

# Personal Trainer: Life Coaching Guidelines on Holistic Wellness



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Here are some guidelines that a personal trainer can provide to their clients as part of a life coaching programme focused on holistic wellness:

### **Nutrition and Digestion**

1. Eat a balanced diet: Focus on whole, unprocessed foods like vegetables, fruits, whole grains, lean proteins and healthy fats.
2. Stay hydrated: Drink at least 8-10 glasses of water per day.
3. Be mindful of portion sizes: Pay attention to hunger and fullness cues to avoid overeating.
4. Limit processed and sugary foods: Try to avoid or reduce foods that can cause inflammation and energy crashes.
5. Consider meal planning and prep: Take time to plan and prepare healthy meals in advance.

### **Stress Management and Mindfulness**

1. Practice deep breathing exercises: Take a few minutes each day to focus on slow, deep breaths.
2. Try meditation or yoga: Incorporate mindfulness practices into your daily routine.
3. Take breaks and prioritise self-care: Make time for activities that bring you joy and relaxation.
4. Set realistic goals and priorities: Learn to say "no" and focus on what's truly important.
5. Seek support from loved ones or a therapist: Don't be afraid to ask for help when you need it.

### **Physical Activity and Movement**

1. Find activities you enjoy: Engage in physical activities that bring you joy, whether it's walking, running, swimming or dancing.
2. Aim for 150 minutes of moderate-intensity exercise per week: Incorporate a mix of cardio, strength training, and flexibility exercises into your routine.
3. Incorporate rest and recovery days: Allow your body time to rest and recover between intense workouts.
4. Try to move throughout the day: Incorporate incidental activity, such as taking the stairs or walking to work.
5. Schedule physical activity into your daily planner: Treat physical activity as a non-negotiable part of your daily routine.

## **Sleep and Relaxation**

1. Aim for 7–9 hours of sleep per night: Prioritise getting enough restful sleep to help your body recover.
2. Establish a bedtime routine: Develop a calming pre-sleep routine, such as reading or taking a warm bath.
3. Create a sleep-conducive environment: Make your bedroom a sleep sanctuary by ensuring it's dark, quiet, and cool.
4. Avoid screens before bedtime: Try to avoid screens for at least an hour before bedtime.
5. Take naps if needed: If you're feeling tired, take a short nap to recharge.

## **Relationships and Social Connections**

1. Nurture positive relationships: Surround yourself with people who support and uplift you.
2. Schedule social time: Make time for activities that bring you joy and connection with others.
3. Practice effective communication: Learn to express yourself clearly and assertively.
4. Set healthy boundaries: Learn to say "no" and prioritise your own needs.
5. Seek out new social connections: Try new activities or join a club or group that aligns with your interests.

## **Personal Growth and Development**

1. Set realistic goals and priorities: Identify areas you'd like to improve and create a plan to achieve your goals.
2. Practice self-reflection and self-awareness: Take time to reflect on your thoughts, feelings, and behaviours.
3. Seek out new challenges and opportunities: Step outside your comfort zone and try new things.
4. Prioritise learning and education: Invest in personal development courses, workshops, or books.
5. Celebrate your successes: Acknowledge and celebrate your achievements, no matter how small they may seem.
6. By following these guidelines, you can take a holistic approach to wellness and work towards achieving your goals in all areas of your life.