



HOW TO LIVE A Healthy Life

A COMPLETE GUIDE
PRESENTED BY INTERNATIONAL YOGA
ORGANISATION

HEALTH/FITNESS
IMPROVEMENT
WORKBOOK



आईवाईओ® अंतर्राष्ट्रीय योगा संगठन



Contents

- 1 About the Workbook
- 2 Commitment to Being Healthy
- 3 Identify Fitness Objectives
- 4 Pillars of Physical Fitness
 - ✦ Eat Healthy
 - ✦ Exercise Regularly
 - ✦ Take Adequate Rest
 - ✦ Prevention from Disease
 - ✦ See What Suits You
- 5 Define SMART Health Goals
- 6 Assess Your Progress





About the Health Guidebook



Many people wish to improve their health and wellbeing, but they don't know how to do it. We cannot readily improve health by running or a few days or eating vegetables for a week.



Being healthy is a lifestyle that requires firm commitment and discipline. Achieving your health goals is a tedious process where you have to make choices, set priorities, and assess progress.



It sometimes happens that people do take a healthy path and achieve some outcomes but find it hard to keep moving on.

This workbook will guide you to take a systematic approach to physical and mental health improvement and develop a lifelong attitude of being healthy.





Commitment to Being Healthy



Before proceeding further into details, you should check how resolved you are to being healthy.



You cannot just randomly accomplish a few healthy things and expect massive results. Such expectations are seldom fulfilled, and the person gets demotivated.



Answer the following questions to make a resolution



Answer the following questions

✦ Do you wish to improve your health? What makes you think/wish so?

✦ Is health your priority? How much effort are you going to put in this regard?

✦ On a scale of 1 to 10, how committed are you to being healthy?



Identify Fitness Objectives



It's imperative to have some health objective in mind to adapt to a healthy lifestyle.



Your goals may be generic like "losing weight" or "improving skin," or specific like "being able to run a marathon."



Impulsively changing your objective will keep you distracted

IDENTIFY 3 HEALTH OBJECTIVES.

1.

2.

3.



Physical Fitness



Physical fitness is pre-condition to your mental, emotional and social fitness.



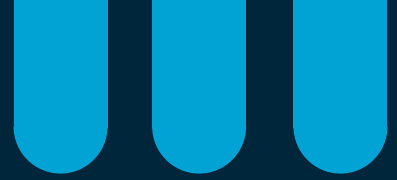
A person suffering from pain or illness cannot be expected to take mentally challenging or socially demanding tasks.



The following are key elements of good physical fitness.

- ★ Good diet
- ★ Physical Exercise
- ★ Adequate Rest





Eat Healthy



We are attracted to chocolates and cheeseburgers for their deliciousness, so you should find a diet plan that is as much delight to your taste as it is nutritious to your body.



It is not essential to avoid fats and carbs altogether, but you should keep a watch if it's spiraling out of control. Try new vegetables and fruits to see what you find appetizing, avoid saturated fats, maintain your required calories, and control unhealthy cravings.

FOOD

CALORIE CONTENT

NUTRITION CONTENT

FOOD	CALORIE CONTENT	NUTRITION CONTENT



Exercise Regularly

The muscles that don't work lose their strength, consequently regular exercise is necessary.

Furthermore, exercise releases hormones that elevate the mood and reduce anxiety.

It is recommended to work out for an hour every day. Start lightly and progressively.

1.

2.

3.



Take Adequate Rest



Proper amount
of rest is necessary
for fitness



Being under-rested
causes fatigue and gut
problems which inhibit
healthy eating and exercise.



On the other
hand, too much rest
might make you
lethargic.

HOW MANY HOURS DO YOU SLEEP A DAY?

DO YOU FEEL ADEQUATELY RESTED?

DO YOU USE ELECTRONICS IN BED?



Prevention from Disease

- ✦ Not taking appropriate precautions can adversely affect your health.
- ✦ There are many things that might deter your health, such as dirty surroundings, fumes, and dust.
- ✦ Not being properly vaccinated also makes you prone to diseases that will have long-term negative effects on your fitness.
- ✦ It is, therefore, necessary to take necessary measures to prevent yourself from sickness.

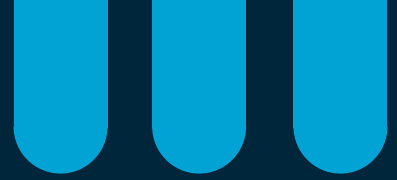




✦ Are your surroundings (at home, work, or neighborhood) clean? If not, identify the dirty areas.

✦ Identify areas where you need Personal Protective Equipment like masks and gloves. Do you use PPE where needed?

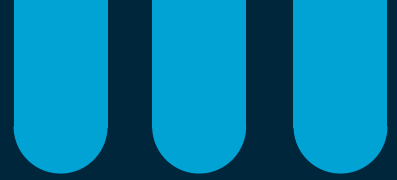
✦ Do you take measures of personal hygiene like using hand sanitizer before eating? Identify the areas where you lag in this regard.



See What Suites You

- ★ Not everything that comprises healthy nutrition is good for everyone.
- ★ Lactose intolerant people become flatulent after consuming dairy products, and gluten intolerant people feel bloated
- ★ Similarly, some people have allergic reactions to certain foods. For example, peanuts cause skin inflammation in some people.
- ★ Keep a watch on your health, note down any pain, allergies, or illness you face, and write the foods/things you have consumed within 24 hours prior to initiation of symptoms.
- ★ It is necessary to keep a watch for such edibles.





Asses your Progress



Be patient, stay focused, and keep on executing the required actions to achieve your goals. At the end of every month, look for the progress you have made so far.



While defining SMART goals, you have already defined the metrics to measure your progress. Now it is time to quantify your progress.



Write down the measurement metrics defined previously, the targeted value of the metric, and the actual value of the metric. For example, if your daily calorie count was targeted to be 1500 calories and you consumed 1600 calories.

Defining SMART goals will encourage you to stay motivated, track your progress and achieve the desired results.

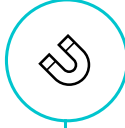




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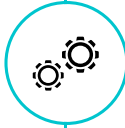
Opportunity of Yoga registrations for yourself as an IYT®-International Yoga Teacher



Opportunity of Yoga registrations for your Yoga school as an IYS®-International Yoga School



Potential to markedly increase your various programs in Yoga particularly TTC (Teacher Training Course)



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**+91 9964029333 & +91 99640290333
yoga@iyoworld.com**

Bangalore & Pune