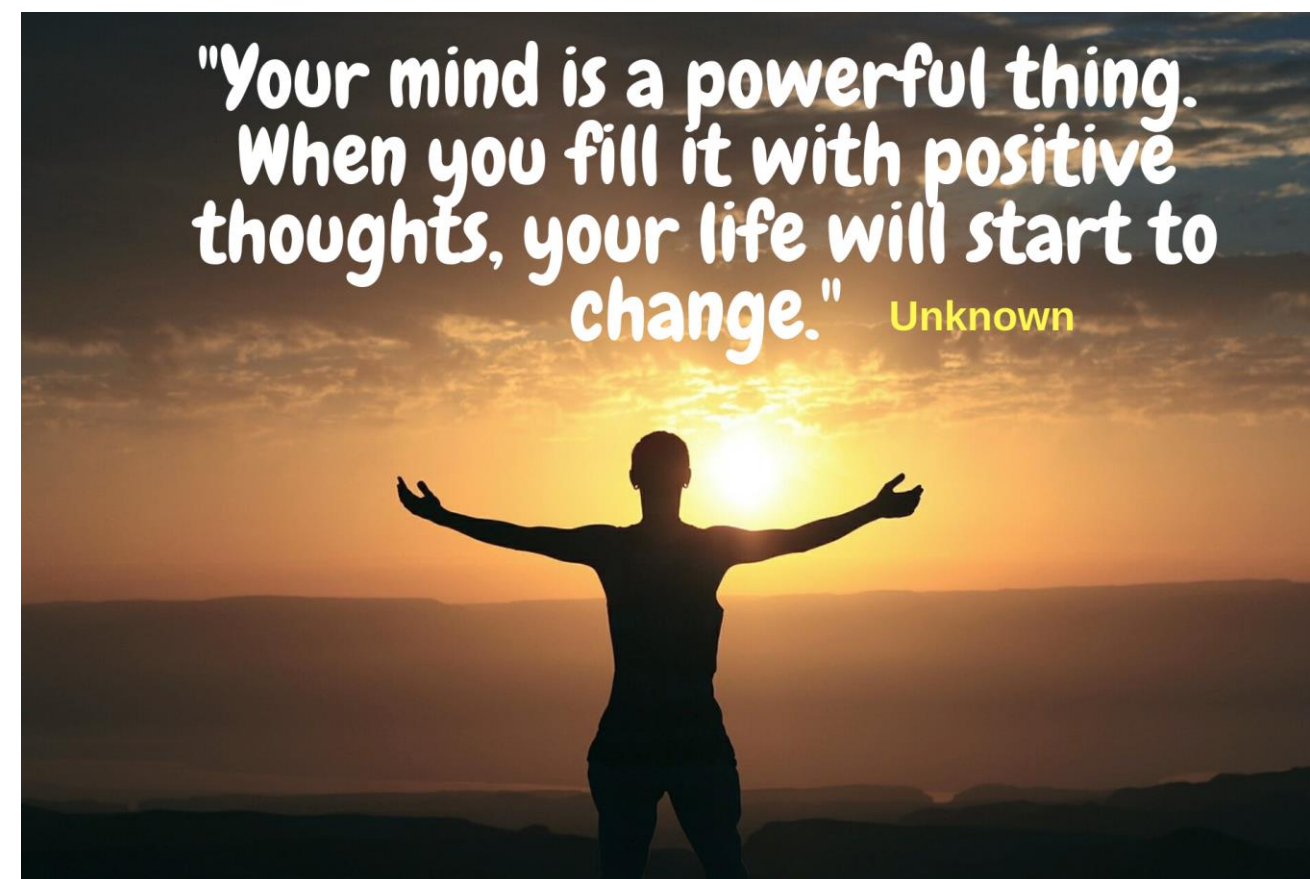
Similarly, a **positive mindset** and **reduced stress**, leads to better **physical outcomes-** Pure example of what it means to have a holistic approach to your well-being.

Incorporating daily habits that promote happiness can complement your health efforts!

Synergy between Health & Happiness

Happiness Habits:

- Practicing gratitude, regularly acknowledging and appreciating the positive aspects of your life- Overall life satisfaction.
- Setting and achieving personal goals contribute to a sense of fulfillment.
- Don't forget to celebrate the small victories in life.
- Spending time with yourself in meditation, prayer & journaling.



Practical Tips for a Healthier & Happier life

Creating Balanced Routine

Integrating the principles of exercise, nutrition, sleep, and daily habits of happiness will cultivate a more lasting sense of contentment.

Setting realistic goals

Having clear goals can guide your efforts and provide a sense of accomplishment and belonging:

S- specific

M- measurable

A- achievable

R- relevant

T- time- bound



Practical Tips for a Healthier & Happier life

Self- Care practices

Link to the techniques of **stress management** and **emotional health**.

How do I stay Happy and Healthy?

- Practice Balance between nutrition, exercise and sleep.
- Work & focus on my personal relationships.
- Spend time on my spiritual journey and practice gratitude on a daily basis.
Have quiet time with myself.
- Revisit my goals on a weekly basis.
- I try stay **disciplined and motivated**: I try and surround myself with people I aspire to become like/ look up too, who are better than me or more successful than me. **Motivation leads to discipline**. Discipline is driven by how badly you want to achieve your goals. How badly you want to change the situation you may find yourself in.

Conclusion

Health and happiness are interconnected. Encourage to start small, making incremental changes and then building upon them towards a healthier & happier life.

Both health and happiness are **journeys** of ones-self and not destinations.

Be patient with yourself & remain open to discovering what works best for you.



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Thank You

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