

Customized wellness program

[Health & Medicine](#)



Customized Wellness Program Every effective weight loss and achieving a healthy lifestyle are based on a wellness plan that works. A wellness plan stems from the acceptance of a need for an individual to have a health routine that should shape the kind of lifestyle they will eventually live.

Creating a wellness plan should not be a template that everybody should be in. The most effective ones are those that are customized per person based on their goal, their physical and emotional challenges they go through, and at the same time their lifestyle (How to Create a Wellness Plan: Steps to Writing Your Own Health Routine | Suite101. com, n. d.).

Thus, creating one for my own would have to start with identifying my goal for getting into wellness which is to manage stress at work and stay fit at the same time. With this in mind, it would be best to factor into the plan my health needs that are affected by the kind of work I am in, the amount of time that I get sleep, and also the time I can sacrifice for working out. With this, setting specific and manageable work out goals is key. A great way to do so is to plan a 20 minute exercise, three times a week which would not demand so much that would add to my stress which leads to a lot of work out loopholes such as stress eating and lack of motivation to continue a program while still giving myself time to enjoy nourishing myself with more greens and have a spare time for rest.

Also, it is important to make the most of the time committed for work out such as targeting different kinds of exercise from cardio, strength, and flexibility drills (How to Start an Exercise Program, n. d.). Shaping a mindset that does not only associated work out with the gym but pretty much in everything such as taking the stairs instead of the elevator. Lastly, avoiding the work out stumbling block by setting up a non-food reward system as I <https://assignbuster.com/customized-wellness-program/>

tend to feast on unhealthy food pleasures is best to do. Instead of food, a treat to a massage would do great!

Bibliography:

How to Create a Wellness Plan: Steps to Writing Your Own Health Routine | Suite101. com. (n. d.). Amy Kreydin Writing Profile | Suite101. com.

Retrieved May 18, 2012, from <http://amykreydin.suite101.com/how-to-create-a-wellness-plan-a162974>

How to Start an Exercise Program . (n. d.). WebMD - Better information. Better health.. Retrieved May 18, 2012, from <http://www.webmd.com/fitness-exercise/features/how-start-exercise-program>