



Manage Stress Through Exercise

Experience

- 5 dedicated years in the fitness industry
- Over 50 successful client transformations

Specialties

- Transformative goal based training
- Sustainable health & wellness
- Optimal training & diet programming

Qualifications

- NCSF Certified Personal Trainer

**“Invest in your fitness,
so you don’t invest in your illness”**



Leroy Koh



Scan the QR code to get into SLIDO and ask us any burning questions that you would like answered

WHAT IS FITNESS?



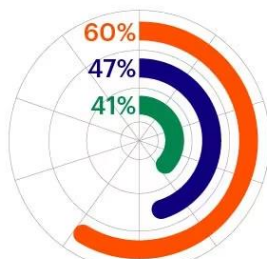




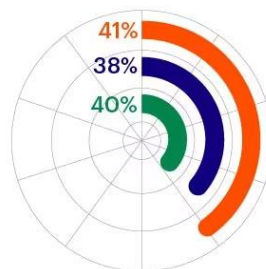
TOP CAUSES OF STRESS

● Singapore ● Global ● APAC

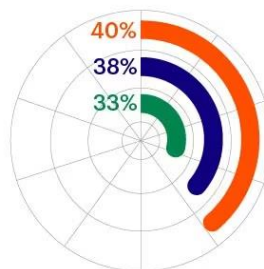
Current cost of living



Uncertainty about the future

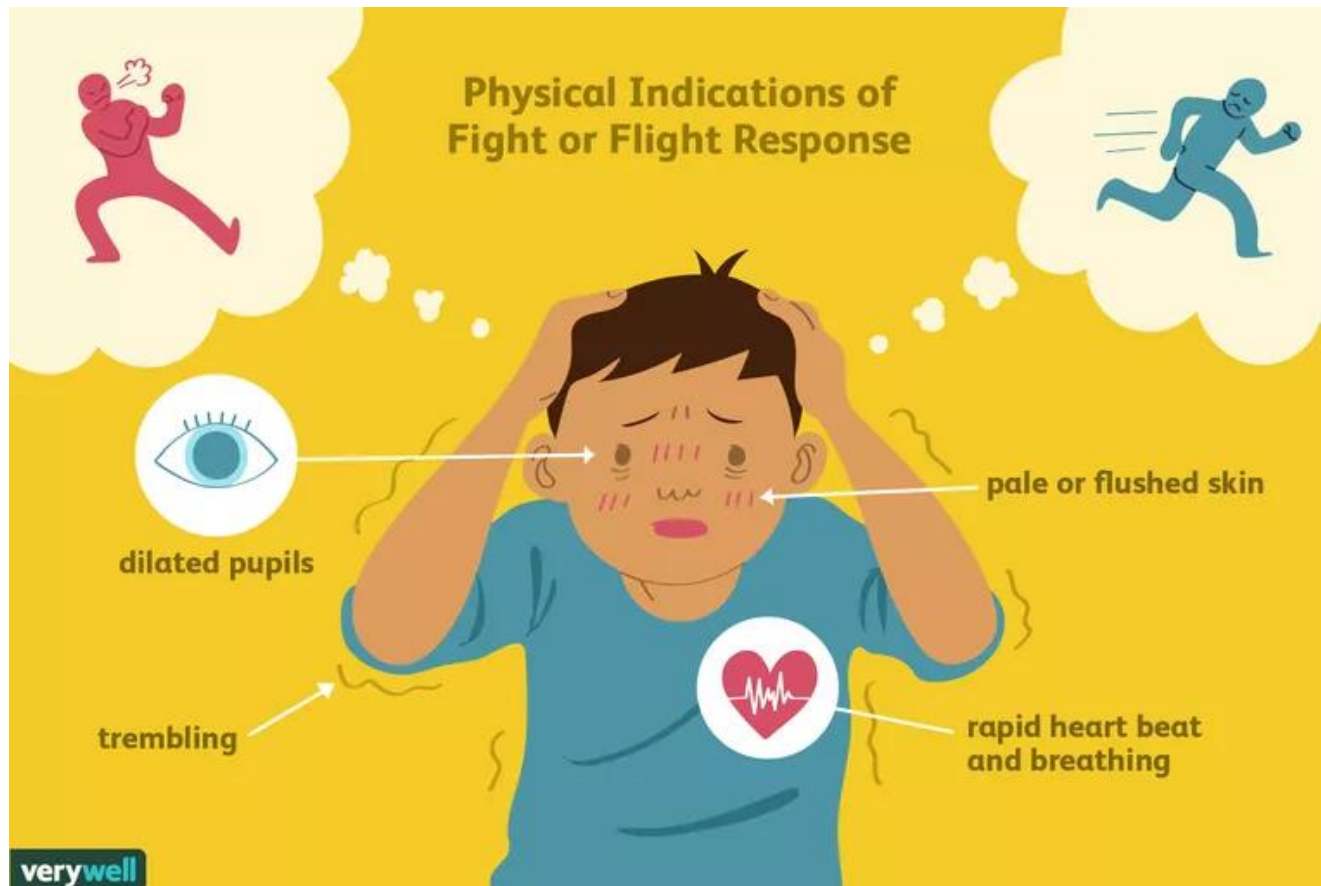


Personal finance

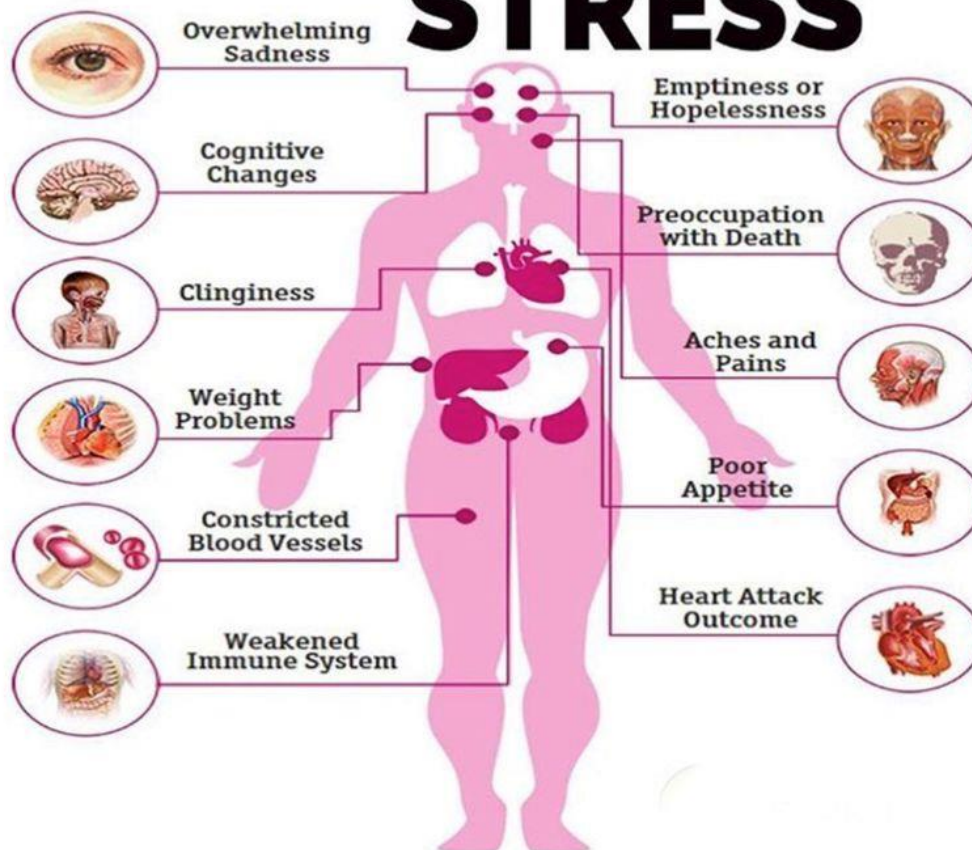


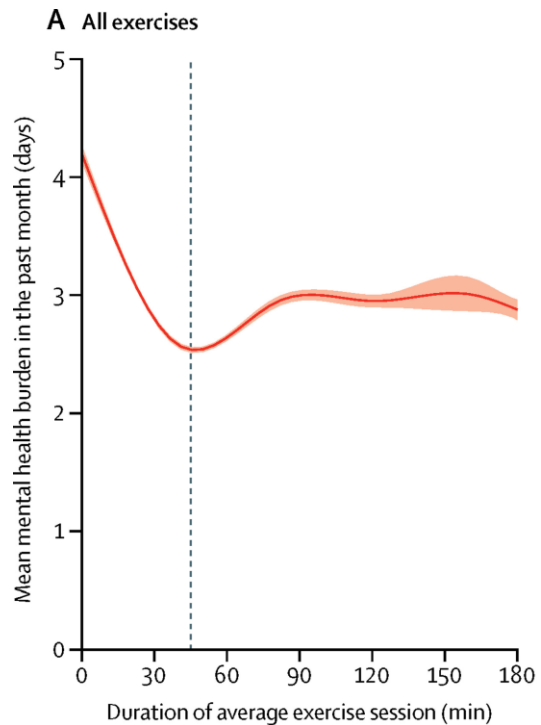
Source: Cigna Healthcare Vitality Study 2023

Increase in Cortisol leads to rapid weight gain, frequent Skin bruises, muscle weakness, diabetes and many health problems



EFFECTS OF STRESS







OUR TIPS

**EXERCISE**

Physical activity may help bump up the production of your brain's feel-good neurotransmitters, called endorphins. Often referred to as a runner's high, any aerobic activity, such as a rousing game of tennis or a nature hike, can contribute to this same feeling.



Attend a Yoga class for a good stretch to release all that tension



Exercise with a Personal Trainer for extra guidance and proper form to prevent injury and avoid unnecessary stress



Taking a cold plunge helps to trigger a stress response and activates the nervous system which can improve your mood and help you adapt to stress over time



Exercise releases endorphins and stress-reducing hormones. Aerobic and anaerobic exercises have both been demonstrated to positively influence patients with anxiety and depression



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QUALITY SLEEP

One of the best strategies to boost immunity, but the lack of it is also a large reason why we are more stressed/ suffer from poorer mental health



We need a minimum of 7 hours of sleep per night for adults



Keep a regular working schedule as much as possible. Be disciplined on waking up and sleeping time.



Avoid screen time before sleep!



Sleep in complete darkness, or use a sleep mask if that is not possible.



Too much electronics in bedroom can disrupt sleep quality and compromise immune function



FOOD AND HYDRATION IS MUCH MORE IMPORTANT THAN WE THINK



COOK AT HOME AS MUCH AS POSSIBLE
AS YOU CAN COOK FRESH AND HEALTHY



TOO MUCH SMOKING , DRINKING AND COFFEE MAKE YOU MORE STRESSED
AND DISTURB SLEEPING PATTERNS



QUESTIONS?

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STRETCHING TIME

GET UP and MOVE!



E.G. CHAIR SQUATS

INSERT DESK EXERCISE 1



E.G. ARM STRETCH

INSERT DESK EXERCISE 2



E.G. WRIST AND FINGER STRETCH

INSERT DESK EXERCISE 3



E.G. ANKLE ROLL

INSERT DESK EXERCISE 4

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AS YOU CAN COOK FRESH AND HEALTHY