



## How to Create a Successful Wellness Plan?

Set goals for yourself weekly based on a number of wellness variable: 1) Food, 2) Fitness, 3) Rest and 4) Attitude. These four wellness areas will help you live a healthier lifestyle when goals are used. Below you will find how to best set your goals as well as a goal worksheet and wellness tools.

### Tips to creating your wellness plan:

- **Set realistic goals** - Even if they manage to set their goals, most of them are unrealistic and are eventually not met. Write your goals down and put it somewhere you will see it all the time to be reminded of your quest.
- **Be committed** - Being committed requires a lot of motivation. Fitness motivation is an essential part of a fitness program. It is the most important element in changing your body and your life.
- **Plan your daily routine** - Make a plan of your day-to-day activities. Elaborate everything that you will do everyday. Right from waking up in the morning to going to sleep at night, you should have detailed plan of your routine activities.
- **Progress gradually** - Don't try to do much; you might end up getting nothing out of it. Your fitness plan should provide gradual and consistent weight loss of about 0.5 to 1 kg per week. You should not lose more than 1 kg per week to maintain good health while losing weight.
- **Eat healthy** - Choose a nutrition program that reduces calories without leaving out specific foods or food groups. Make sure you are eating food from all the food groups on the nutrition pyramid.
- **Drink lots of fluids** - To keep your body functioning at maximum efficiency, you need fluid. Many people compromise their exercise and weight loss programs by never drinking enough water.
- **Exercise** - The importance of a regular workout plan cannot be stressed enough. You should include 30 to 60 minutes of cardiovascular activity at least 5 days every week.
- **Rest** - Rest is essential to allow our muscles to repair and grow and it gives you time to focus on your state of mind too. Rest is as important as exercise itself. One of the biggest mistakes that beginners make is that they do not give their muscles time to recover before working out again.
- **Always be ready to modify your plan**
- **Continuous assessment**
- **Maintenance plan** - Make sure you have a plan to maintain your healthy new weight after you have achieved your goals.