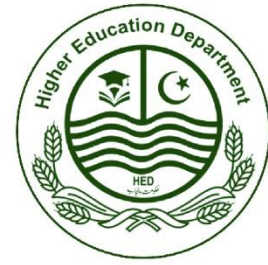




Government of Punjab



Higher Education Department

HEALTH & FITNESS MODULE

A Step towards Healthier,
Happier & Active
College Community

July, 2021



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Purpose of the Health and Fitness Module

The aim of this module is to promote the concept of healthy bodies and healthy minds amongst the college students. It is a general perception that being physically active is important only for those who are into sports. Whereas, history and research clearly shed light on the fact that “GREAT NATIONS ARE ACTIVE NATIONS”.

As per the vision of our honorable Prime Minister, we must provide opportunities to youth so that they transform into active citizens of Pakistan. As educators, we are aware that our college students spend 6 to 8 hours in college but only a small percentage of the student body is engaged in any kind of physical activity. Excessive usage of computers, mobiles, tablets and social media has played an integral role in promoting sedentary lifestyle. Through this module, Higher Education Secretariat intends to provide a basic guideline to keep most of the college community active and healthy. Depending upon the number of students and availability of outdoor/indoor facilities in college, the exercises offered in this module can be practiced on a daily basis. Groups of students can be gathered ensuring COVID SOPs to take part in these Fitness Sessions. Lecturers and Professors are also encouraged to manage sometime and arrange special sessions for their own health and wellbeing on a regular basis. Volunteer services of Physical Education teachers, any lecturer who has in depth know-how on fitness, student athletes of college or part time coaches on board with colleges can be taken to ensure that college students take part in these sessions.

Regular announcements during assemblies, awareness charts/boards must be displayed in and around college premises to encourage students to adopt a healthy and active lifestyle. TOGETHER WE CAN WORK FOR HEALTHIER, HAPPIER & ACTIVE COLLEGE COMMUNITIES!

This is an additional document constructed in order to facilitate college students on health and fitness skills.

Introduction

Colleges are in a position to provide unique opportunities to students for staying active as students spend half of their time in college. Having the facilities and infrastructure, responsibility lies on the shoulders of college leaders to ensure healthier, happier and active college communities.

If the importance of regular physical activity is taught at college, students learn that healthy life is a valued part of the education process. Therefore, Health & Fitness programs are an absolute requisite for healthy youth.

Teachers can play an important role in helping students:

- Ensure that students stay active and healthy throughout the college time
- Enlighten students about the benefits of regular participation in healthy physical activities
- Encourage students to learn strategies for participating in physical activity outside of college time

PROMOTING HEALTH & FITNESS ACTIVITIES IN COLLEGES

Regular participation in health & fitness activities provides young people with important physical, mental and social health benefits. These include:

- healthy growth and development
- strong bones and muscles
- control of weight and body composition
- improved posture
- improved cardiovascular health
- reduced blood cholesterol
- opportunities to make friends and enhance self esteem
- reduced stress, depression and anxiety
- reduced anger and frustration
- development of social cohesion

Regular participation in physical activity has other benefits such as:

- an increase in the likelihood that physical activity will be maintained into adulthood
- it creates a more positive college climate
- students are less aggressive and experience fewer discipline problems
- it is positively associated with increased educational aspirations – this is even stronger with students from disadvantaged backgrounds
- it is correlated with improvements in subjects such as mathematics
- leading to students being more productive, more motivated, better organized and more effective in learning and performing tasks
- the reduction of the likelihood of students being involved in anti-social behaviors
- a decrease in the amount of vandalism, mischief, petty crime and other negative behaviors in the community
- enhancement of social and moral development.

Instructions for Exercises

This module has been developed to give participants a sense of direction while performing any type of physical activity within and outside the college. Sequence of the exercises can be decided by the teacher/trainer/ student leader. Stretching, Warm Up and Cool Down Exercises can be aligned with the relaxant Fitness Exercises.

Module covers sections on; Stretching Exercises, Warm Up Exercises, Cool Down Exercises and the main Fitness Exercises along with a brief insight on keeping up your Mental Health and Nutrition.

Remember that:

- Before you exercise, think about warming up your muscles like you would warm up your car. It increases the temperature and flexibility of your muscles, and helps you be more efficient and safer during your workout. A warm-up before moderate- or vigorous-intensity fitness activity allows a gradual increase in heart rate and breathing at the start of the activity.
- Warming up, stretching before and after activity, developing flexibility & strength will reduce the risk of injury. Always warm up because cold muscles are not very flexible. The purpose of a warm up is to prevent injury by increasing the body's core and muscle temperature. A good warm up should also increase range of motion and mentally prepare you for exercise. Warm ups should be specific to the type of exercise you are doing, but should be a full body warm up even if you only plan to workout a few muscle groups.
- Stretching also makes many people feel better during and after fitness exercise and in some people decreases muscle pain and stiffness." When done properly, stretching activities increase flexibility.

- Cooling down after a workout is as important as warming up. After physical activity, your heart is still beating faster than normal, your body temperature is higher and your blood vessels are dilated. This means if you stop too fast, you could pass out or feel sick. A cool-down after physical activity allows a gradual decrease at the end of the episode.
- It's good to stretch when you're cooling down because your limbs, muscles and joints are still warm. Stretching can help reduce the buildup of lactic acid, which can lead to muscles cramping and stiffness.
- Do not forget to do your body a favor. Take time to gradually progress into your fitness and cool down when you're done being physically active.

Safety Considerations

- Check the exercise space. Is it safe? Is it big enough for the relevant exercise?
- Be creative! Adapt the activity to suit the number of students available to engage in the activity, the equipment available and the size of the available space.



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Stretching Exercises

Stretching, as it relates to physical health and fitness, is the process of placing particular parts of the body into a position that will lengthen, or elongate, the muscles and associated soft tissues. Upon undertaking a regular stretching program, a number of changes begin to occur within the body and specifically within the muscles themselves.

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way. That puts you at risk for joint pain, strains, and muscle damage.

The most common forms of stretching are:

- **Static stretches** involve holding a stretch in a comfortable position for a period of time, typically between 10 and 30 seconds. This form of stretching is most beneficial after you exercise.
- **Dynamic stretches** are active movements that cause your muscles to stretch, but the stretch is not held in the end position. These stretches are usually done before exercise to get your muscles ready for movement.

9 benefits of stretching

There are many benefits to regular stretching:

1. Increases your flexibility
2. Increases your range of motion
3. Improves your performance in physical activities
4. Increases blood flow to your muscles
5. Improves your posture
6. Helps to heal and prevent back pain
7. Is great for stress relief
8. Can calm your mind
9. Helps decrease tension headaches

How to start a stretching routine

If you are new to a regular stretching routine, take it slow. Just like other forms of physical activity, your body needs time to get used to the stretches you are performing. You also need a solid grasp of proper form and technique. Otherwise, you risk being injured.

You can stretch any time during the day. On days you exercise:

- aim for 5 to 10 minutes of dynamic stretching prior to your activity
- do another 5 to 10 minutes of static stretching after your workout

On days when you are not exercising, still plan to schedule at least 5 to 10 minutes of time for stretching. This can help improve flexibility and reduce muscle tightness and pain.

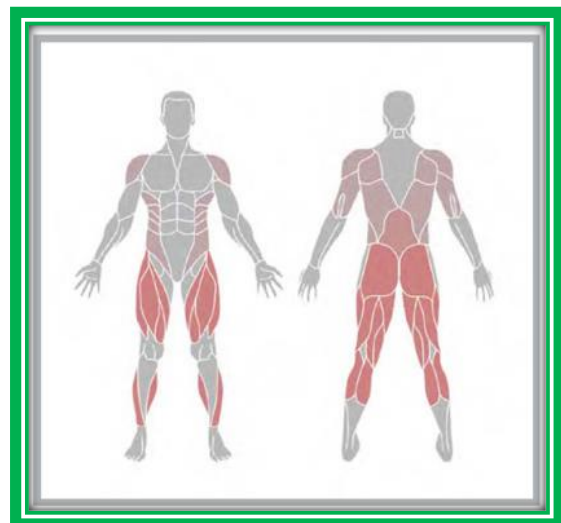
When stretching, focus on the major areas of your body that help with mobility, such as your calves, hamstrings, hip flexors, and quadriceps. For upper-body relief, try moves that stretch the shoulders, neck, and lower back. Hold each stretch for 30 seconds and avoid bouncing. You can stretch after each workout or athletic event, or daily after your muscles are warmed up.

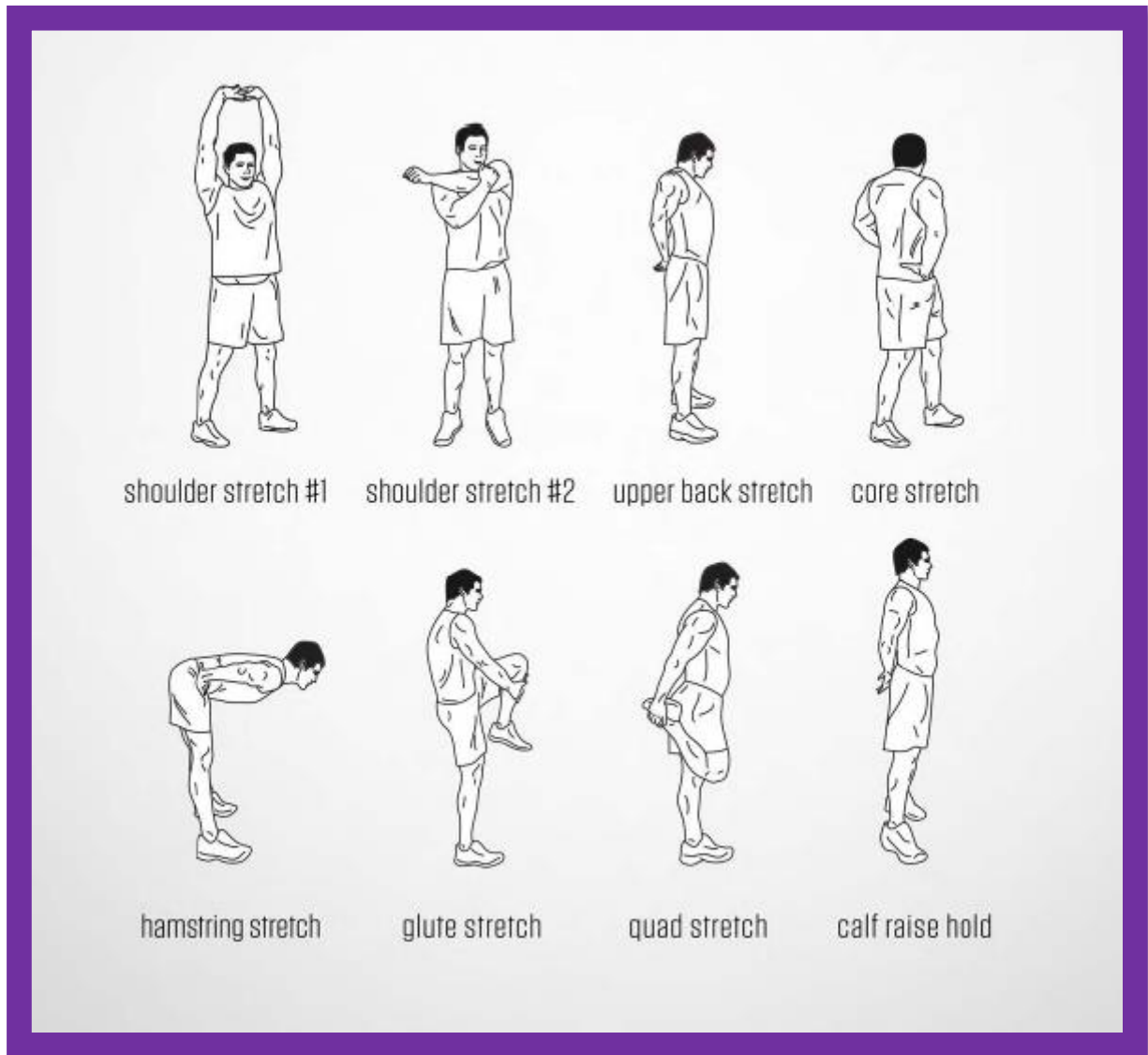
Stretching exercises

Perform each of these for 30 seconds. Rest up to 2 minutes after each set.

- **Morning Stretch**

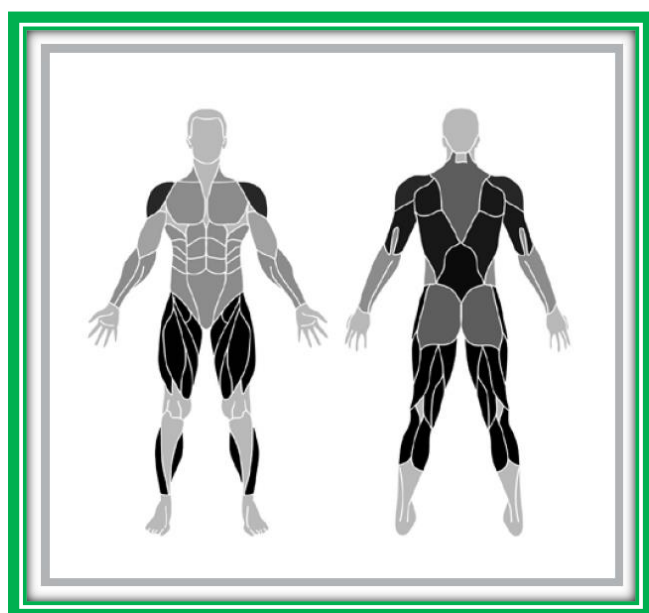
Stretching helps conditions tendons and muscles, increases flexibility, can prevent injury and actually leads to greater strength. The Morning Stretch workout is one of those 'little' routines that help you become unstoppable and stay that way.



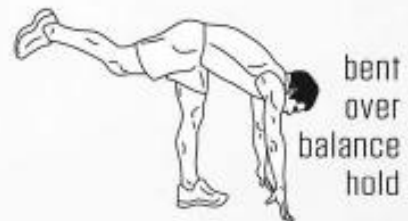


- **Anchor'd**

The Anchor'd active stretching workout takes you through some of the key positions that affect the body's main muscles groups. You will feel the difference afterwards.

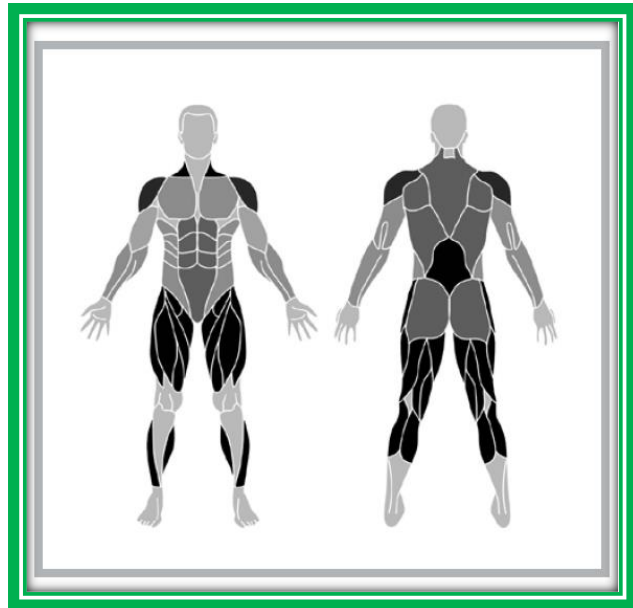


60 seconds each - 30 seconds each leg
3 sets | up to 2 minutes rest between sets






- **Far Point**

Passive stretching is also called relaxed stretching. To make it work for you, extend to a position that is at the very edge of your comfort zone and hold it, allowing gravity and your bodyweight to do the rest. There is no 'bounce' of any kind with passive stretching, nor is there any push/pull motion.

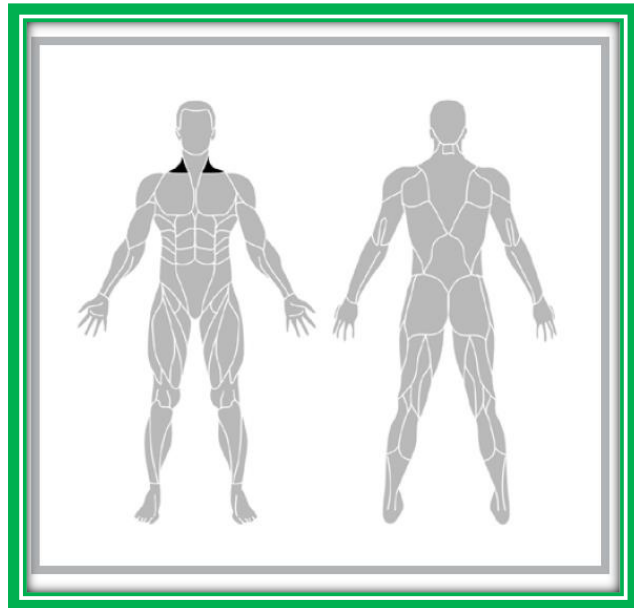


60 seconds each - 30 seconds each side / leg

		
hamstring stretch	groin stretch	leg to chest stretch
		
quad stretch	elbow stretch	cross neck elbow stretch
		
gravity toe touches	sumo squat hold	side splits

- **Neck Workout**

Neck pain is one of the most common complaints of our digitally enhanced society. The Neck Pain and Tension Relief workout remedies all those problems. It can be performed as a warm-up, before exercise or as a total stress reliever at the end of the day.

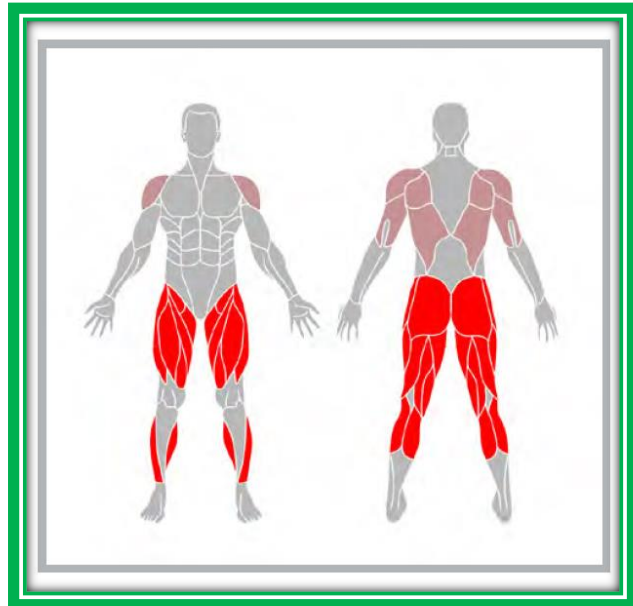


Perform 3 sets of each, with a 2 minutes rest after each set.



- **Splits**

Doing the splits is a bucket-list thing for many. However, here you can achieve that, in a gradual, step-by-step manner with the Splits workout. Make sure you maintain form throughout. Do it regularly.



40 jumping jacks
 1 minute rest
40 jumping jacks
 1 minute rest
40 jumping jacks
 1 minute rest

100 side leg raises
 Hold on to something but don't put your active foot down. 50 raises per leg.

10 seconds each exercise; change legs and do the exercise again on the other side

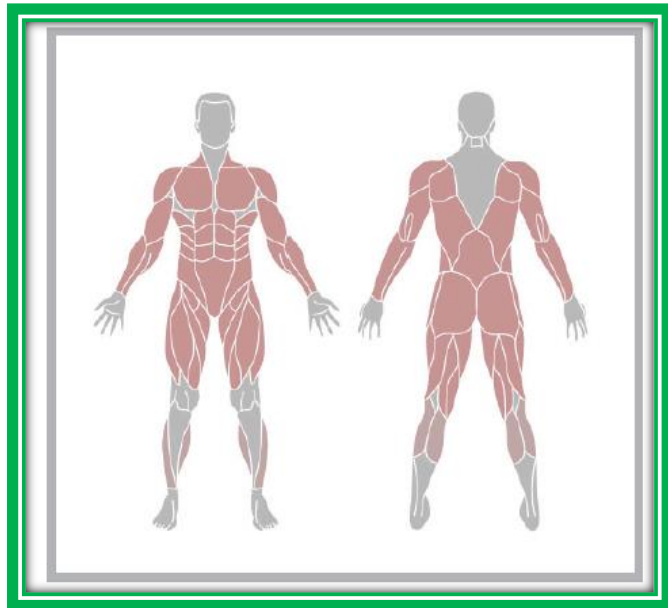
10 deep side-to-side lunges
10 deep side-to-side lunges toes up

2 minutes side splits - go as low as you can, then sit down & lean forward as illustrated above. Try to go further every time you do this workout.

Tip: If you are doing this routine post-workout (you are already warmed up), you can drop the jumping jacks and proceed to the side leg raises right away.

- **Mobility Flow**

Mobility Flow is a workout that aims to make you feel like you own your body and that it obeys your every command. Make this one a regular each month and you will reap the benefits.

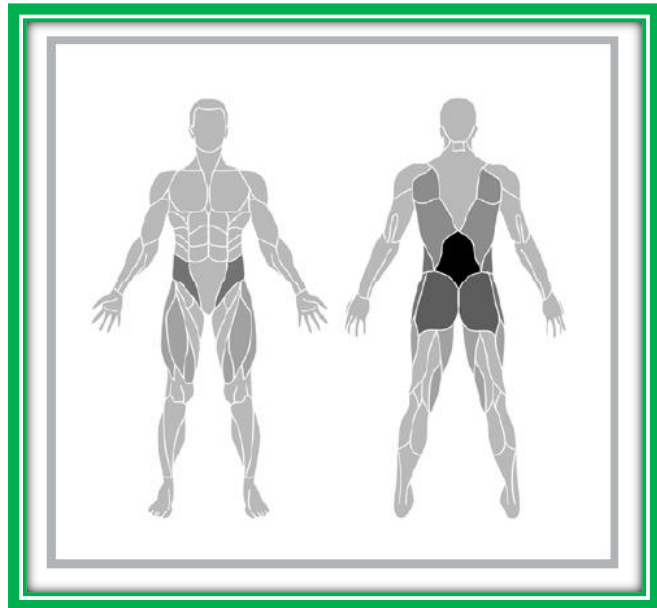


Hold each pose for 30 seconds then move on to the next one.
Repeat the sequence again on the other side.



- **Lower Back**

Instructions: Repeat each move, one after the other, with no rest in between until the set is done. Rest up to 2 minutes and repeat the whole set again, 3 times in total. Hold the stretch for one deep breath and return to the starting position. Repeat each move with no rest in between, until the set is done.

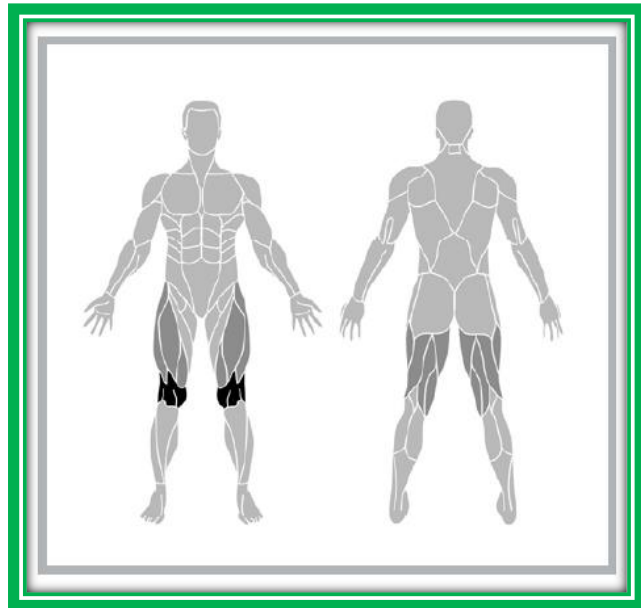


Perform 3 sets of each, with a 2 minutes rest in between each set.



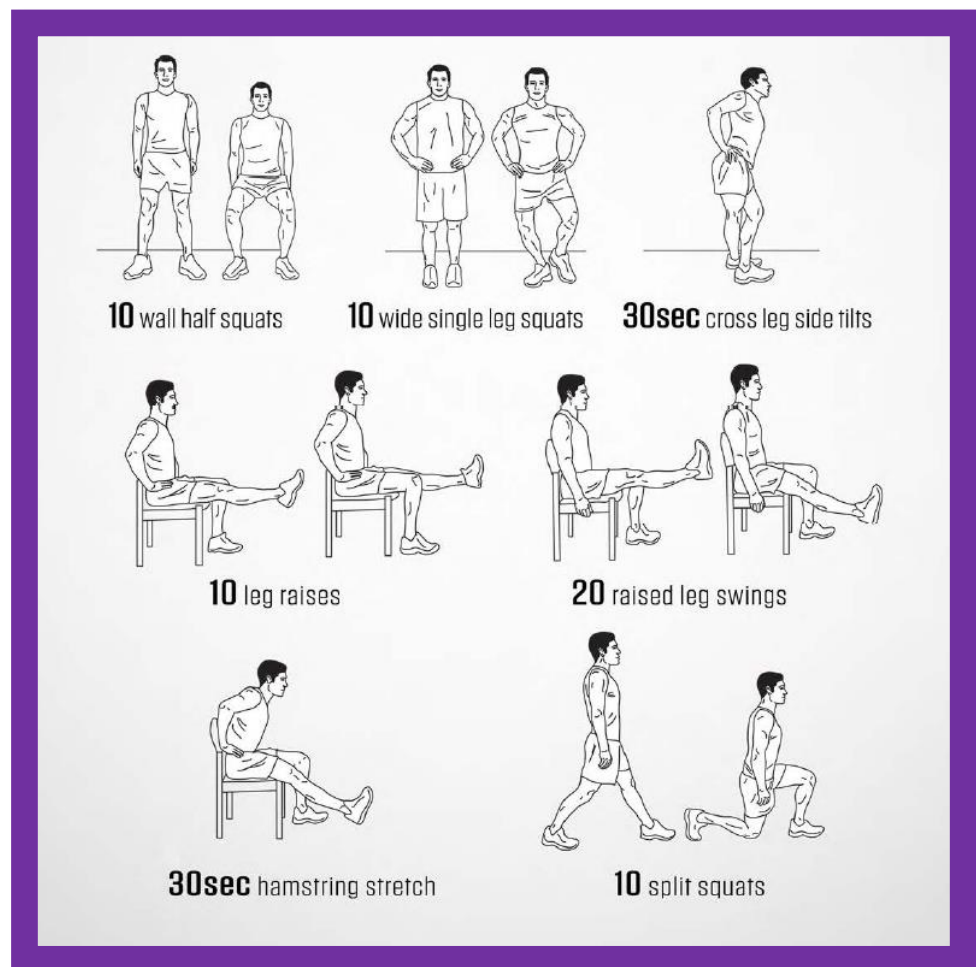
- **Knee Workout**

Knees take a pounding even before an arrow happens to find them. Because the knee is a hinge type synovial joint, it presents a level of complexity not seen in other joints. The exercises here are designed to help maintain the range of motion a healthy knee joint is capable of. They can also work as preventative measures, taken to avoid sustaining knee injuries.



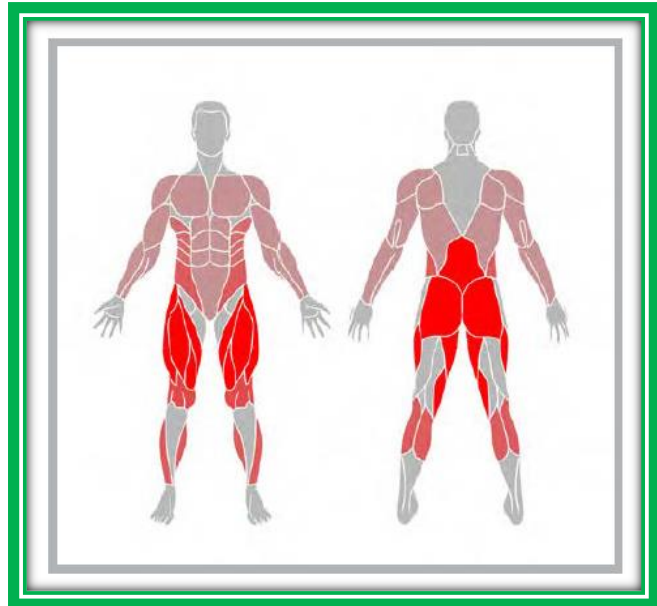
Level I: 3 sets
 Level II: 5 sets
 Level III: 7 sets

Rest up to 2 minutes after each set.



- Boxer Flexibility**

Boxer Flexibility recruits different muscle groups to provide the kind of suppleness and control you need.



LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets
REST 2 minutes

40 knee-to-elbow lunges

20 forward & backward bends

20 side-to-side tilts

20 knee bends

40-count quad stretch

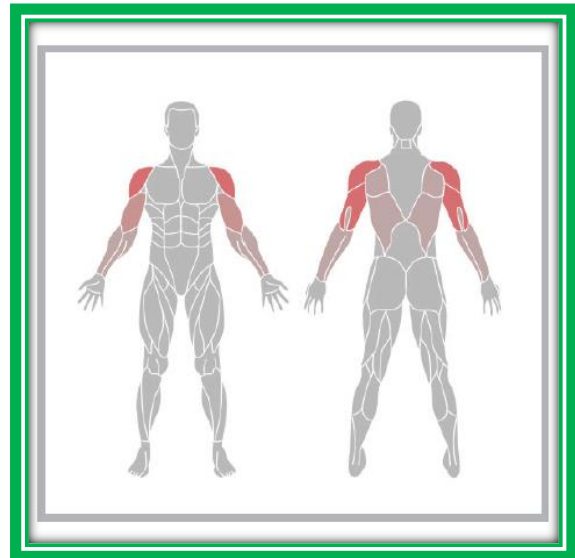
20-count back stretch

20-count arm stretch #1

20-count arm stretch #2

- **Dexterity**

Dexterity is a workout that helps your upper limb mobility. Dexterity is a neurobiological process that requires good brain/body health and help maintain excellent neural connections.

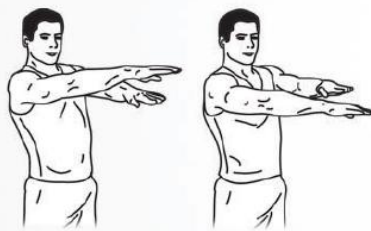


Level I: 3 sets

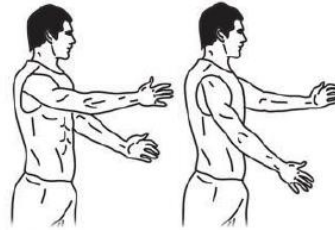
Level II: 4 sets

Level III: 5 sets

Rest up to 2 minutes after each set



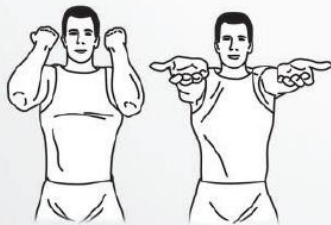
10 arm scissors



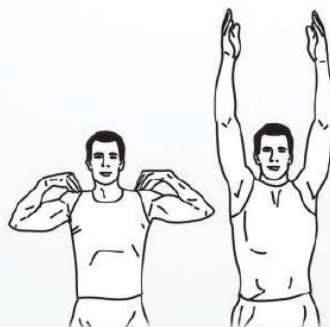
10 scissor chops



10 shoulder rotations



10 bicep extensions



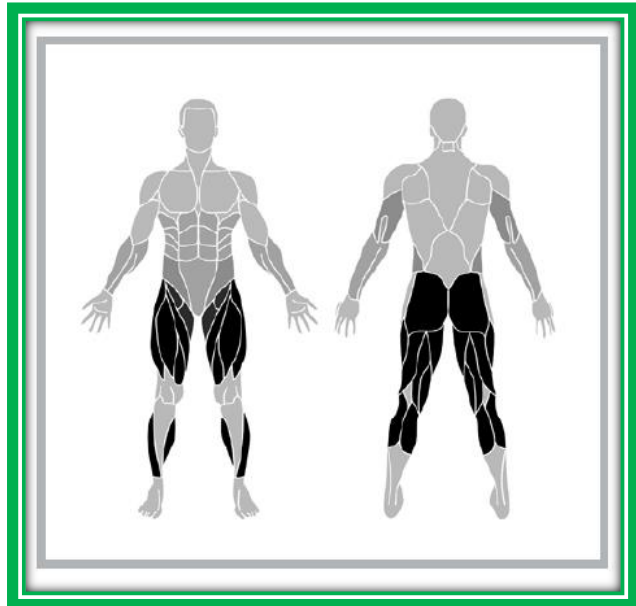
10 shoulder taps



30 clench / unclench

- **Balance & Coordination**

A good balance is the result of a strong core, stable tendons, and powerful support muscle groups. Balance exercises help develop the muscle groups and tendons needed for developing muscular control, great physical prowess, and the kind of body strength that marks true athletes.

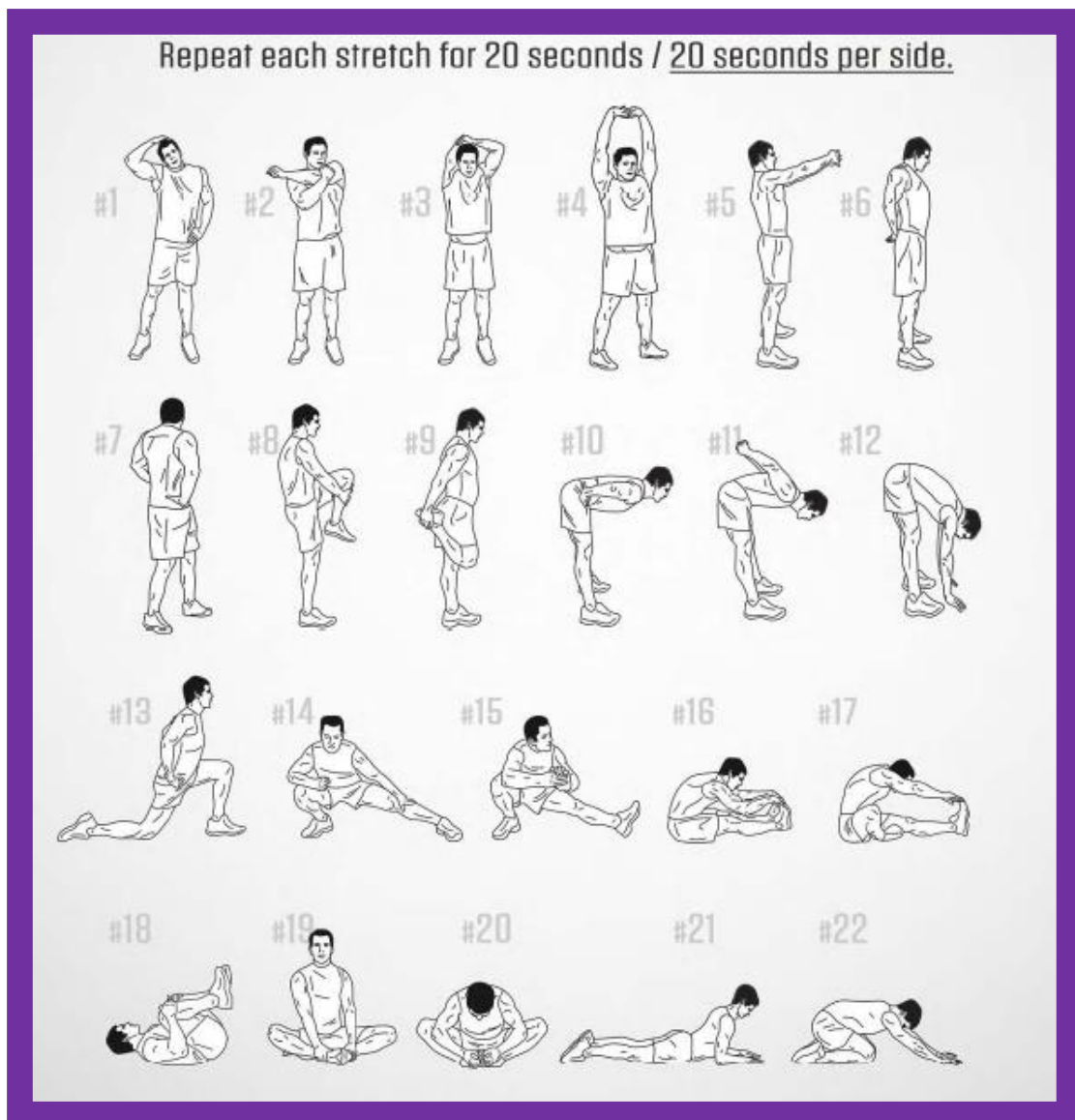
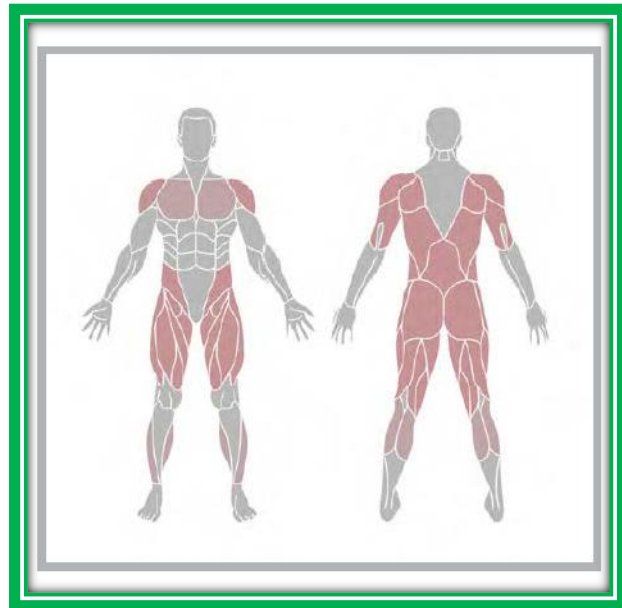


Hold each pose for 20 seconds then move on to the next one.
Repeat the sequence again on the other side.



- **Top to Bottom**

Top to Bottom, as the name suggests, is a tendon and muscles full body, stretching routine that is perfect for a cool down or a stretching workout in its own right. Performed as part of your regular after-workout cool down, it helps maintain supple muscles and tendons, which helps increase both power and speed.





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Warm-Up Exercises

A warm up (as it relates to physical activity and exercise) is any activity, either physical or mental, that helps to prepare an individual for the demands of their chosen sport or exercise.

Why Warm Up?

Warming up prior to any physical activity does a number of beneficial things, but the main purpose of the warm up is to prepare the body and mind for strenuous activity.

- One of the ways it achieves this is by increasing the body's core temperature, while also increasing the body's muscle temperature. By increasing muscle temperature, you are helping to make the muscles loose, supple and pliable.
- An effective warm up also has the effect of increasing both your heart rate and your respiratory rate. This increases blood flow, which in turn increases the delivery of oxygen and nutrients to the working muscles.

All this helps to prepare the muscles, tendons and joints for more strenuous activity.

The warm up exercises are crucial to any sports or fitness training program. The importance of a structured warm up routine should not be underestimated when it comes to preventing sports injury.

A proper warm up has a number of very important key components. These components, or parts, should all work together to prepare the individual for sports performance and minimize the likelihood of sports injury from physical activity.

The purpose of a warm up is to prevent injury by increasing the body's core and muscle temperature. Warm muscles increase the rate of energy production, which increases reflexes and lowers the time it takes to contract a muscle. A good warm up should also increase range of motion and mentally prepare you for exercise. Warm ups should be specific to the type of exercise you are doing, but should be a full body warm up even if you only plan to workout a few muscle groups. For example, if you are planning to do a leg workout you should do a warm up with mostly lower body exercises, but also include a few upper body/full body exercises as well.

What are the benefits of warming up before a workout?

Warmup exercises can help get your body ready for an activity, that is more strenuous, and make it easier to exercise. Some of the most important benefits of a warmup include:

- Increased flexibility
- Lower risk of injury
- Increased blood flow and oxygen
- Improved performance
- Better range of motion
- Less muscle tension and pain

How long should a warmup be?

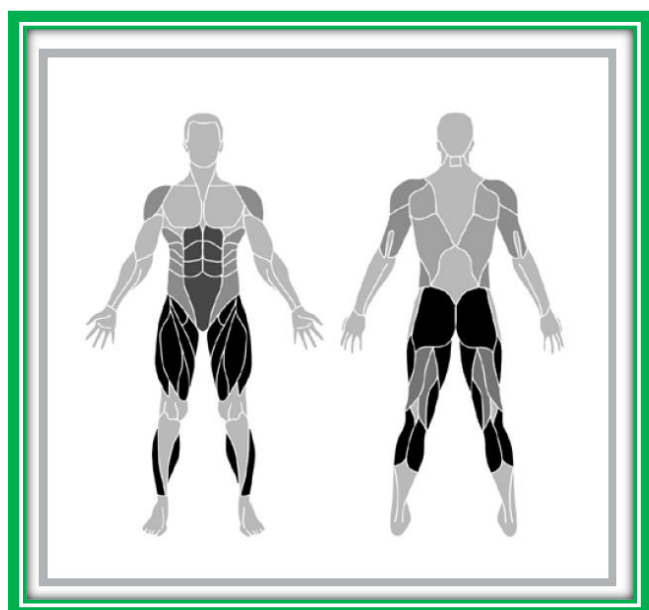
Try to spend at least 5 to 10 minutes warming up. The more intense your workout is going to be, the longer your warmup should be. Focus first on large muscle groups and then perform warmups that mimic some of the movements you'll do while you're exercising. For instance, if you're planning to run or bike, do so at a slower pace to get warmed up

Warmup exercises

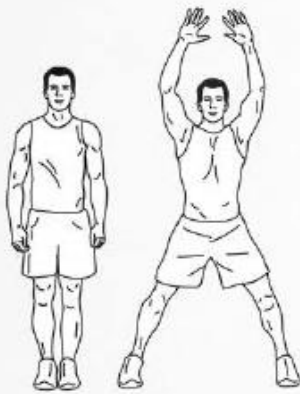
You can start slowly with an easier version of each exercise before moving into a more challenging phase of the move.

- **2-Minute Workout**

This is a high intensity workout for the lower body designed to help you achieve explosiveness. Start at any level you feel comfortable with but do it flat-out each time to reap the benefits.



20 seconds each exercise | no rest between exercises



jumping jacks



jump squats



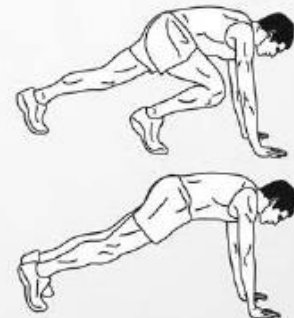
high knees



side-to-side lunges



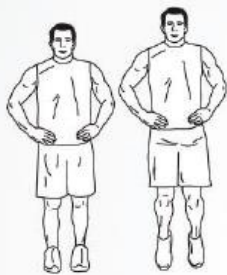
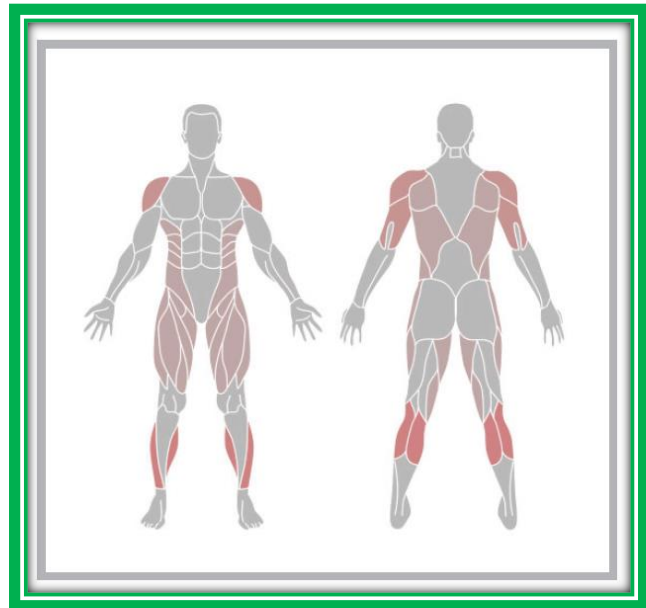
squats



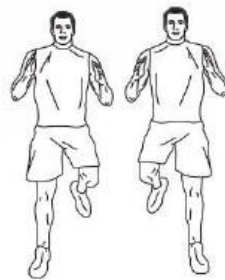
climbers

- **Prep**

The Prep is the perfect workout as a stand-in for those days when you know you should exercise but are running low on energy and willpower.



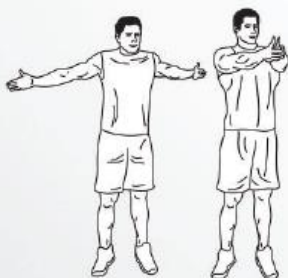
30 hops on the spot



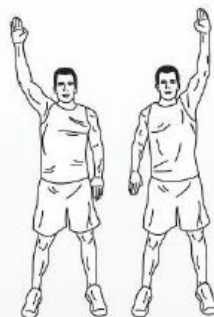
30 side-to-side hops



30 hip rotations



30 chest expansions



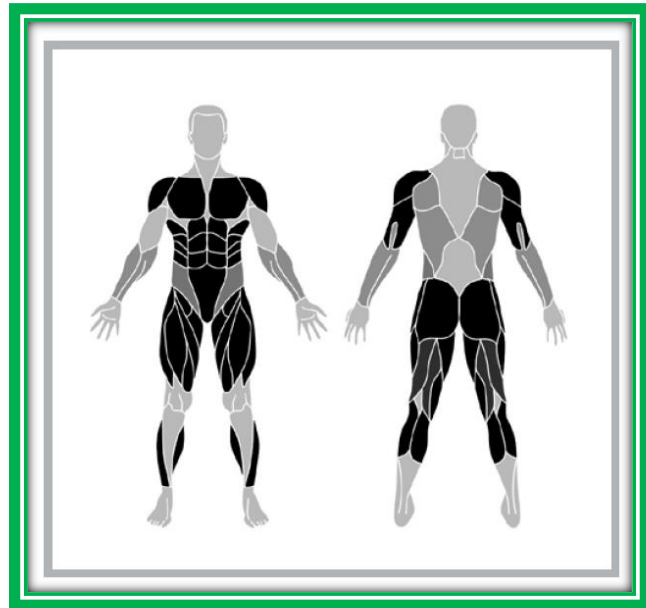
30 alt chest expansions



30 raised arm circles

- **One & One**

Get up close and personal with your inner being with minute-long workout routines followed by minute-long breaks in between.



1 minute each exercise | 1 minute rest between each



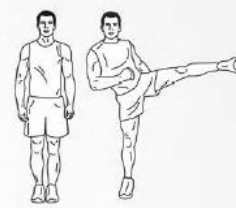
high knees



jumping jacks



squats



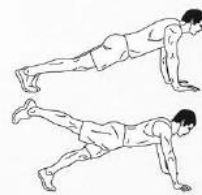
side leg raises



lunges



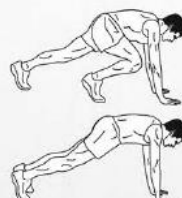
plank arm raises



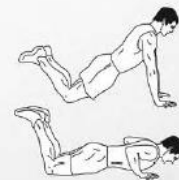
plank leg raises



planks with rotations



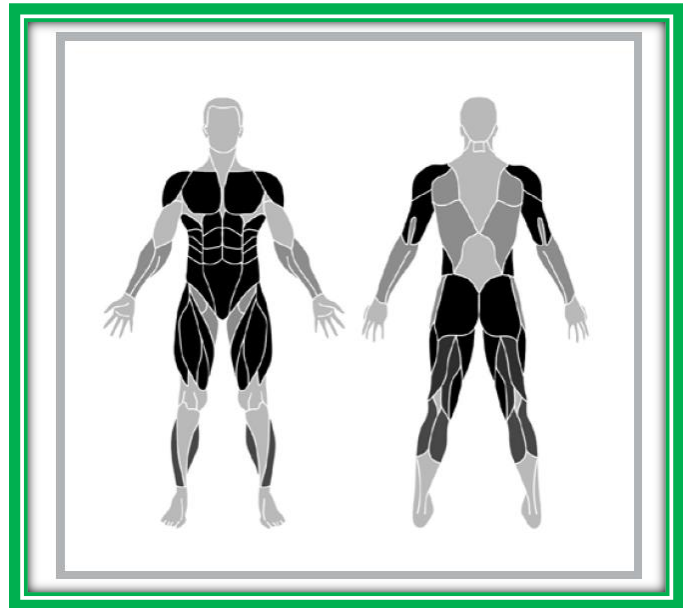
climbers



knee push-ups

- **Loop**

If you want to gain energy, then this workout is going to give you the right kind of burn. Each exercise flows onto the next one, so you are working out non-stop at a steady pace.



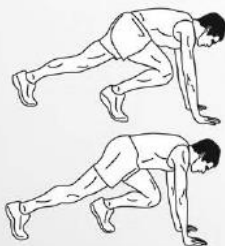
set the timer for **10 minutes** repeat the circuit until the time is up



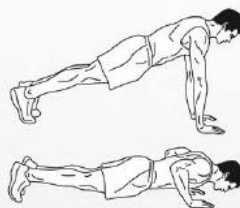
10 lunges



10 squats



10 climbers



2 push-ups

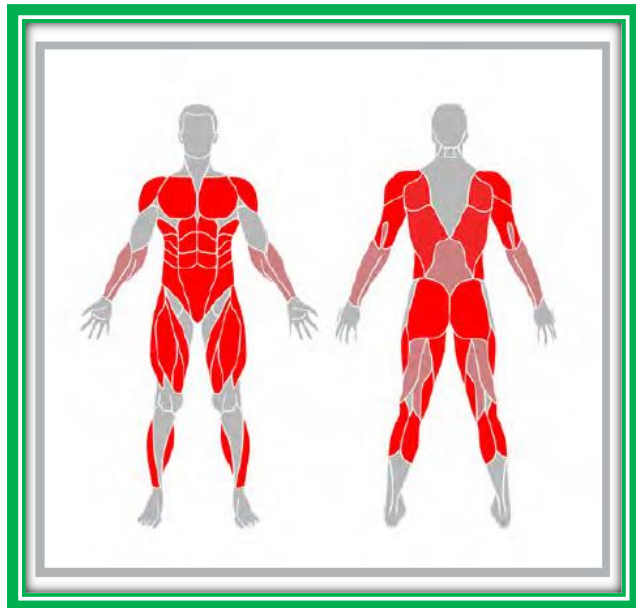


10 knee-to-elbow crunches

Tip: Pace is key here. Start too fast and you will burn out before the time is up. Go too slow and you will end up with more fuel in the tank than you really need. So, find the pace you think you can maintain and ignore the burn.

- **Altered Carbon**

The Altered Carbon workout is designed to help you improve yourself, augment your capabilities, and become an improved version of yourself.

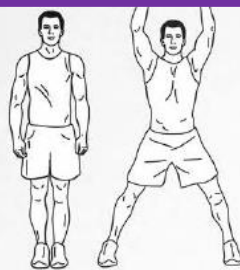


Level I: 3 sets

Level II: 5 sets

Level III: 7 sets

Rest up to 2 minutes after each set.



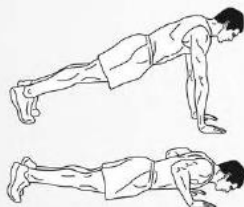
10 jumping jacks



10 squats



5 jump squats



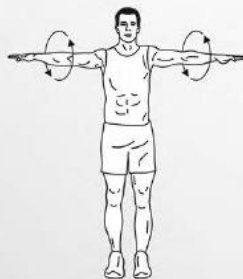
10 push-ups



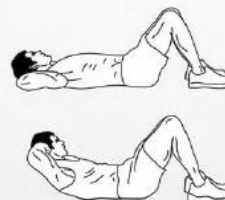
10-count raised leg hold



10 plank rotations



10 raised arm rotations



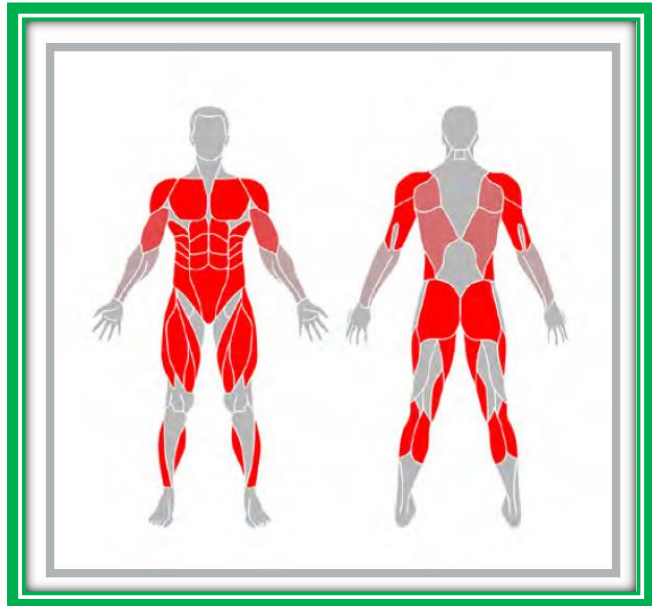
10 crunches








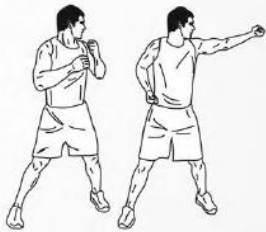



10 sitting twists

- **Berserker**

Some body-strength orientated workouts are designed to kick our butt and Berserker is one of them. From one exercise to another, major muscle groups are worked and then worked again but with the load constantly changing.

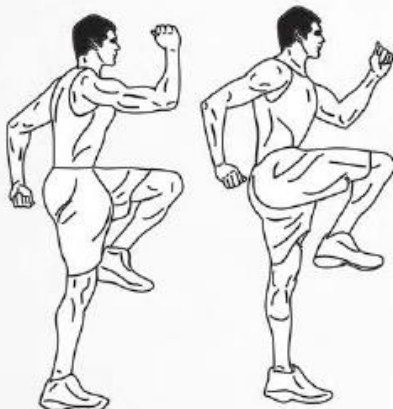
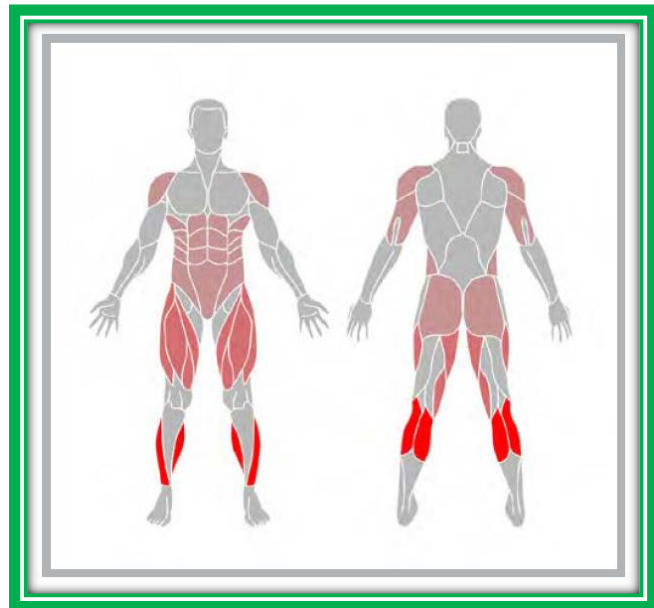


LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 set REST up to 2 minutes

		
20 squats	10 push-up + shoulder tap	20 squats
		
10 walk-out + shoulder tap	20 squats	20 backfists
		
20sec elbow plank	20sec one arm plank	20sec side plank

- **Lunch**

Earn Your Lunch is a quick but intense workout that requires 10 minutes in total (including breaks).



1 minute march steps (warmup)

1 minute high knees

1 minute rest

1 minute high knees

1 minute rest

1 minute high knees

1 minute rest

1 minute high knees

1 minute rest

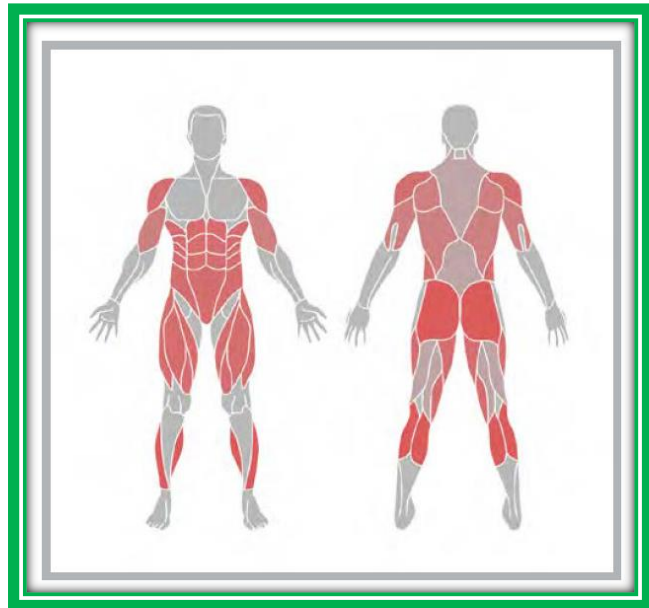
1 minute high knees

done



- **Fresh Start**

Fresh Start is the kind of workout you should be looking at if you are getting back into training after a lay-off, due to injury or other circumstances. It is light, fast, energizing, and will help your body remember how it should move.

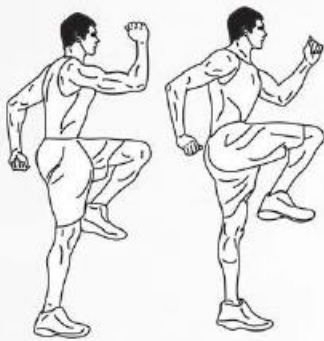
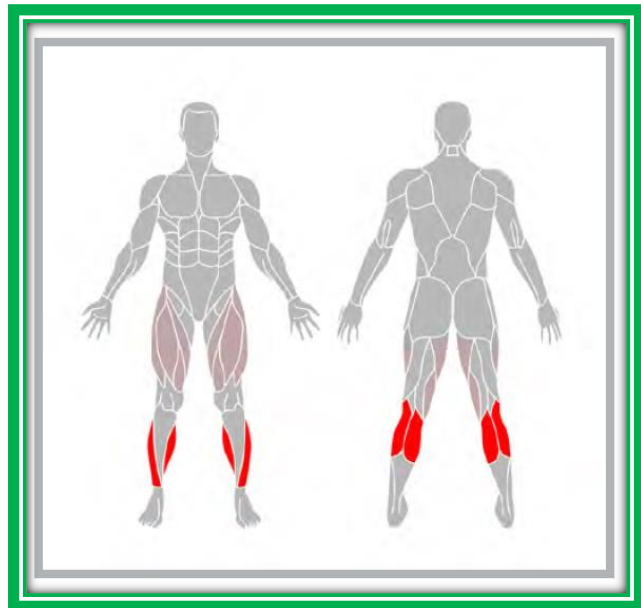


LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

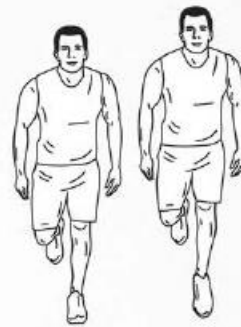
10 butt kicks	10 jumping jacks	10 knee-to-elbow
20 scissor chops	20 arm scissors	20 bicep extensions

- **Anywhere Cardio**

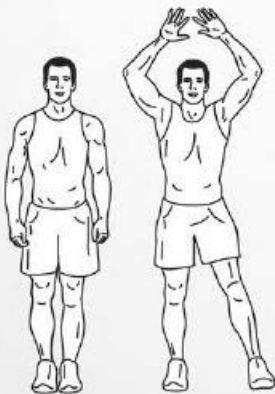
Anywhere Cardio is a light and fast workout that is perfect for those times when time, space and even focus are in short supply.



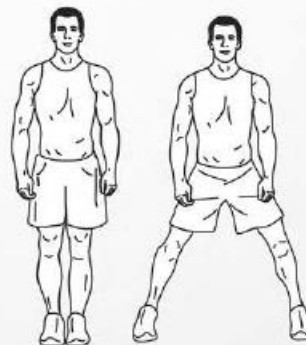
40 march steps x **4 sets** in total
20 seconds rest in between sets



40 hops on the spot x **2 sets** in total
no rest between sets 1 set per leg



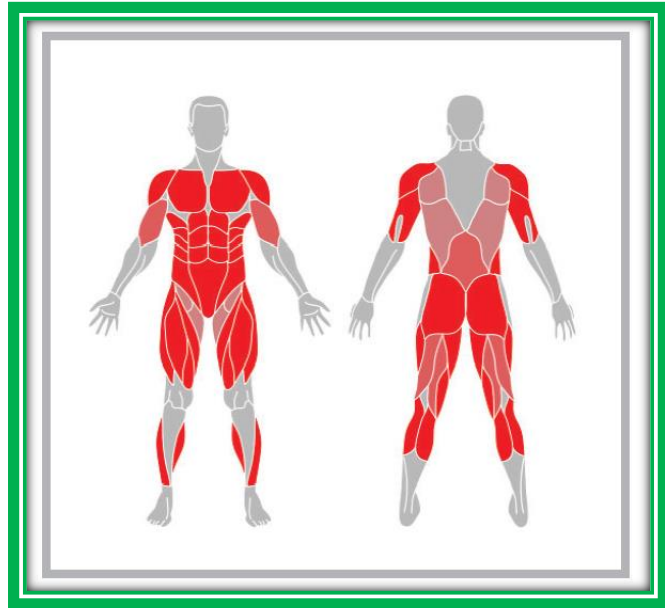
40 side jacks x **4 sets** in total
20 seconds rest in between sets



40 half jacks x **4 sets** in total
20 seconds rest in between sets

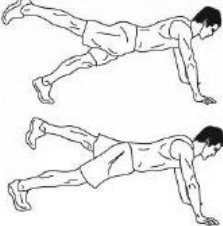


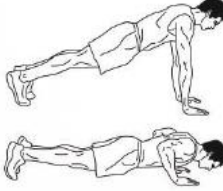
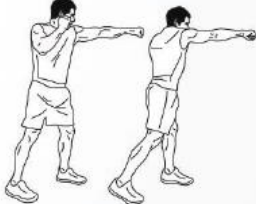



- **Action Hero**

Action Hero is a strength and tone workout that will also challenge fascial fitness, spine flexibility, core stability, and the endurance of your quads. Go as high as you can possibly can with each jump squat and move your entire body behind each punch by swiveling on the foot of the arm you are punching with each time.



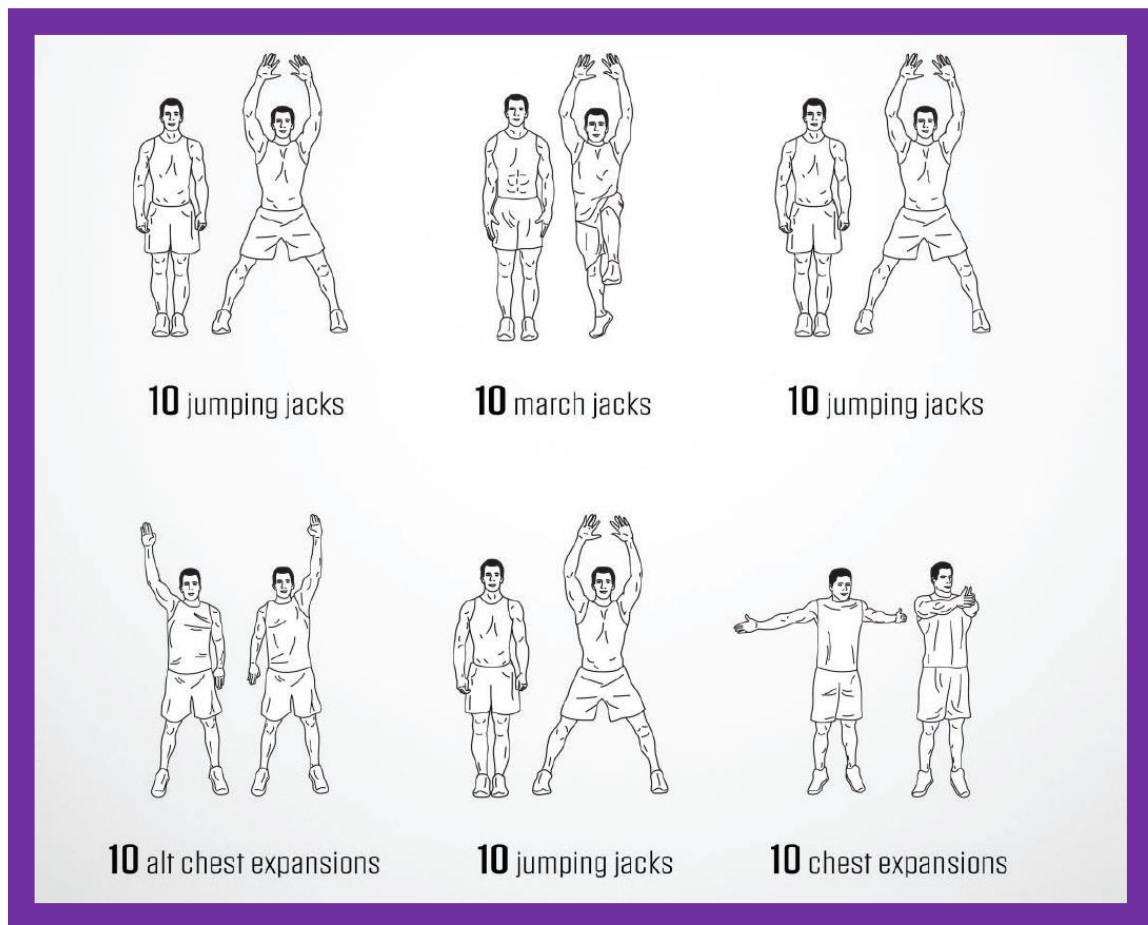
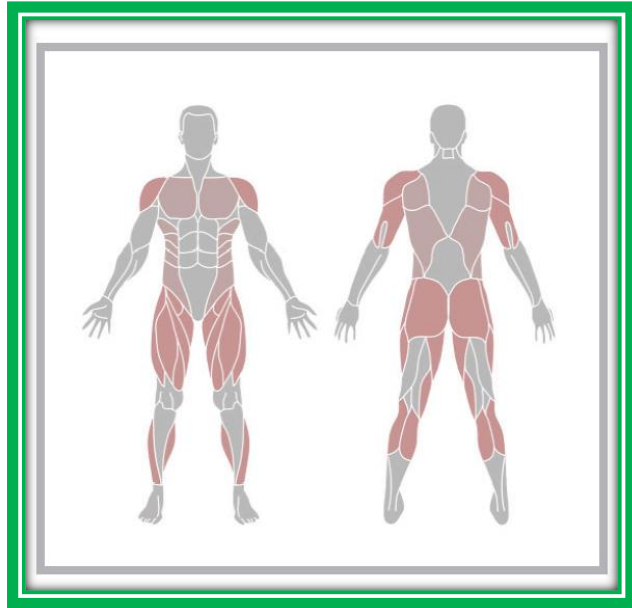
Level I: 3 sets
 Level II: 5 sets
 Level III: 7 sets

Rest up to 2 minutes after each set.

 10-count plank	 10 plank leg raises	 4 jump squats
 10-count plank	 4 push-ups	 40 punches
 10-count plank	 10 plank rotations	 4 jump squats

- **Awake & Alive**

There are those days when you really need to feel alive. To do that your body temperature needs to rise and your lungs need to start working a little harder. Your heart rate needs to go up and oxygenated blood needs to flow faster through your body, supplying necessary fuel and nutrients to your muscles and brain.



Level I: 3 sets

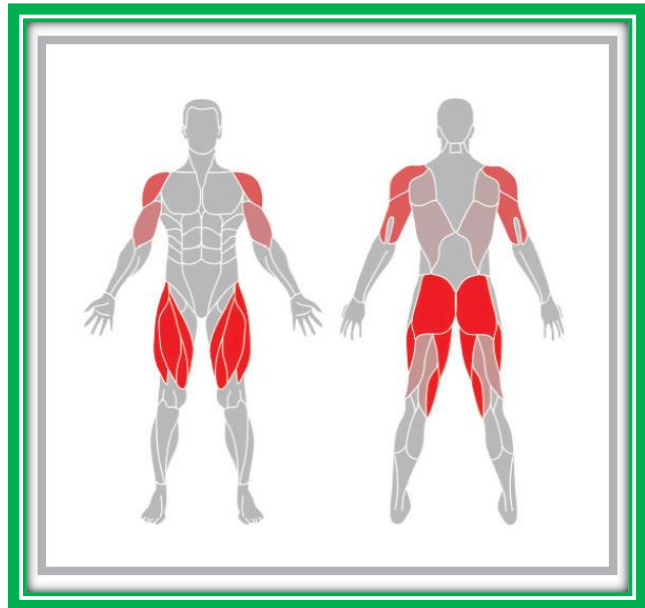
Level II: 5 sets

Level III: 7 sets

Rest up to 2 minutes after each set.

- **Best Thing**

A full body strength and conditioning workout that will not drain your batteries can only be called Best Thing. Perfectly suitable for beginners: it can also prove a challenge for more advanced levels.

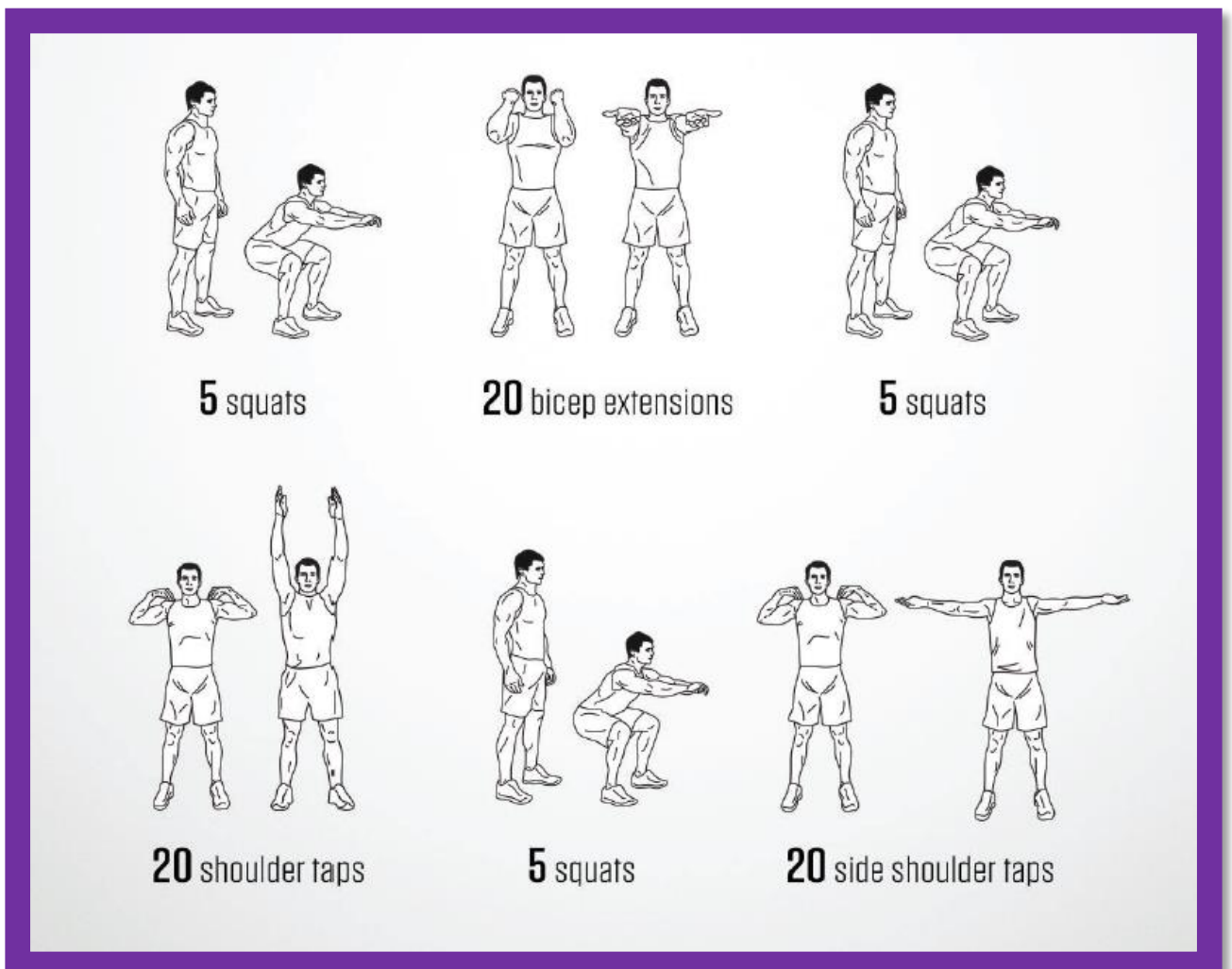


Level I: 3 sets

Level II: 5 sets

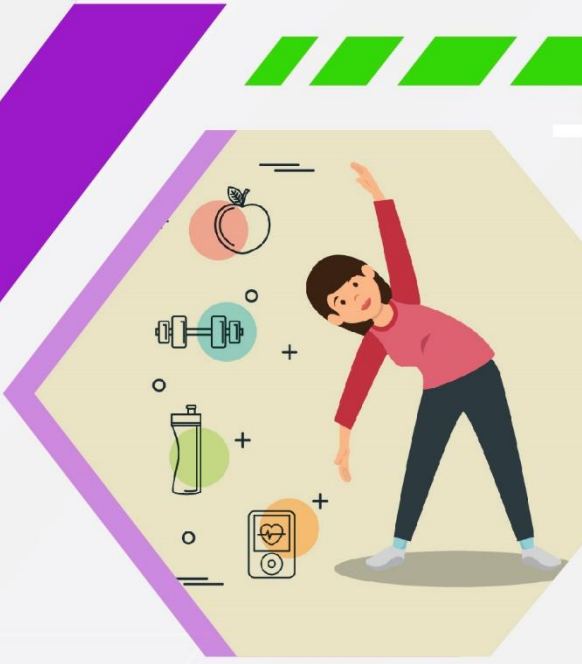
Level III: 7 sets

2 minutes rest between each set.





Higher Education Department
Government of Punjab



Cool Down Exercises



Cool down means to bring the body back to its normal physiological level after fast, vigorous exercise or activity by gradually slowing the pace of activity or by doing gentle exercises or stretches.

Why is cooling down important?

After exercise, your blood is heavy in your extremities and your heart rate is usually elevated. The purpose of the cool down is to return your heart rate close to resting. Stopping quickly without a cool down can result in light-headedness, dizziness and/or fainting. A good example of a cool down is walking after running. Your cool down should range anywhere from two to five minutes.

You can do cool down exercises at the end of your workout to ease yourself out of strenuous activity. Cool down exercises and stretches lower your chance of injury, promote blood flow, and reduce stress to your heart and other muscles.

Moreover, you will bring your heart rate, body temperature, and blood pressure levels back down to their normal levels before you continue carrying on with your usual activities.

Benefits of cooling down

Cool down exercises start the recovery process, increase flexibility, and promote relaxation.

- A gradual cool down keeps your blood circulating and prevents it from pooling in your veins, which can cause you to feel lightheaded or dizzy.
- Cooling down allows your body temperature, blood pressure, and heart rate to return to their normal levels.
- Stretching your muscles while they are still warm can help to reduce lactic acid buildup, reducing your chance of muscle cramps and stiffness.
- In addition, stretches elongate the connective tissue around your joints, increase mobility, and improve range of motion.

All of these benefits work to improve your body's overall function and flexibility, allowing you to feel better, perform at a higher level, and have less chance for injury.

How long should a cool down be?

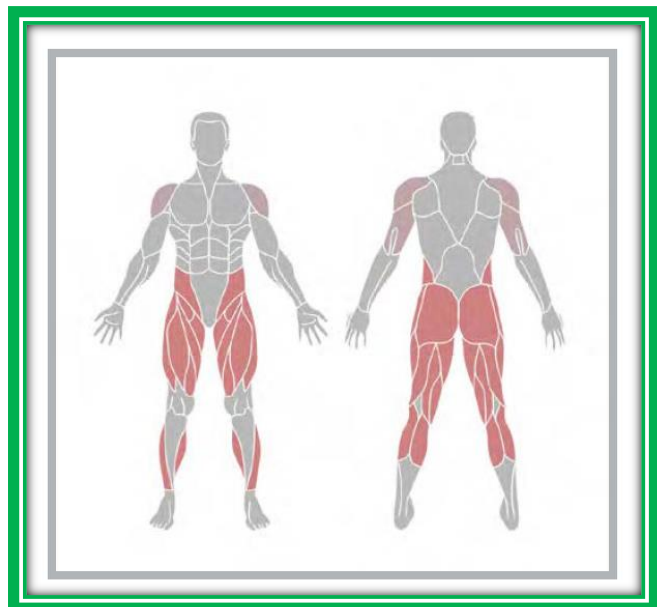
Dedicate at least 10 minutes of your workout to cooling down. Read on to learn some of the best ways to do so. From here, you can choose the exercises that appeal to you the most and put them together to create your workout recovery and relaxation routine.

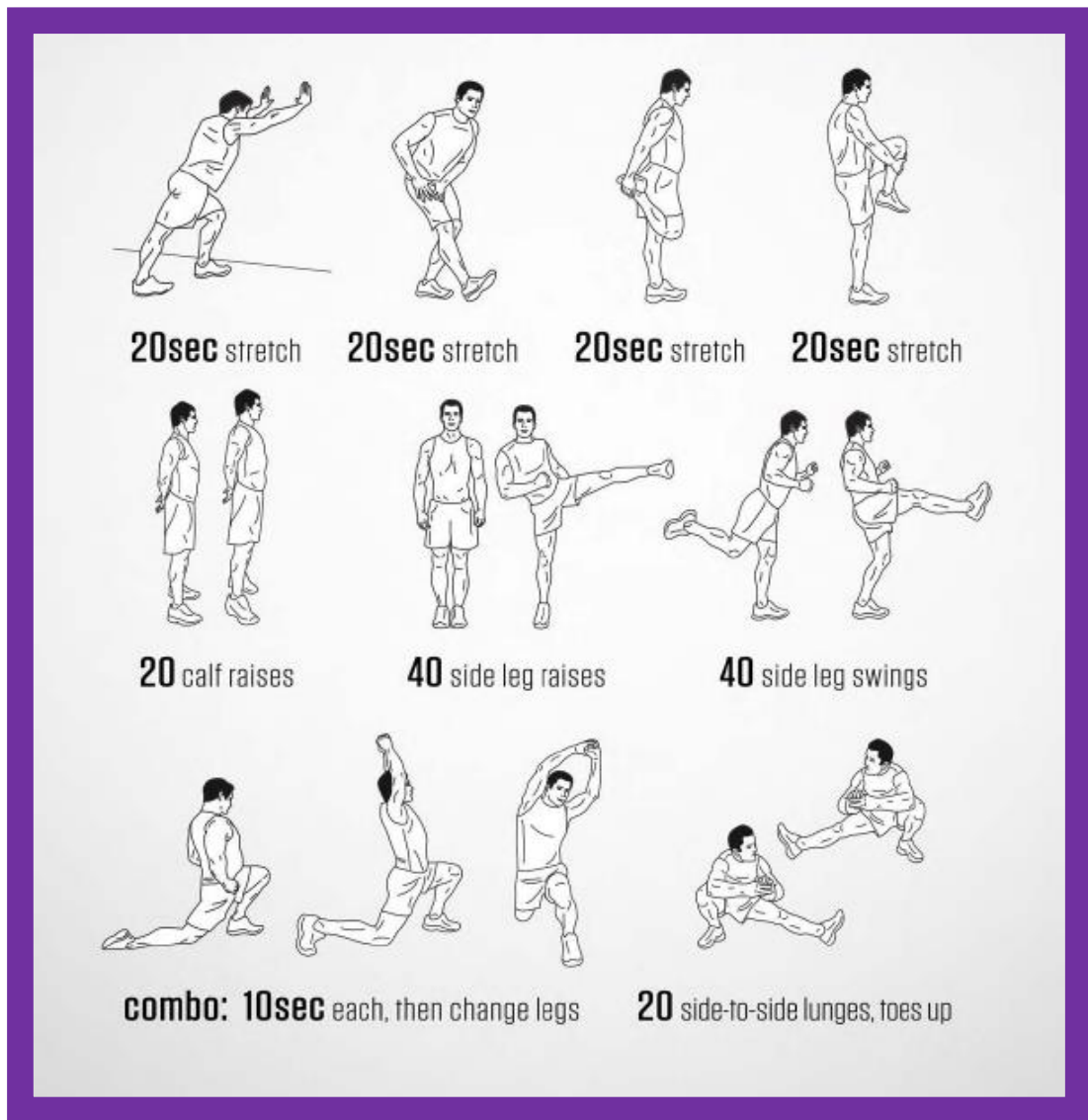
Cool down exercises

Here are some cool down exercise you can perform at a slower speed and lower intensity, than your normal workout. Breathe deeply while cooling down to deliver oxygen to your muscles, release tension, and promote relaxation.

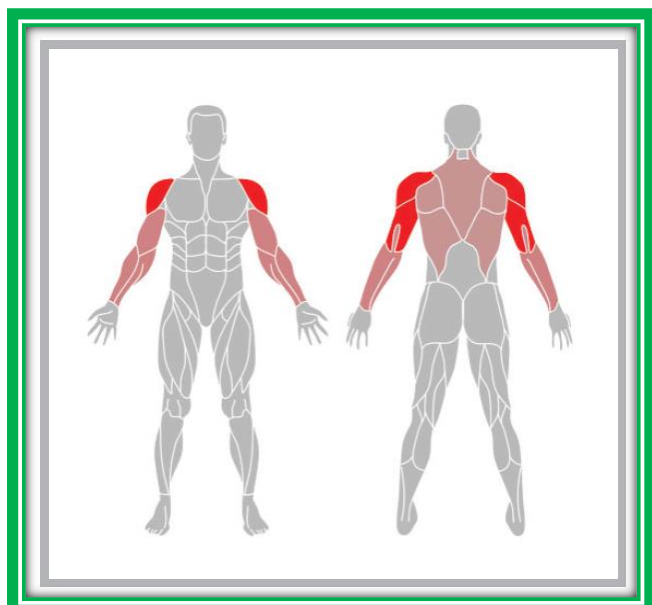
- **Finisher**

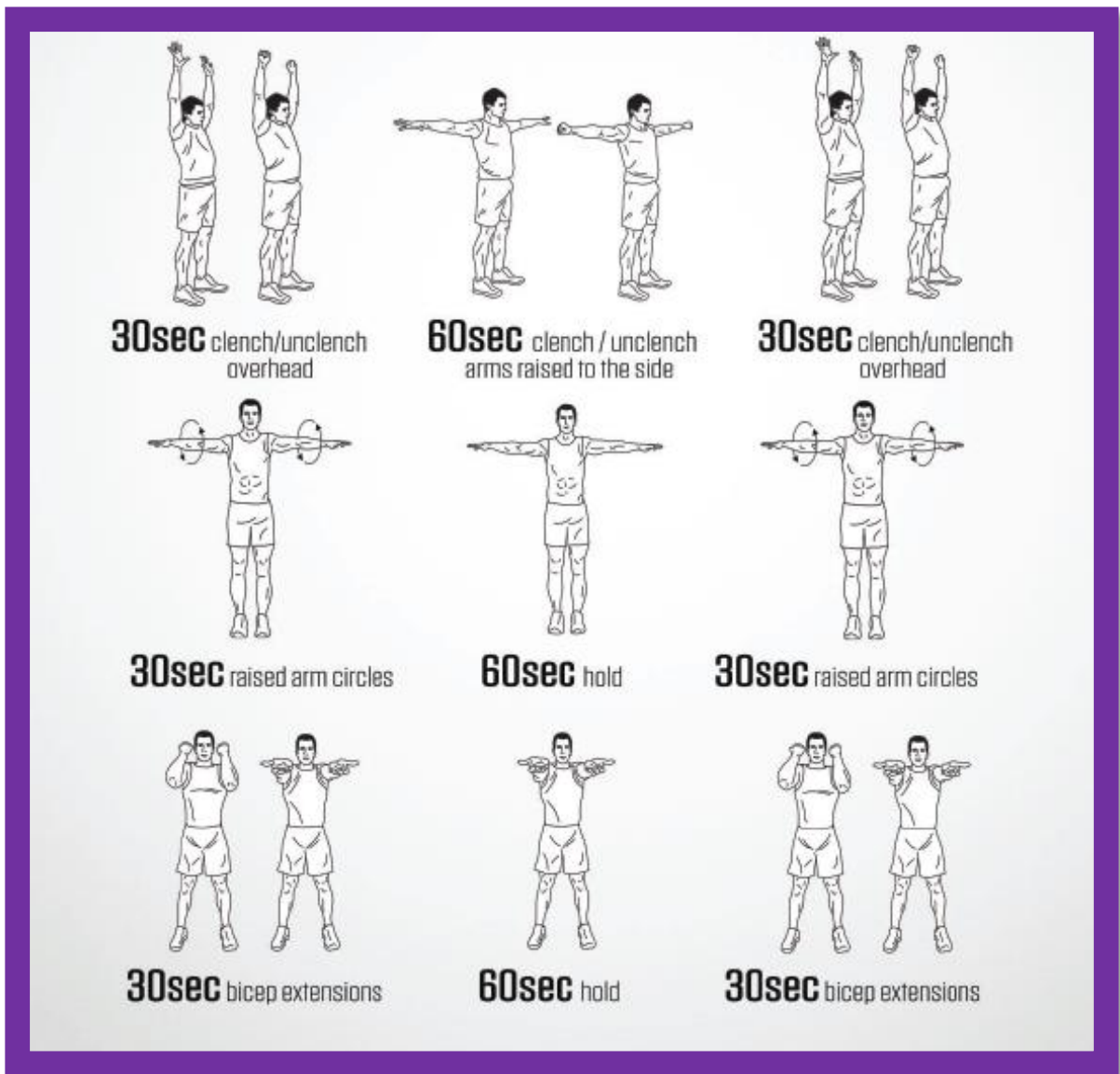
The Finisher workout should be the one you add to the end of every workout you perform, hence the name. Designed to help you stretch muscles and strengthen shoulders. The Finisher is also a great aid to achieving a greater degree of freedom of movement.





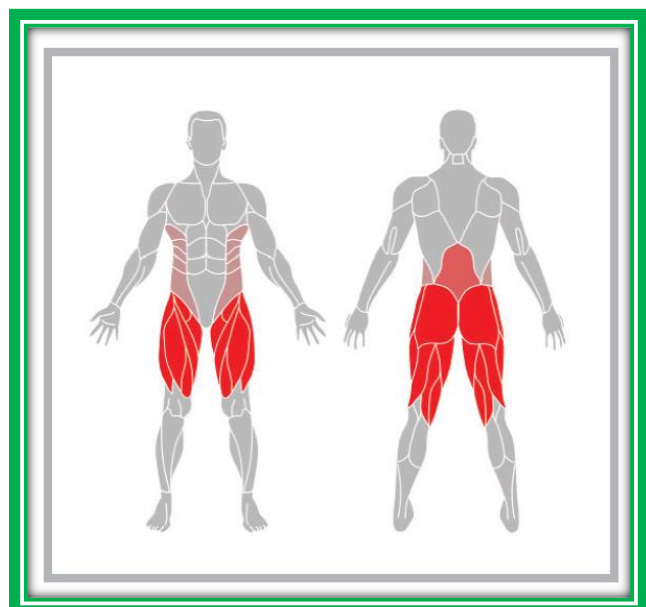
- Upper Body Tendon Strength**
 The Upper Body Tendon Strength workout will help you develop speed and power in your upper body movements.





- **Lower Body Tendon Strength**

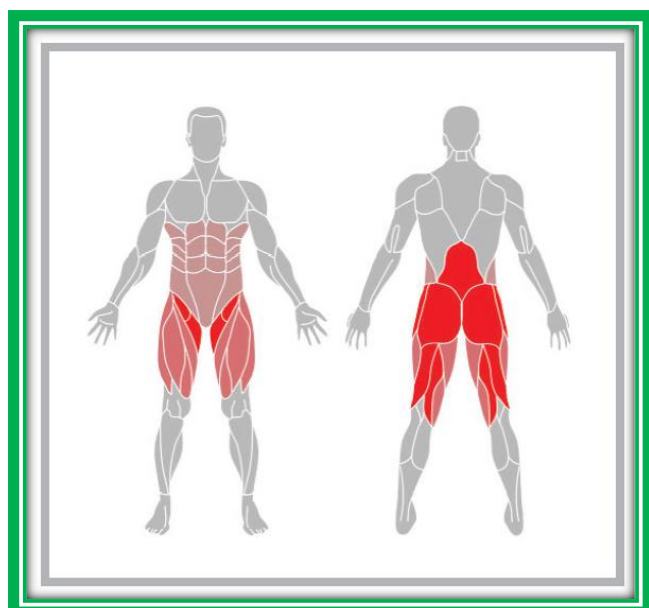
The Lower Body Tendon Strength workout is designed to help your lower body perform at its absolutely best.

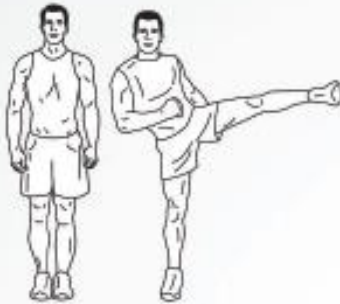




- **Ease Out**

Ease Out is a deceptive looking workout. It targets tendons and those tiny supporting muscle groups that make bigger muscle groups work better, which means that the day after you do it, you will feel the difference and it may even hurt a bit.





60sec side leg raises



30sec lunge stretches



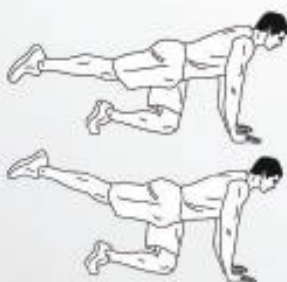
10sec side-to-side lunges



60sec leg raises + **30sec** hold
change sides and repeat



10sec downward upward dog



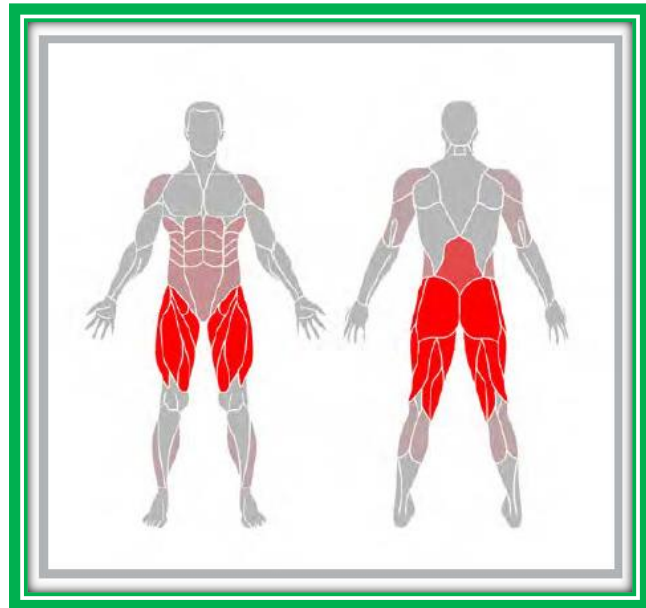
60sec raised leg swings + **30sec** hold
change sides and repeat



10sec back extensions

- **Finish Line**

The Finish Line workout provides all of that without taking up too much time. Done regularly, it helps increase the power output of muscles by increasing the degree of freedom in muscle motion.

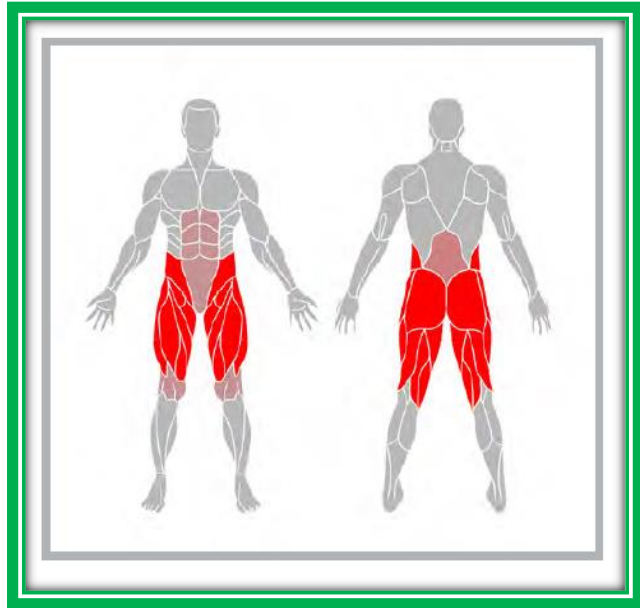


Go through the sequence: once the move is done, change sides and repeat again for the same amount of time.



- **Iron Bar**

The Iron Bar workout is there to make your tendons hard and strong. It will help increase stability, speed, explosiveness, and coordination. It delivers, in short, greater body control.

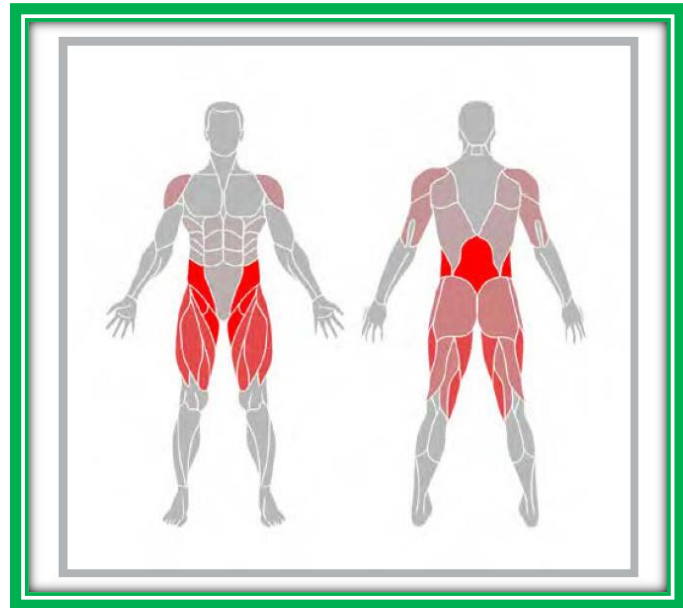


Change legs after each sequence and repeat it again. Keep your leg off the floor throughout the sequence.



- **Part 2**

Part 2 comes to the rescue with a stretching routine that helps you achieve flexibility in the adductors, lower back, psoas.

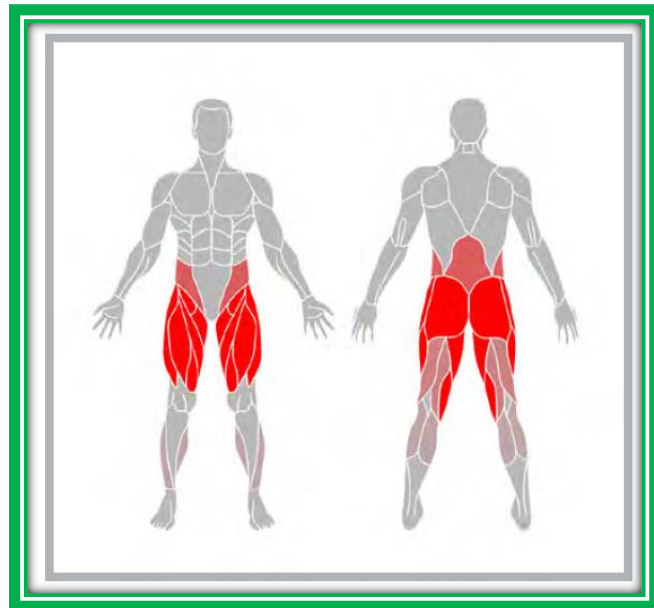


30 seconds = 15 seconds per side / leg

1. lunge stretches
2. side-to-side lunges
3. butterfly stretches
4. back stretches
5. opposite arm / leg raises
6. back extensions
7. stretch
8. stretch
9. stretch
10. stretch

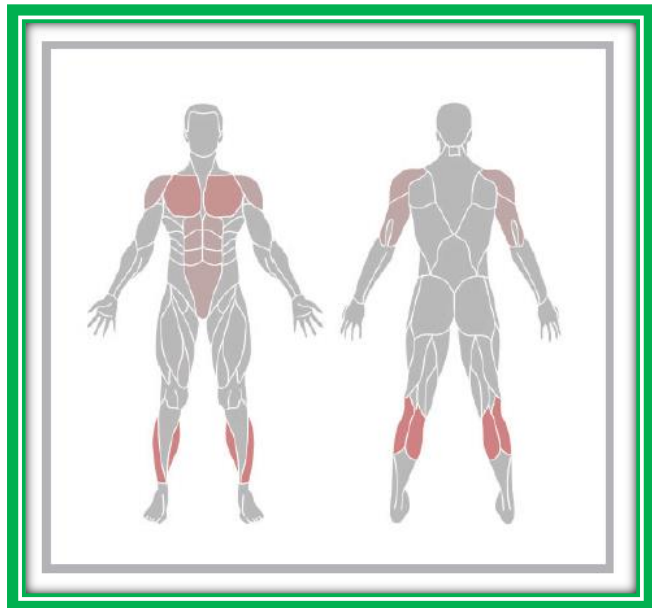
- **P.S.**

P.S. is a workout designed to help stretch the muscles and strengthen some tendons. it also delivers the kind of concentrated, lower body muscle tone work that that you know is helping you get more from your body's strength and natural athleticism.



- **Breathe Easy**

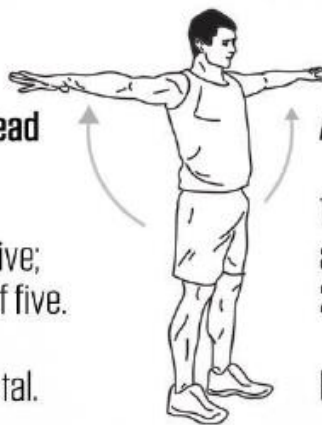
Breathe Easy is a workout designed to improve your aerobic capacity, without spending hours running outside or pounding a treadmill.



Arms above your head

- 1) Breathe in deep;
- 2) Hold to count of five;
- 3) Exhale to count of five.

Repeat 5 times in total.



Arm Raises

- 1) Breathe in as you raise your arms;
- 2) Exhale on the way down.

Repeat 5 times in total.



Calf Raises

- 1) Breathe in as you rise;
- 2) Hold to count of five;
- 3) Exhale as you drop down.

Repeat 5 times in total.



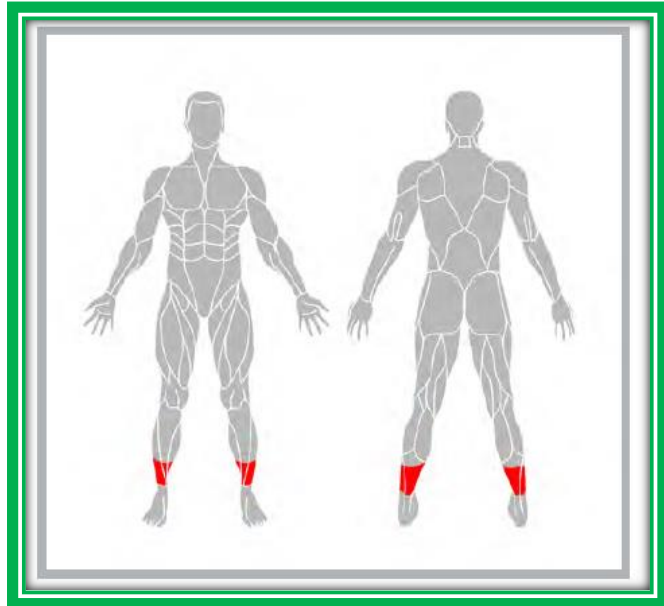
**Shoulder Stretches
*arms behind your back***

- 1) Breathe in as you stretch;
- 2) Hold to count of five;
- 3) Exhale as you relax.


Repeat 5 times in total.

- Ankle Recovery**

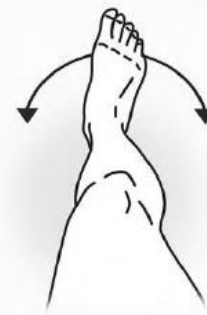
Ankles are the overlooked joint. Because we cannot flex it like biceps or feel that it contributes to our sense of power like quads do, we tend to think about it only when it goes wrong and then we realize that we cannot run, kick, or jump. Ankle Recovery remedies this by giving you a set of exercises to do that will help an injured ankle get better and faster.




30 seconds each exercise.




up and down tilts




side-to-side tilts



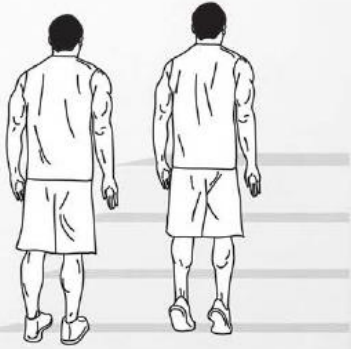
toe curls



calf stretch



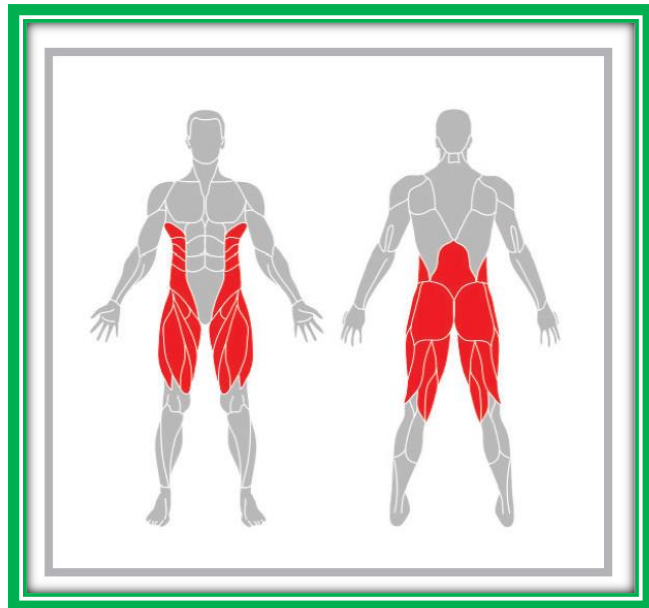
single leg balance



elevated calf raises

- **Iron Tendons Lower Body**

Tendons are the cables that anchor the muscles to the bones and unleash their power. The Iron Tendons workout will help your tendons get stronger and your movements become more fluid. Plus it will, generally, make you feel better.



10-count hold 30 side leg raises 10-count hold

change legs and repeat the sequence

10-count hold 30 leg raises 10-count hold

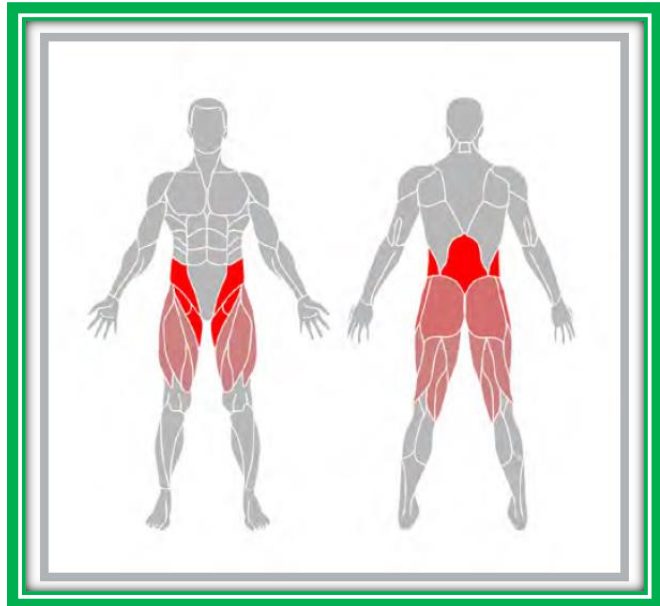
change legs and repeat the sequence

10-count hold 30 side leg raises 10-count hold

change legs and repeat the sequence

- **Rest & Rec**

Rest & Rec is a deceptively named workout. The exercises target tendons and support muscle groups that are not normally targeted during regular workouts. As such, it helps to build up a good sense of body control.



40 knee-ins



10 back stretch #1



10 back stretch #2



40 knee rolls



10 butterfly stretch



10 forward fold

UNITIES GROWTH EXERCISES
 SOCIALIZATION CUSTOMERS HEALTH
 WHETHER SOLUTIONS VARIOUS
 INSTITUTES PLAY PROBLEMS MEETING
 SITUATION SENSE CREATE FACING
 SEVERAL NEEDS ALIVE
 SPORTS EVEN FAR
 MANNED
 GAIN
 FEELING TIGHT
 GYM
 GIVES
 GIVE SEE
 FITNESSES
 PERSON
 LIFE
 HEALTH
 ANY
 THING
 BEST
 PROMOTE
 MEANS
 WORLD
 RECREATIONAL
 HOSPITALS
 THOUGHT
 MOVEMENT
 DEVELOPED
 CONCEPT
 INTELLECTUAL
 PERCEPTION
 ANSWERS
 HUMAN
 SEVERAL
 NEED
 COMES
 PLEASANT
 PLACE
 ACTUALLY
 RECREATIONAL
 HOSPITALS
 THOUGHT
 MOVEMENT
 DEVELOPED
 CONCEPT
 INTELLECTUAL
 PERCEPTION
 ANSWERS
 HUMAN
 SEVERAL
 NEED
 COMES
 FUN SHAPED AREN OFFERS
 ALIVE KEEPS
 REMAINS PROGRAM
 INDIVIDUAL
 HUMAN
 SEVERAL
 NEED
 COMES



Higher Education Department
Government of Punjab



Fitness |

Fitness is the condition of being physically fit and healthy and involves attributes that include, but are not limited to mental acuity, cardiorespiratory endurance, muscular strength, muscular endurance, body composition, and flexibility. While there is a standard definition for fitness, each individual can have their own personal understanding of what fitness means. To some individuals, being fit means the ability to complete a marathon or lift a lot of weight. To another, it could mean walking around the block without becoming short of breath. Your definition of fitness is influenced by your interests, physical abilities, and goals. No matter what the definition, it is important for every individual to keep their personal definition of fitness within a healthy framework. This means you should have realistic expectations and maintain balance and moderation in all aspects of life. Set small, attainable goals and avoid giving too much power to the numerical measurements of fitness. This can help your journey to fitness seem much less daunting and much more enjoyable.

What are the health benefits of exercise?

Regular exercise and physical activity may

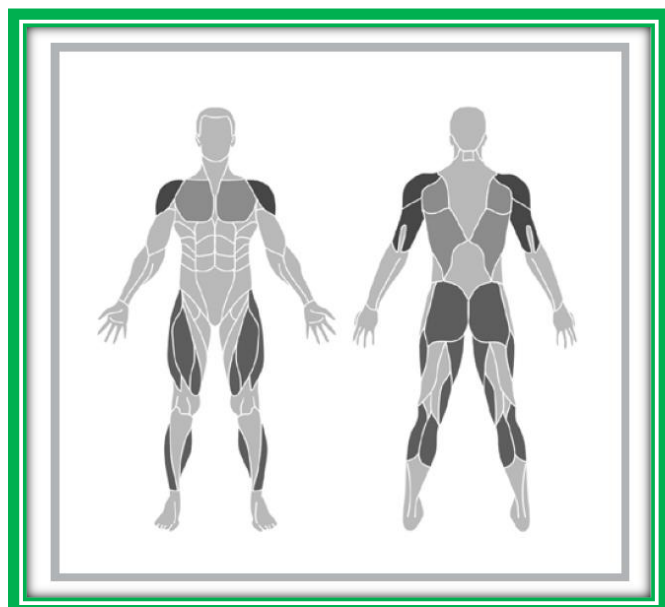
- Help you control your weight
- Reduce your risk of heart diseases
- Help your body manage blood sugar and insulin levels
- Improve your mental health and mood
- Help keep your thinking, learning, and judgment skills sharp as you age
- Strengthen your bones and muscles
- Reduce your risk of some cancers
- Reduce your risk of falls
- Improve your sleep
- Increase your chances of living longer

How can I make exercise a part of my regular routine?

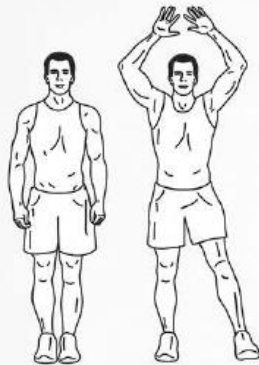
- **Make everyday activities more active.** Even small changes can help. You can take the stairs instead of the elevator. Walk down the hall to a college cafeteria instead of sending another friend. Wash the bike/car yourself. Park further away from your destination.
- **Be active with friends and family.** Having a workout partner may make you more likely to enjoy exercise. You can also plan social activities that involve exercise. You might also consider joining an exercise group or class, such as a cycling club on weekends, hiking club, or any nearby sports club of your choice. After college clubs can be planned within the college premises.
- **Keep track of your progress.** Keeping a log of your activity or using a fitness tracker or a small diary may help you set goals and stay motivated.
- **Make exercise more fun.** Try listening to music or watching TV while you exercise. Also, mix things up a little bit - if you stick with just one type of exercise, you might get bored. Try doing a combination of activities.
- **Find activities that you can do even when the weather is bad.** You can walk in parks with concrete paths, climb stairs, or workout in a gym even if the weather stops you from exercising outside. Make it a habit to stretch in the classroom during lesson breaks.

Fitness exercises

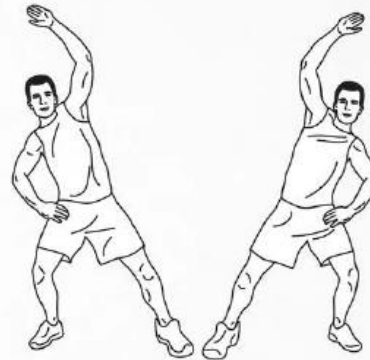
- **Silver**
The silver workout is a deceptively gentle set of exercises designed to get your body going without undue pressure on muscle groups.



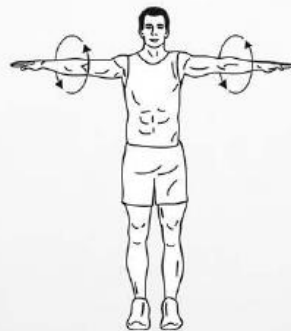
Level I 3 sets **Level II** 5 sets **Level III** 7 sets | 2 minutes rest



20sec step jacks



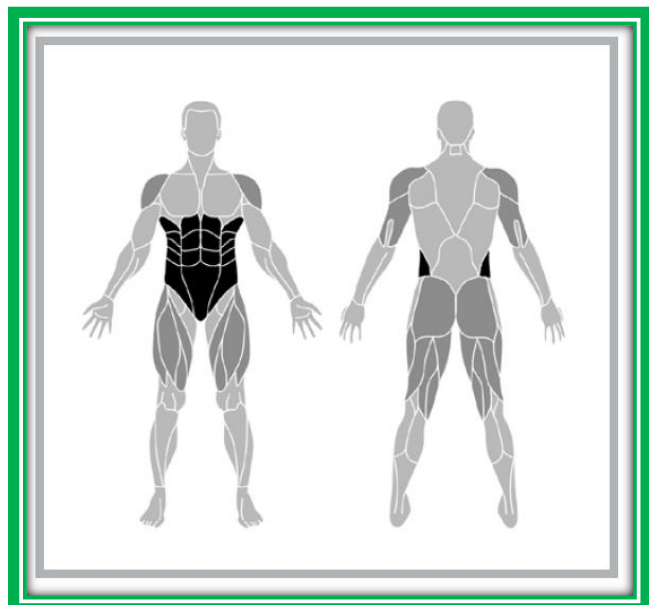
20sec step side jacks




















20sec arm circles

- **Abs of Steel**

Abdominal muscles are body armor. They help protect your vital organs from damage and keep your body performing at maximum.

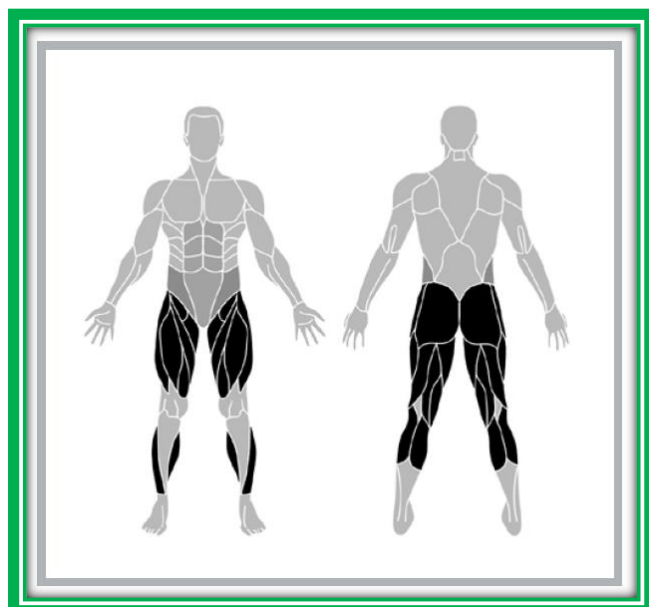


LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes

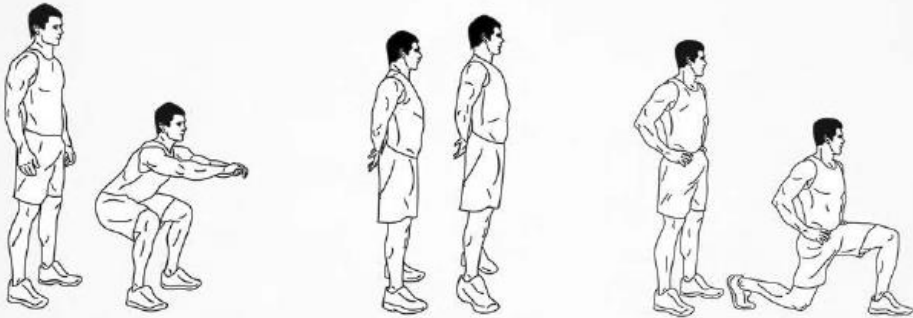
		
		
10 crunches	10 flutter kicks	5 leg raises
		
		
10 knee crunches	10 air bike crunches	5 crunch kicks
		
		
10 plank arm raises	10-count elbow plank	5 body saw

- Leg Day**

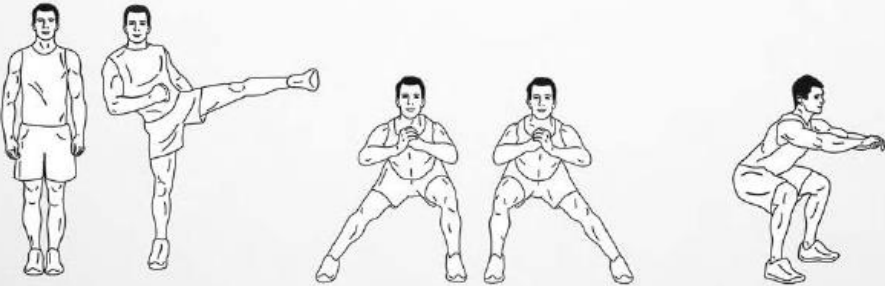
Legs are what you need to use when you want to run and walk. This is a workout to help you make your legs strong and capable of performing at will.



LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



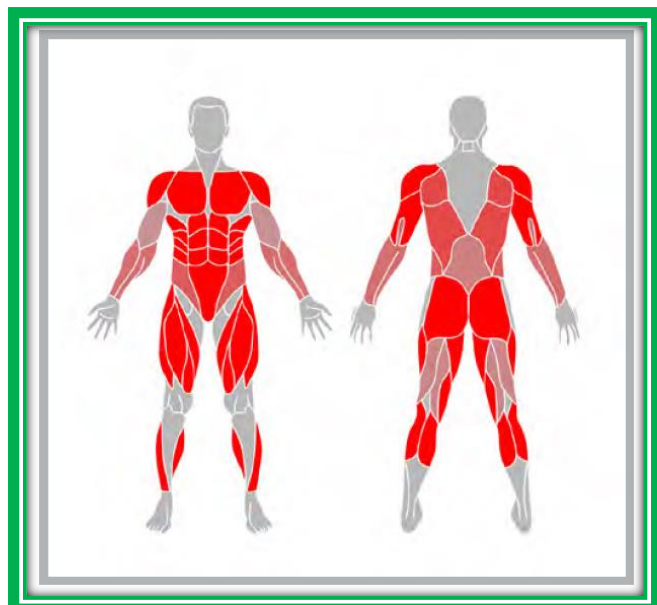
10 squats **10** calf raises **10** lunges

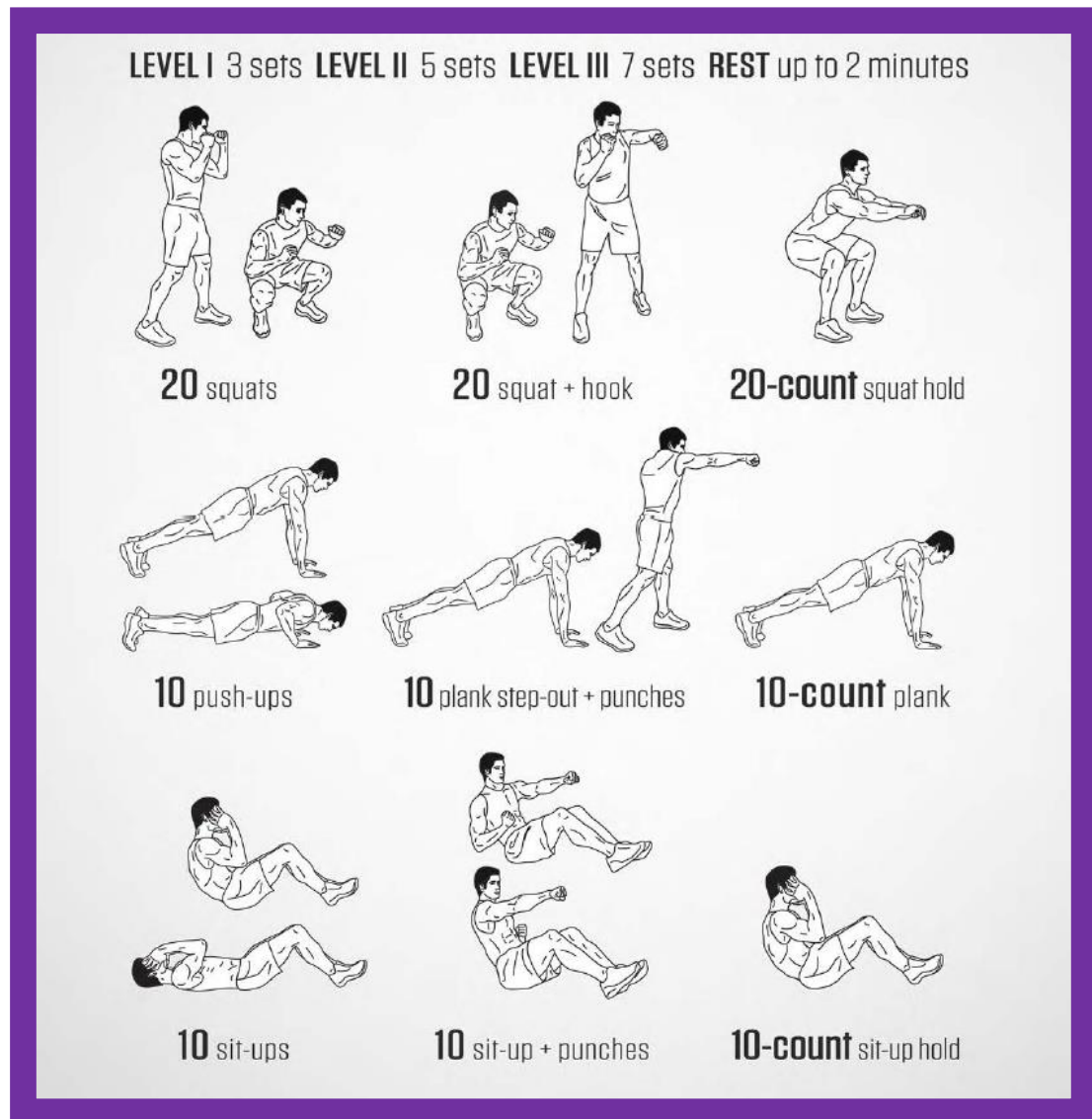


20 side leg raises **10** side-to-side lunges **10-count** squat hold

- **Bootcamp**

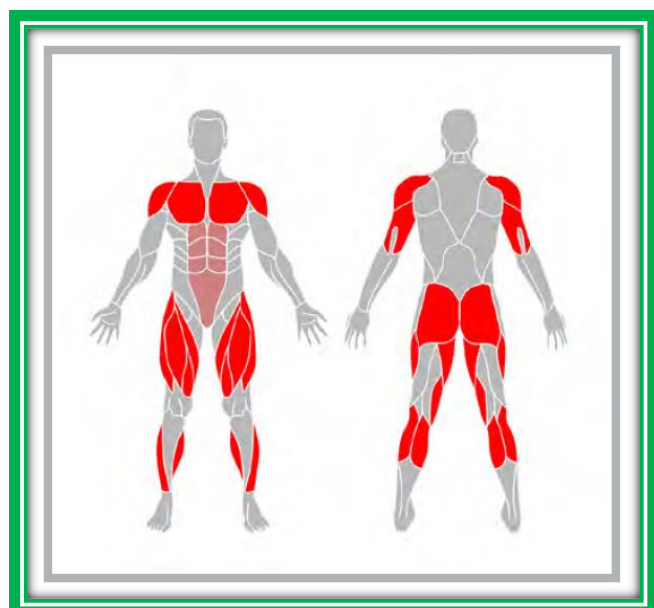
Each exercise is designed to build on the previous one, testing strength and endurance, balance and stability, and coordination and technique. With overlapping muscles working, this becomes the kind of workout you know your body will know it did the day after.





- **Death by Burpees**

Burpees are your body's fight against gravity. The more you fight, the stronger you get. The stronger you get, the more you do. The more you do, the higher you fly. Death by Burpees will not kill you, rather it will make you stronger.



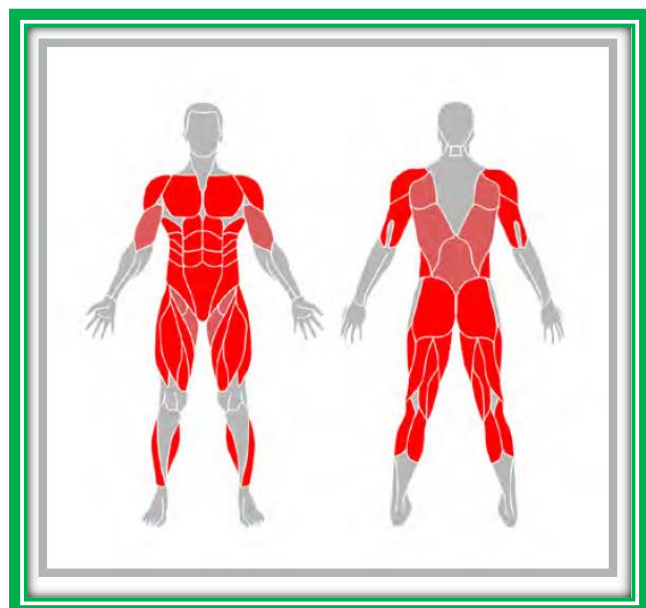
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets
2 minutes rest between sets



5 burpees	10-count rest
5 burpees	10-count rest
10 burpees	20-count rest
10 burpees	20-count rest
5 burpees	10-count rest
5 burpees	rest

- **Strongman**

This workout helps build up muscle strength and resistance to fatigue. It targets the entire body and helps build up supporting muscle groups that are not often targeted. It is a transformative workout.



LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



20 squats



20-count squat hold



20 slow climbers



20 raised leg push-ups



20-count push-up hold



20 punches



20 leg raises



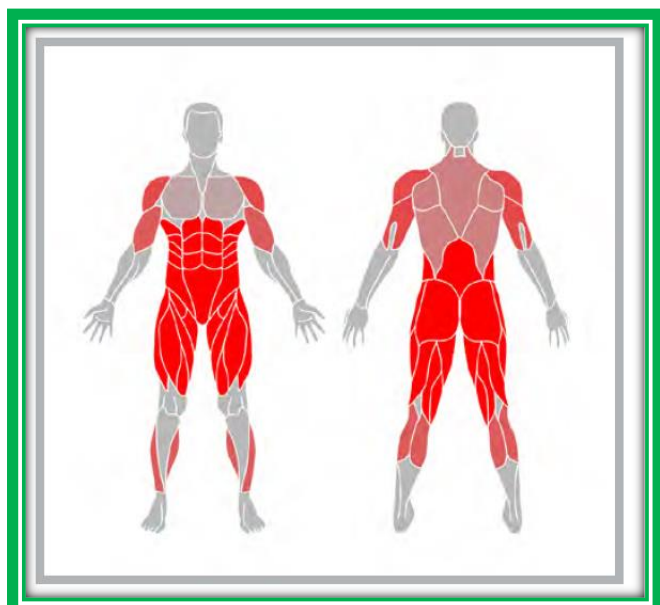
20-count raised leg hold



20 sitting twists

- **Rogue Build**

Become harder to destroy with the Rogue Build workout! Keep your core tight and stabilize your body for push-up shoulder taps and shoulder-taps; placing your feet further apart can help with that. Keep your arms up when performing punches and guard your chin.



LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

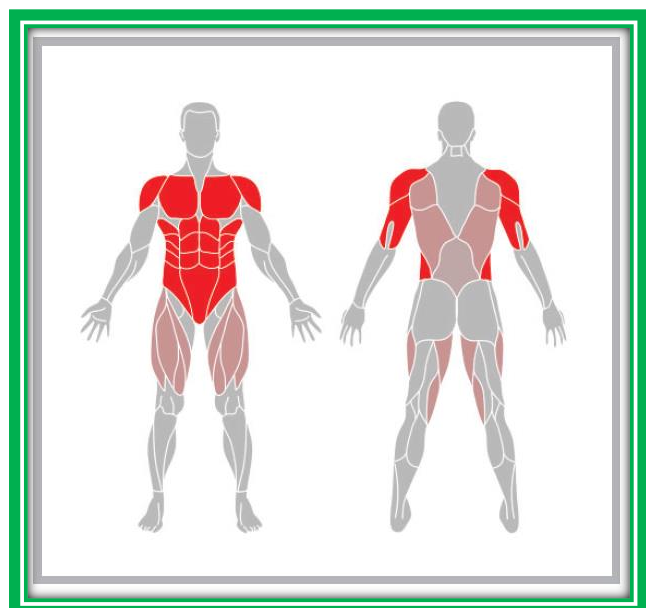
20 side kicks **10** push-up shoulder taps **20** side kicks

10 shoulder taps **10-count** plank hold **10** shoulder taps


20 punches **10** push-up shoulder taps **20** punches

- **Less Is More**


A ‘simple’ closed-kinetic-chain exercise, like a pushup, has the potential to exponentially increase mechanical and metabolic loads on the muscles and deliver the kind of workout that will leave you gasping for respite. The Less Is More workout is the answer to your quest for just this sort of thing.




LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets
up to 2 minutes rest between sets




5 push-ups




5-count push-up plank hold




5 push-ups



5-count push-up plank hold



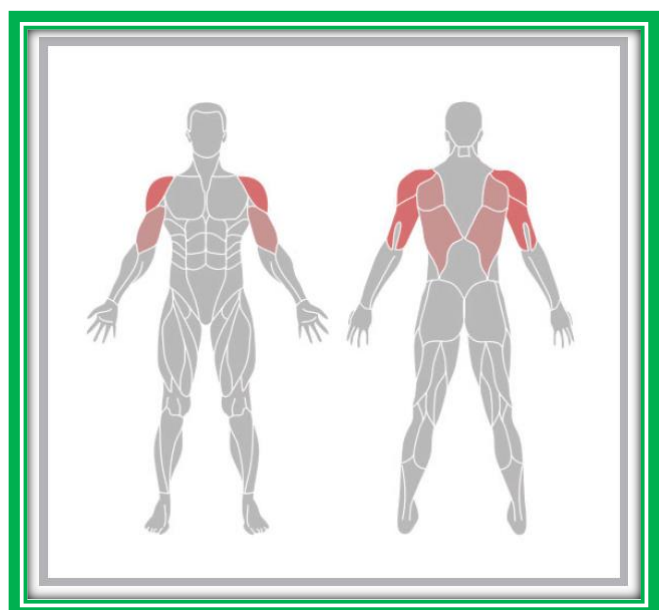
5-count plank hold



5-count push-up plank hold

- **Arms And Shoulders**

Upper body strength takes time to develop. It needs for the muscles and tendons to work in tandem in order to activate the adaptations required to get stronger. Arms and Shoulders is a great step towards that goal. Make it a part of your routine and get to travel further in your fitness journey.



LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes

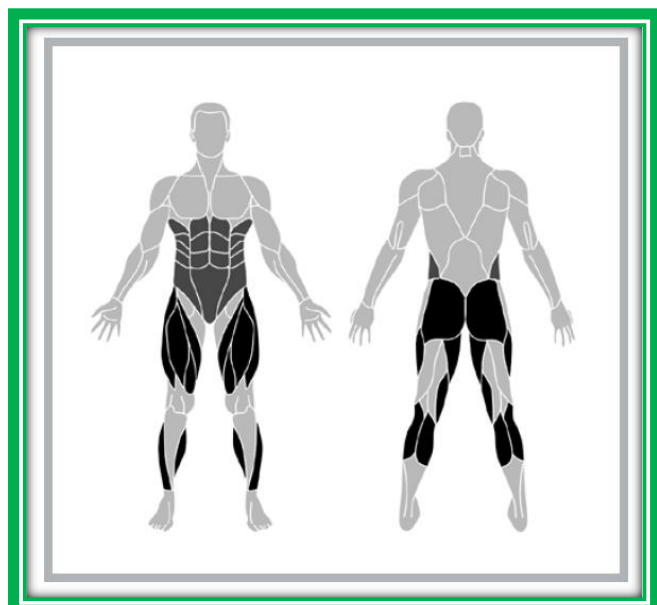
10 bicep extensions **10** side shoulder taps **10** bicep extensions

10 arm circles **10** bicep extensions **10** arm circles

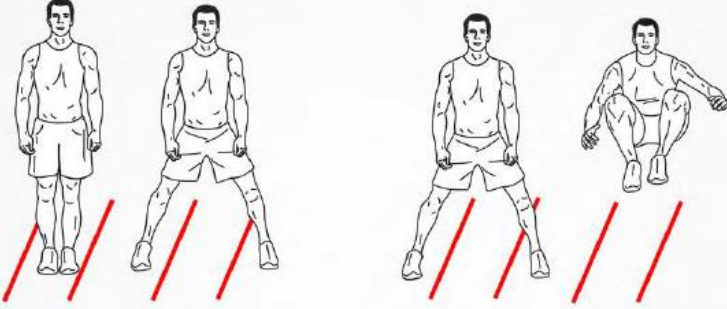
10 bicep extensions **10** side shoulder taps **10** bicep extensions

- **Borderline**

The only time a Borderline workout can be improved is when it involves two lines instead of just one. The moment you have two lines on the floor to deal with, the intensity of the workout changes completely.

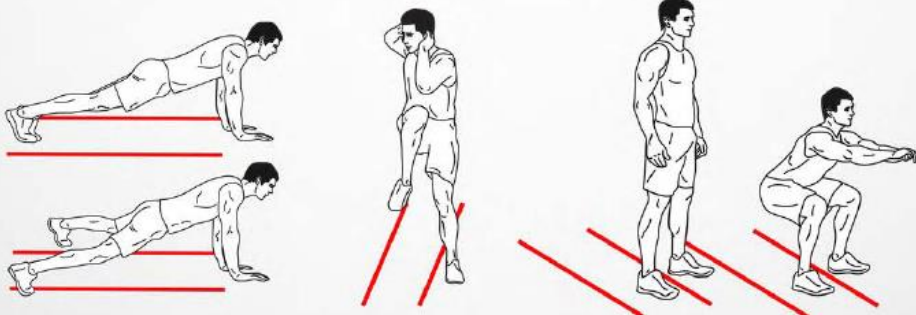


LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes
draw two lines shoulder length apart



20 half jacks
jump-inside the lines

10 high jumps
with heel click in the air



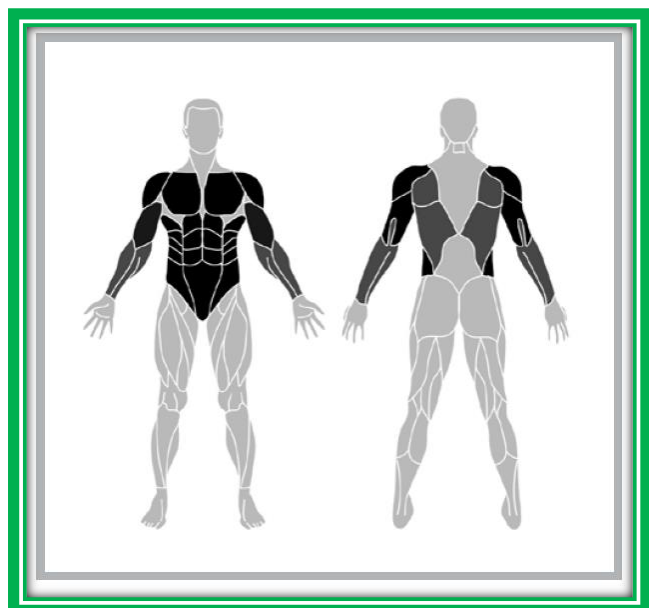
10 plank half jacks
jump inside the lines

10 knee to elbow
across the lines

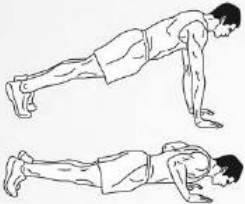
20 over the line step
side-to-side squats

- **Boulder**


The Boulder workout definitely creates some physical stress to challenge the muscles so you get to feel like a rock.



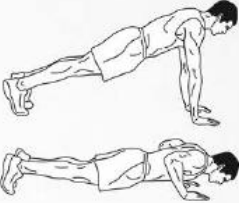
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



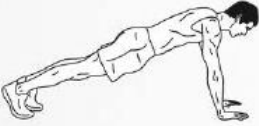
4 push-ups





10-count plank



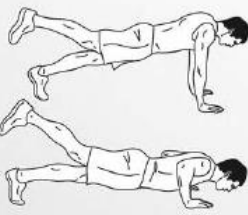
4 push-ups





4 up and down planks



4 raised leg push-ups



10 shoulder taps

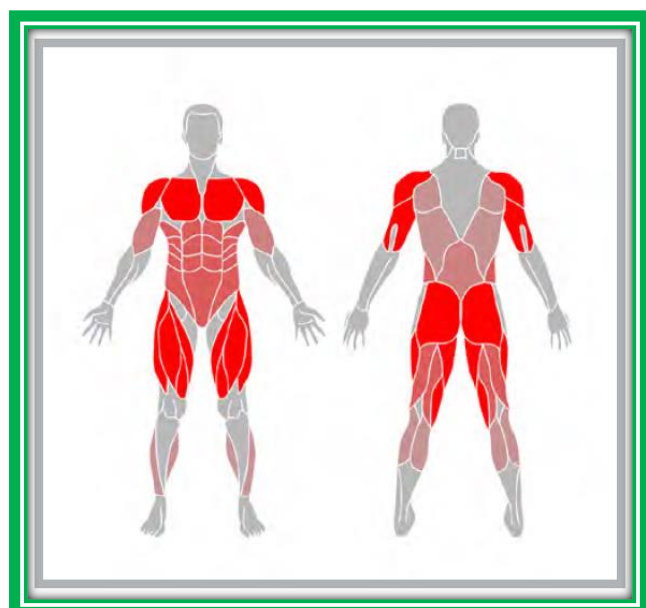



10 thigh taps

- **Deathsquad**

Deathsquad is a full body, strength workout that begins to exert its influence on the body's muscles shortly after you get through the very first set.



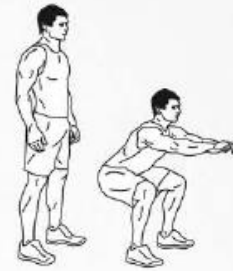
LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



15 squats



5 push-ups



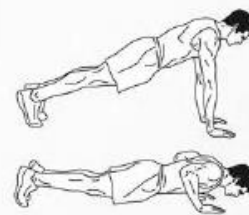
15 squats



5 push-ups



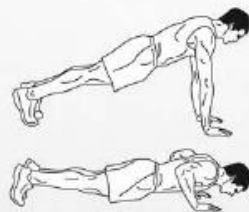
30 shoulder taps



5 push-ups



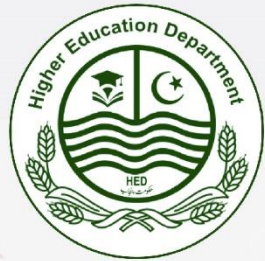
15 squats



5 push-ups



15 squats



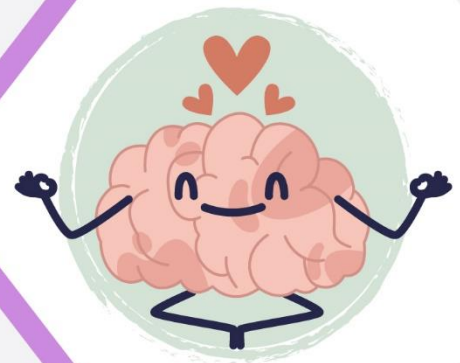
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HEALTHY LIFE
FIT EXERCISE
RELAXED CARE
DIET SPORT
LIFE ACTIVE
MENTAL HEALTH

HEALTH LEISURE WELLNESS
FITNESS CARE NUTRIENTS LEISURE EXERCISE

LIVING

DIET CARE
FIT LIFE
SPORT LEISURE
HAPPINESS CARE



Mental Health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Early Warning Signs

Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true

- Thinking of harming yourself or others
- Inability to perform daily tasks like doing your work or going to college

Your mental health can also affect your physical health. For example, mental disorders can raise your risk for physical health problems such as stroke, type 2 diabetes, and heart disease.

Students in college are within the teenage phase and go through multiple biological and hormonal changes. Due to this, their growth and evolution process becomes complicated and difficult to take control of. Therefore, this curriculum targets the most commonly faced issues by college students including anxiety, stress and social interactions.

All activities help in better understanding of mental health and mental illnesses to further establish the concepts of stress and anxiety; mainly the difference between them. It is essential to understand that teenagers shy away from social interactions due to reasons that directly influence their mental coherence. Hence, all the activities listed below thoroughly address these issues.

Learning Outcomes

- Developing a keen understanding of the concept of mental illnesses and the probability of their occurrence in a competitive environment
- Realizing the need to eliminate stigmas attached to mental illness to foster a healthier mindset
- Knowing how to differentiate between stress and anxiety
- Learning how to deal with complicated social interactions especially on the field
- Internalizing the need to talk about mental health issues

Activity: DEFINING STIGMA

1. Ask students if they know what the word 'stigma' means.
2. Handout the Defining Stigma worksheet.
3. Lead a whole-class discussion of the definition of 'stigma' and the relationship between stigma, stereotyping, and discrimination.

1. What are some of the negative things you have heard about people with mental illness?

2. What are some of the positive things you have heard about mental illness?

3. Why do you think people with mental illness are stigmatized?

4. Can you think of any other health conditions or social issues that have been stigmatized throughout history?

5. What factors have contributed to changing public attitudes about some of these conditions or issues?

6. What do you think influences perceptions about mental illness?

7. How do you think stigma affects the lives of people with mental illness?

Debrief

1. Responses may include things like a link to violence, etc.
2. Responses may include things like a link to creativity. While this may be seen as positive, remind students that generalizing can also be a form of stereotyping.
3. Possible answers include “They are seen as being different” and “People don’t really know the facts about mental illness.”
4. Possible answers include leprosy, certain skin diseases, etc.
5. Possible answers include education, public policy, open dialogue, scientific research, changing social values.
6. Possible answers include the media, films, news, newspaper headlines and stories that associate people with mental illness with violence, the fact that people with mental illness sometimes behave differently and people are afraid of what they do not understand.
7. Possible answers include people deciding not to get help and treatment even though they would benefit from it, unhappiness, inability to get a job or find housing, losing their friends, stress on the whole family.

Defining Stigma: The following are definitions of “stigma” taken from different sources and different historical periods.

“A mark or sign of disgrace or discredit; a visible sign or characteristic of disease.”

The Concise Oxford Dictionary, 1990

“An attribute which is deeply discrediting.”

Erving Goffman, Stigma: Notes on the Management of Spoiled Identity, 1963

“A distinguishing mark or characteristic of a bad or objectionable kind; a sign of some specific disorder, as hysteria; a mark made upon the skin by burning with a hot iron, as a token of infamy or subjection; a brand; a mark of disgrace or infamy; a sign of severe censure or condemnation, regarded as impressed on a person or thing.”

The Shorter Oxford Dictionary, Fourth Edition, 1993

Stigma is not just a matter of using the wrong word or action. Stigma is about disrespect.

The Stigma of Mental Illness

“Stigma refers to a cluster of negative attitudes and beliefs that motivate the general public to fear, reject, avoid and discriminate against people with mental illnesses. Stigma is not just a matter of using the wrong word or action. Stigma is about disrespect. It is the use of negative labels to identify a person living with mental illness. Stigma is a barrier. Fear of stigma and the resulting discrimination discourages individuals and their families from getting the help they need.”

Terms Related to Stigma

Stereotype:

“A person or thing that conforms to an unjustly fixed impression or attitude.”

Stereotypes are attitudes about a group of people (e.g., “All people with mental illness are dangerous.”).

Prejudice:

“a preconceived opinion”

Prejudice is agreeing with the stereotypes (e.g., “I think people with mental illness are dangerous.”).

Discrimination:

“unfavourable treatment based on prejudice”

Discrimination is the behaviour that results: “I don’t want people with mental illness around me; therefore, I discriminate against them by not hiring them, not being friends with them, etc.”

The Concise Oxford Dictionary, 1996

Activity: MYTH vs FACT

Material needed: a 'Myth vs Fact' worksheet cut into cards.

1. Start, by asking students, "Who can tell me in their own words what a fact is?" and "Can someone share what a myth is?"
2. Put students into working pairs.
3. Give each pair 12 myths and fact cards.
4. Instruct the students to take all 12 cards and together decide which ones are myths and which ones are facts. (Let students know that this is not a test)
5. Tell them to put all the myths in a column on the left of their desk and all the facts in a column on the right side of their desk.
6. Give students 5-10 minutes to complete the task.
7. After students have completed the task, review each myth and fact.

Examples of Myth vs Fact cards:

<p>Teenagers cannot get depression or anxiety, only adults can.</p>	<p>Mental illness is not caused by doing something wrong. Also, you can't cause someone to have a mental illness. Doctors think that mental illness is caused by a mix of what's going on in your body and what's happening around you.</p>
<p>Mental illness has nothing to do with how smart you are. A mental disability is a cognitive disability, which means it's a different journey with different challenges. It's still important to treat all people with respect, because you don't know what life is like in their shoes.</p>	<p>People with mental health challenges have to take special tests to get a job or go to college.</p>

Debrief

A fact is a concept whose truth can be proved.

For example, it is a fact that there are x number of boys and x number of girls in this classroom.

A myth is a traditional story often accepted as a fact even though it is not.

For example, it is a myth that drinking milk after fish can cause skin diseases.

Ask the students:

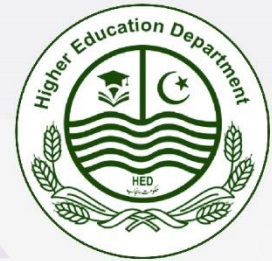
- Who can share with me again, what is the difference between a myth and a fact?
- Why do you think it is important to know the myths and facts about mental illness?
- How could it be hurtful for people to think that the myths of mental illness are facts?

Teacher will need to emphasize certain things such as the more we know the differences about the myths of mental illness and the facts, the better we can help and support the people in our lives who are living with mental illness.

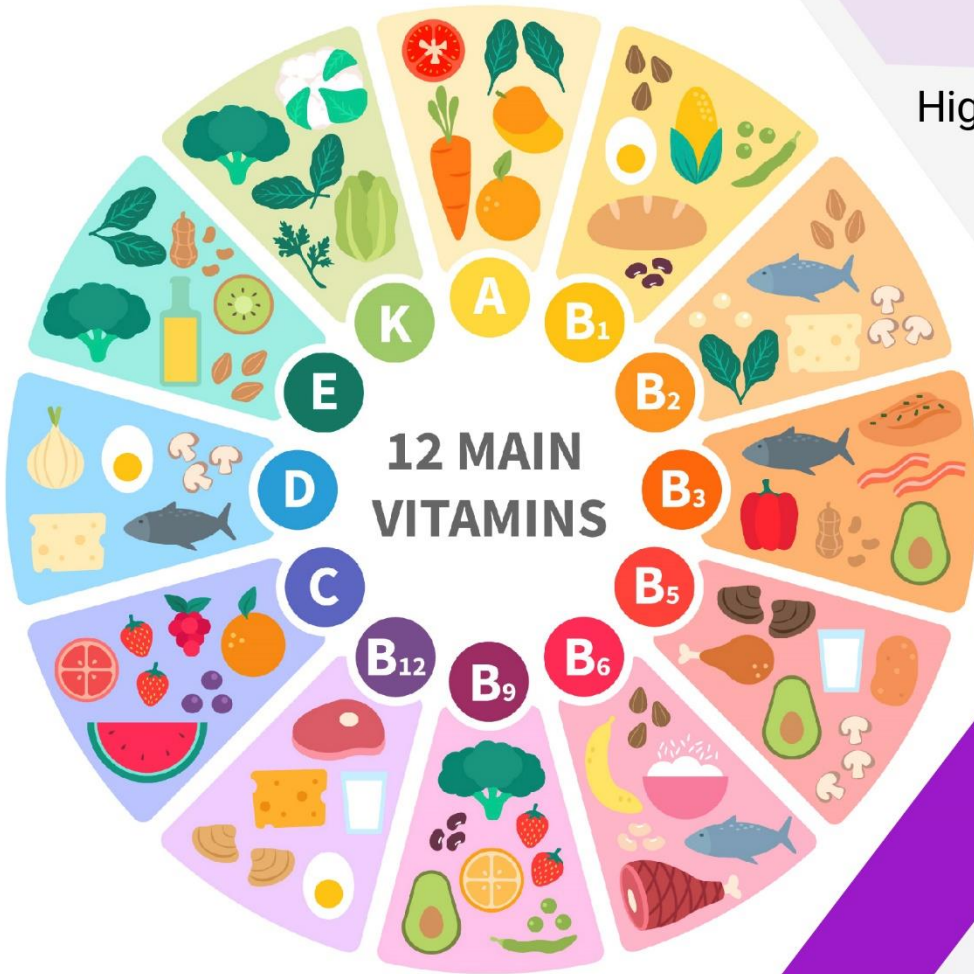
Ask students what they can do to make sure that people know the facts of mental illness and not think that the myths are true? Challenge students about whether they would or would not do the things that they suggest. What are the obstacles? Is stigma a part of their hesitation?

5 Ways To Keep Up Your Mental Health On Track!

- Regularly practice mindfulness
- Keep yourself engaged in healthy activities
- Keep yourself physically fit
- Maintain a balance between studies and family life
- Minimize your daily screen time



Higher Education Department
Government of Punjab



Nutrition |

Nutrition is the study of nutrients in food, how the body uses them, and the relationship between diet, health, and disease.

Why is nutrition important?

Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

A healthy diet throughout life supports normal growth, development and ageing, helps to maintain a healthy body weight, and reduces the risk of chronic disease leading to overall health and well-being.

Benefits of healthy eating

A diversified, balanced and healthy diet will vary depending on:

- age
- gender
- lifestyle
- degree of physical activity
- cultural context
- locally available foods
- dietary and food customs.

People who regularly eat:

- more foods high in energy, fats, free sugars or salt/sodium and
- do not eat enough fruit, vegetables and foods with whole grains

are more likely to develop chronic diseases like diabetes, heart disease and cancer.

Nutrition Tips

1. Limit sugary drinks

Sugary drinks like sodas, fruit juices, and sweetened teas are the primary source

of added sugar in the diet. Unfortunately, findings from several studies point to sugar-sweetened beverages increasing risk of heart disease and type 2 diabetes, even in people who are not carrying excess body fat. Sugar-sweetened beverages are also uniquely harmful for children, as they can contribute not only to obesity in children but also to conditions that usually do not develop until adulthood, like type 2 diabetes, high blood pressure, and non-alcoholic fatty liver disease

Healthier alternatives include:

- water
- unsweetened teas
- coffee

2. Eat nuts and seeds

Some people avoid nuts because they are high in fat. However, nuts and seeds are incredibly nutritious. They are packed with protein, fiber, and a variety of vitamins and minerals.

Nuts may help you lose weight and reduce the risk of developing type 2 diabetes and heart disease. Additionally, one large observational study noted that a low intake of nuts and seeds was potentially linked to an increased risk of death from heart disease, stroke, or type 2 diabetes

3. Avoid ultra-processed foods

Ultra-processed foods are foods containing ingredients that are significantly modified from their original form. They often contain additives like added sugar, highly refined oil, salt, preservatives, artificial sweeteners, colors, and flavors as well.

Examples include:

- snack cakes

- fast food
- frozen meals
- canned foods
- chips

Ultra-processed foods are highly palatable, meaning they are easily overeaten, and activate reward-related regions in the brain, which can lead to excess calorie consumption and weight gain. Studies show that diets high in ultra-processed food can contribute to obesity, type 2 diabetes, heart disease, and other chronic conditions.

In addition to low quality ingredients like inflammatory fats, added sugar, and refined grains, they're usually low in fiber, protein, and micronutrients. Thus, they provide mostly empty calories.

4. Eat fatty fish

Fish is a great source of high-quality protein and healthy fat. This is particularly true of fatty fish, such as salmon, which is loaded with anti-inflammatory omega-3 fatty acids and various other nutrients. Studies show that people who eat fish regularly have a lower risk for several conditions, including heart disease, dementia, and inflammatory bowel disease.

5. Stay hydrated

Hydration is an important and often overlooked marker of health. Staying hydrated helps ensure that your body is functioning optimally and that your blood volume is sufficient.

Drinking water is the best way to stay hydrated, as it is free of calories, sugar, and additives.

Although there is no set amount that everyone needs per day, aim to drink enough so that your thirst is adequately quenched.

6. Do not eat heavily charred meats

Meat can be a nutritious and healthy part of your diet. It's very high in protein and a rich source of nutrients.

However, problems occur when meat is charred or burnt. This charring can lead to the formation of harmful compounds that may increase your risk for certain cancers.

When you cook meat, try not to char or burn it. Additionally limit your consumption of red and processed meats as these are linked to overall cancer risk and colon cancer risk.

7. Take vitamin D if you are deficient

Most people do not get enough vitamin D. While these widespread vitamin D inadequacies are not imminently harmful, maintaining adequate vitamin D levels can help to optimize your health by improving bone strength, reducing symptoms of depression, strengthening your immune system, and lowering your risk for cancer.

If you do not spend a lot of time in the sunlight, your vitamin D levels may be low. If you have access, it is a great idea to have your levels tested, so that you can correct your levels through vitamin D supplementation if necessary.

8. Eat plenty of fruits and vegetables

Vegetables and fruits are loaded with prebiotic fiber, vitamins, minerals, and antioxidants, many of which have potent health effects.

Studies show that people who eat more vegetables and fruits tend to live longer and have a lower risk for heart disease, obesity, and other illnesses.

9. Eat adequate protein

Eating enough protein is vital for optimal health, as it provides the raw materials your body needs to create new cells and tissues.

What's more, this nutrient is particularly important for maintenance of a moderate body weight.

High protein intake may boost your metabolic rate — or calorie burn — while

making you feel full. It may also reduce cravings and your desire to snack late at night.

10. Minimize your sugar intake

Added sugar is extremely prevalent in modern food and drinks. A high intake is linked to obesity, type 2 diabetes, and heart disease.

11. Limit refined carbs

Not all carbs are created equal.

Refined carbs have been highly processed to remove their fiber. They're relatively low in nutrients and may harm your health when eaten in excess. Most ultra-processed foods are made from refined carbs, like processed corn, white flour, and added sugars.

Studies show that a diet high in refined carbs may be linked to overeating, weight gain, and chronic diseases like type 2 diabetes and heart disease.

12. Use plenty of herbs and spices

There is a variety of herbs and spices at our disposal these days, more so than ever. They not only provide flavor but also may offer several health benefits as well. For example, ginger and turmeric both have potent anti-inflammatory and antioxidant effects, which may help improve your overall health. Due to their powerful potential health benefits, you should aim to include a wide variety of herbs and spices in your diet.

13. Occasionally track your food intake

The only way to know exactly how many calories you eat is to weigh your food and use a nutrition tracker, as estimating your portion sizes and calorie intake is not unreliable.

Tracking can also provide insights into your protein, fiber, and micronutrient intake.

Though some studies have found a link between tracking calories and disordered

eating tendencies, there is some evidence that suggests that people who track their food intake tend to be more successful at losing weight and maintaining their weight loss.

14. Avoid restrictive diets

Diets are generally ineffective and rarely work well long term. In fact, past dieting is one of the strongest predictors for future weight gain. This is because overly restrictive diets actually lower your metabolic rate, or the amount of calories you burn, making it more difficult to lose weight. At the same time, they also cause alterations to your hunger and satiety hormones, which make you hungrier and may cause strong food cravings for foods high in fat, calories, and sugar.

Instead of dieting, try adopting a healthier lifestyle. Focus on nourishing your body instead of depriving it. Weight loss should follow as you transition to whole, nutritious foods — which are naturally more filling while containing fewer calories than processed foods.

15. Eat whole eggs

Despite the constant back and forth about eggs and health, it's a myth that eggs are bad for you because of their cholesterol content. Studies show that they have minimal effect on blood cholesterol in the majority of people, and they're a great source of protein and nutrients. Additionally, a review involving 263,938 people found that egg intake had no association with heart disease risk.

Activity: DAILY ROUTINE

Material needed: paper and pen/pencil

1. Ask students to briefly write about their daily eating routine; starting from when they wake up, to snacks, to meals, until they sleep.
2. Ask them if they believe their habits are nutritionally healthy or not and how they can improve it.

Morning.

Afternoon.

Evening.

Night.

Debrief

When students have finished writing, ask them, one by one, to read out their eating routine and how they can improve it. Encourage other students to present their opinions. Teacher can also give his or her own point of view.

Acknowledgments

Advisory

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Consultants

- Lead Consultant: Ada Jaffery, Educationist, Sports Enthusiast, Olympic Education Expert, Catholic University UCLouvain, Belgium
- Associate Consultant: Uzma Asghar Aulakh, Seoul National University, South Korea
- Associate Consultant: Yusra Idrees, Lahore School of Economics, Pakistan

YouTube Index

10 MINUTE MOVE AND STRETCH | THE BODY COACH:

<https://www.youtube.com/watch?v=WKuyToevmO4>

10 Minute Mobility Session | The Year That Changed Me:

<https://www.youtube.com/watch?v=Qn2yT9RvUnc>

15 Minute Arm & Ab Workout: https://www.youtube.com/watch?v=F_P9p6NYdKk

20 Minute Full Body Sculpt: <https://www.youtube.com/watch?v=wcSs1-qTxLk>

6 Minute Abs | The Body Coach: <https://www.youtube.com/watch?v=NoVbSpQMjKA>

20 Minute Intense Full Body Workout (NO EQUIPMENT):

<https://www.youtube.com/watch?v=l9v5aOUY9JY>

30 Minute Indoor Cardio Running Workout | No Equipment At Home Cardio:

https://www.youtube.com/watch?v=5hRtpZezz_k

30 Minute No Equipment Home HIIT Workout | The Body Coach:

<https://www.youtube.com/watch?v=tXOZS3AKKOW>

25 Minute Ladder HIIT Workout | Awesome Fat Burner You Can Do At Home:

https://www.youtube.com/watch?v=yhhiGHj_DmM

PE With Joe: <https://www.youtube.com/watch?v=VR1pz43N7qg>

How To Cool Down After A HIIT Session | The Body Coach:

<https://www.youtube.com/watch?v=RDsdplsAqK8>

Stretch and Warm Down: https://www.youtube.com/watch?v=vqZ9f_OskUc

Stress Management: <https://www.youtube.com/watch?v=jHjkEfwfECo>

Everyday mindfulness:

<https://www.youtube.com/watch?v=QTsUEOUaWpY&list=RDLVap6S-Yc4ans&index=13>

Resources

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darebee.com/workouts.html

fitathletic.com/5-reasons-warm-exercises-important/

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Health & Fitness Module

July, 2021

**A Step towards Healthier,
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