



Fitness First



Manage Stress Through Exercise

Meet your presenter

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

Any Burning Questions?



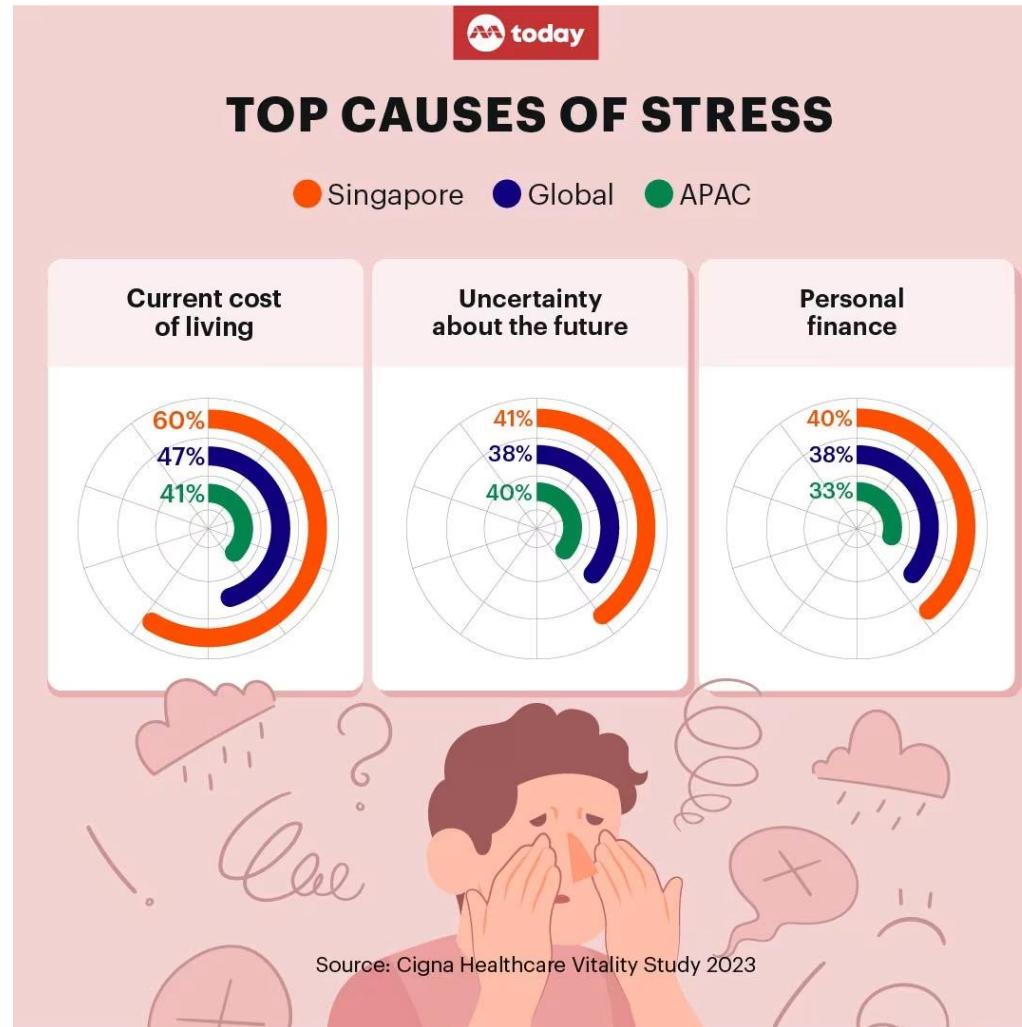
Scan the QR code to get into SLIDO and ask us any burning questions that you would like answered

WHAT IS FITNESS?

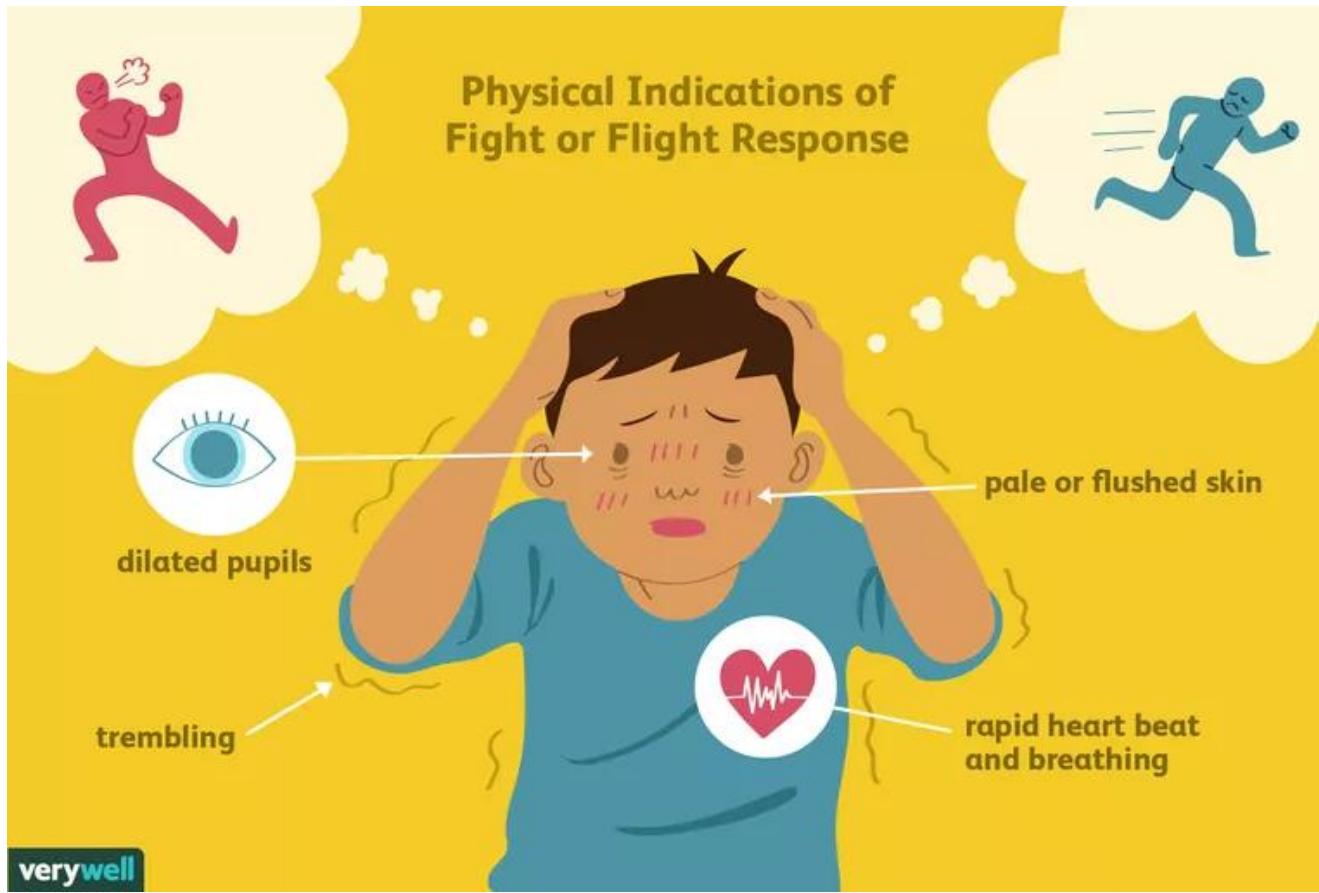


OUR TOP STRESS FACTOR

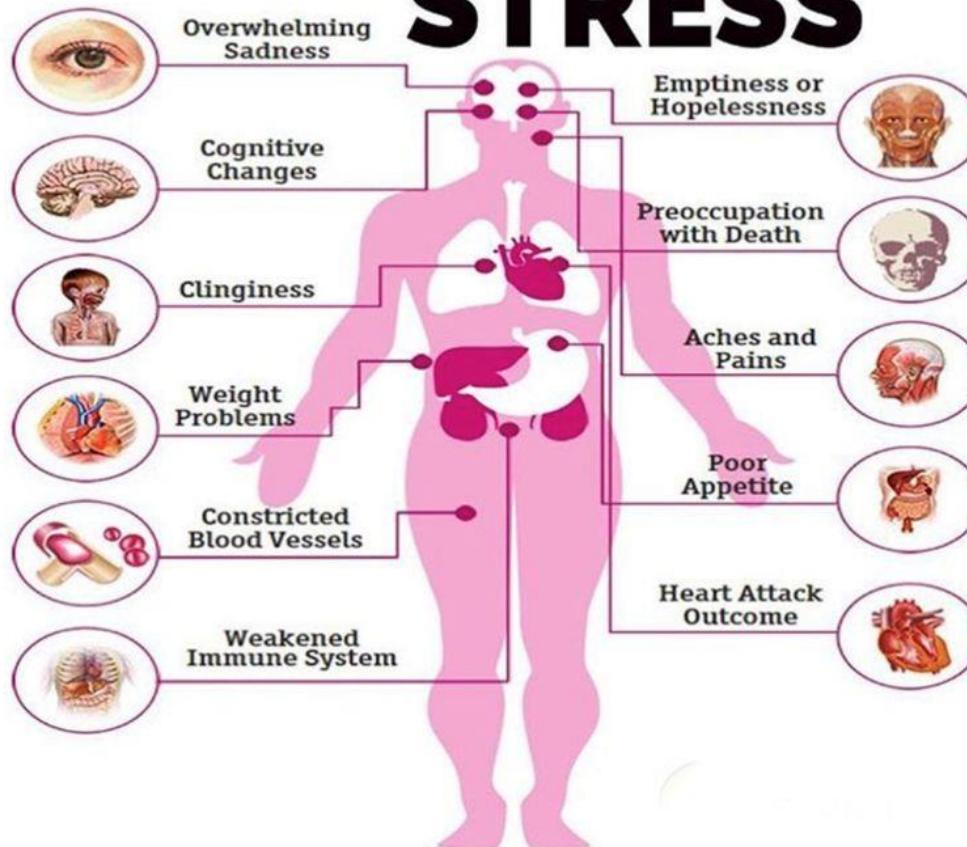
work
stress
family
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bills
deadlines
new home
relocation
job review
appointments
change
pressure
neighbors
divorce
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workload
Mondays
weekdays
death
headache
duties
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headaches
marriage
nap
day
sleep



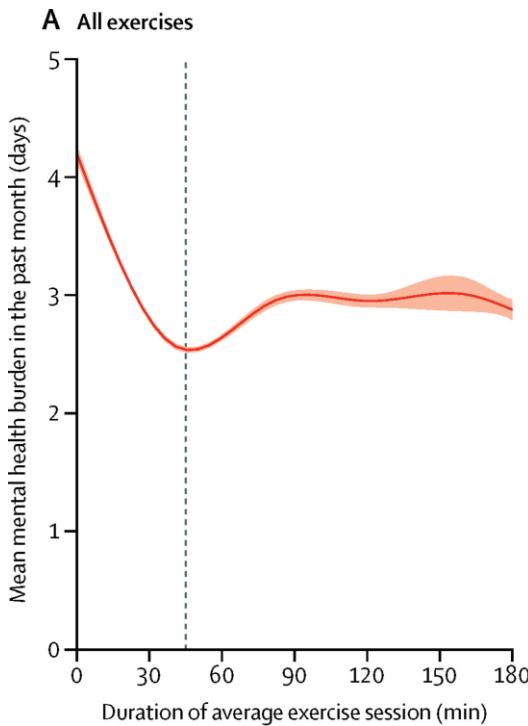
Increase in Cortisol leads to rapid weight gain, frequent Skin bruises, muscle weakness, diabetes and many health problems



EFFECTS OF STRESS



HOW EXERCISE AFFECTS OUR MENTAL WELLBEING





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

CHANGING HABITS



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!

Stretches



INSERT DESK EXERCISE 1



INSERT DESK EXERCISE 2



INSERT DESK EXERCISE 3



INSERT DESK EXERCISE 4

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