



MAKING LIFESTYLE CHANGES WITH HEALTH AND WELLNESS COACHING

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What is coaching?



A

Offering guidance from one's own experience in a specific area of career development

B

Assessing an organization's practices and recommending solutions for improvement based on expertise in a specific area

C

Working toward achievement of specific learning objectives based on a set of curriculum

D

Healing pain, dysfunction or conflict in service of improved emotional state

E



Partnering with clients in a thought-provoking and creative process that inspires them to maximise their personal and professional potential.

F

All of the Above

Source: ICF Singapore Chapter

What do Health and Wellness Coaches DO?



Health & wellness coaches **partner** with clients seeking to **enhance their well-being** through *self-directed, lasting changes, aligned with their values.*

In the course of their work, health & wellness coaches display an

- **unconditional positive regard** for their clients and
- **a belief in their capacity for change.**
- honouring the fact that **each client is an expert on their own life,** while ensuring that
- **all interactions are respectful and non-judgmental.**



Source: www.nhwc.org

Top High-Risk Behaviors



What behaviors account for majority of chronic diseases and premature deaths?

A

Smoking

B

Alcohol Abuse

C

Unhealthy Diet

D

Not enough exercise

E

'Stress'

F



All of the Above

Source: Changing to Thrive by Prochaska & Prochaska

Top High-Risk Behaviors

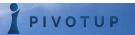


Why are these behaviors so **CRITICAL** to our health and well-being?

- A**
Smoking
BREATHING
- B**
Alcohol Abuse
DRINKING
- C**
Unhealthy Diet
EATING
- D**
Not enough exercise
MOVING
- E**
'Distress'
IMPACTS our ABILITY TO COPE

Source: Changing to Thrive by Prochaska & Prochaska

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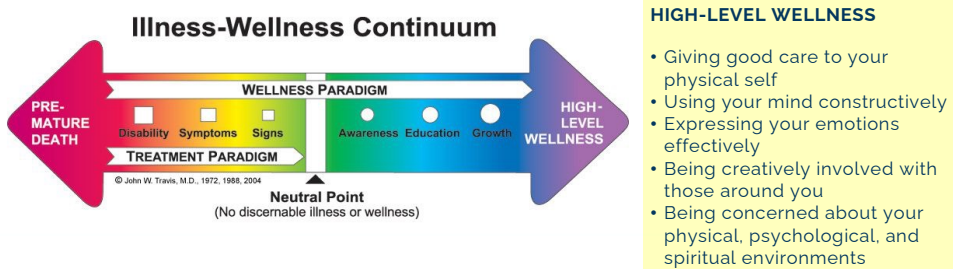


WHAT IS GETTING IN THE WAY?

Wellness and Treatment Paradigms (John Travis, 1972, 1988, 2004)

Wellness is a process, never a static state.

Which direction are you facing?



- HIGH-LEVEL WELLNESS**
- Giving good care to your physical self
 - Using your mind constructively
 - Expressing your emotions effectively
 - Being creatively involved with those around you
 - Being concerned about your physical, psychological, and spiritual environments

Source: www.thewellspring.com



Behavior Change is not EASY



Why do most people fail when they attempt change?

- A**
Do not have enough motivation
- B**
Do not have enough willpower
- C**
Do not have the right genes
- D**
Do not have the right personality
- E**
Do not have enough confidence
- F** ✓
Do not know how to change

Source: Changing to Thrive by Prochaska & Prochaska

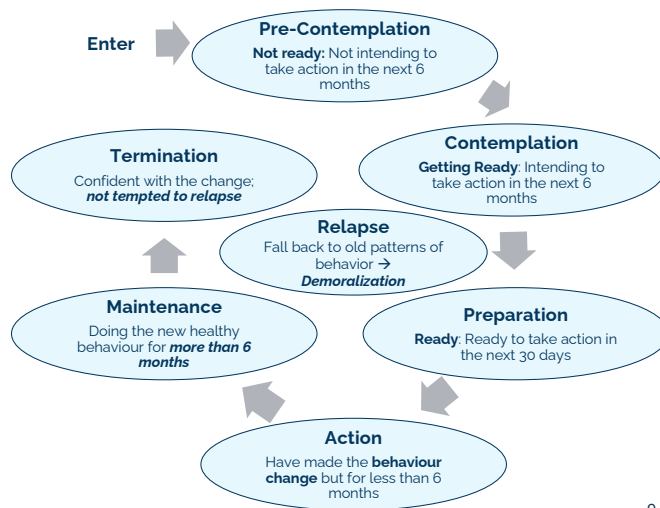
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Stages of Change

"Transtheoretical Model of Behavior Change"
(James Prochaska & Carlo DiClemente, 1983)

"For most people, behaviour change occurs gradually as they move (sometimes cycling back and forth) through a process of identifiable change."

Source: Changing to Thrive by Prochaska & Prochaska



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Trajectory of a Life of Wellbeing

STAGE/THREAT	Pre-Contemplation	Contemplation	Preparation	Action	Maintenance	Termination
Smoking	Red	Yellow	Green	Light Blue	Dark Blue	White
Drinking	Red	Yellow	Green	Light Blue	Dark Blue	White
Unhealthy Eating	Red	Yellow	Green	Light Blue	Dark Blue	White
Lack of Exercise	Red	Yellow	Green	Light Blue	Dark Blue	White
Stress	Red	Yellow	Green	Light Blue	Dark Blue	White

Source: Changing to Thrive by Prochaska & Prochaska

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WHY?

What do we care about?



Sustained Healthy High Performance
... for the sake of what?

TIPS

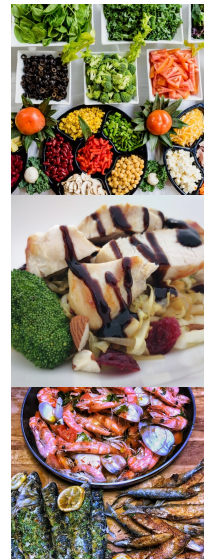
HOW?



Start these lifestyle changes

- Vision
- Pros > cons
- Prepare
- One goal at a time
- Ask for support, speak to your friends /family
- Find a buddy, get a coach
- Join a community
- Celebrate

Source: CDC, WHO



Trajectory of a Life of Wellbeing

STAGE/THREAT	Pre-Contem- plation	Contem- plation	Preparation	Action	Maintenance	Termination
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Source: Changing to Thrive by Prochaska & Prochaska

Answers to Participant Questions



Let your better selves come out and lead you towards greater good!

Answers to Participant Questions

Question Set 1:

How can we sustain a healthy lifestyle during the pandemic?

What tips can you give us on lifestyle changes to promote better health especially during the pandemic?

How to divert anxiety at this time of pandemic?

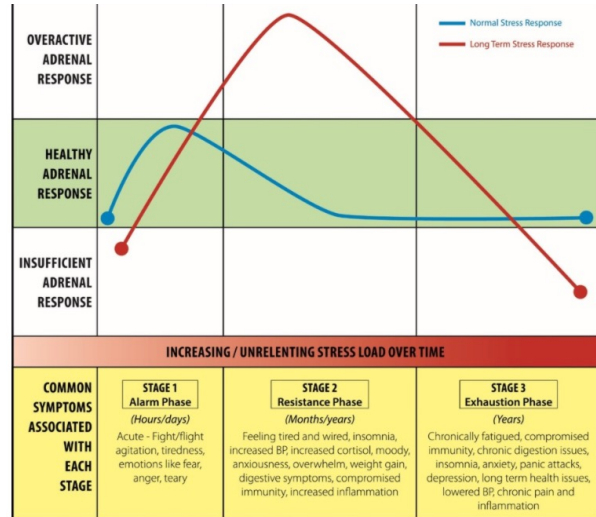
How to manage stress?



Chronic Stress over time

STRESS: "fight-or-flight" instinct in a crisis

- elevated cortisol that contributes to a compromised immune system, chronic inflammation, weight gain, and, eventually, to chronic disease.
- an ongoing state of arousal that's exhausting, anxiety-producing, and sleep-depriving

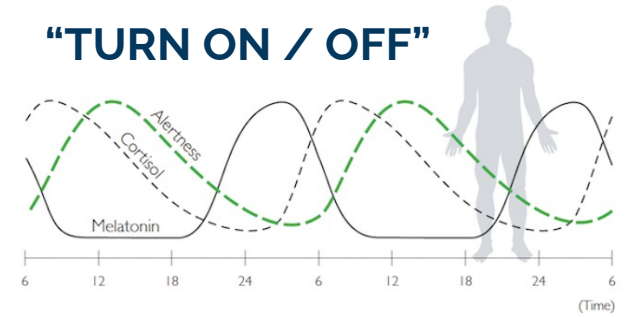


<https://naturally.com.au/manage-your-stress-and-cortisol-levels-before-youre-too-late/>

CHRONIC STRESS contributes to elevated CORTISOL levels

Body's main stress hormone

- "fight-or-flight" instinct in a crisis
- Impacts your sleep/wake cycle (hypothalamic-pituitary-adrenal axis)



SLEEP / WAKE CYCLE (Circadian Rhythm) IN BALANCE

Homeostasis



Stress

<https://www.parans.com/the-circadian-rhythm-in-balance/>

NEUROCEPTION

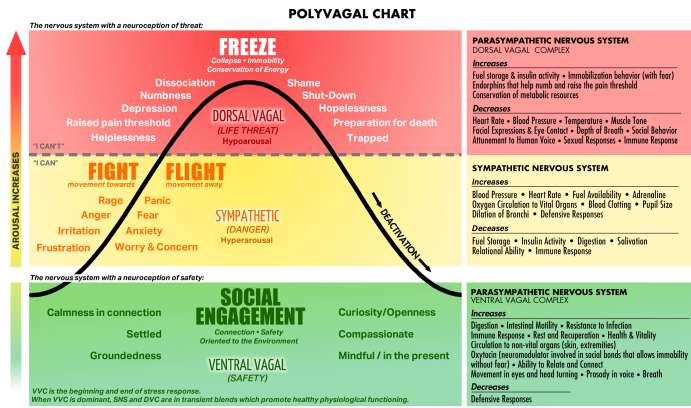
Even though we may not be aware of danger on a cognitive level, on a neurophysiological level, our body has already started a sequence of neural processes that would facilitate adaptive defense behaviors such as fight, flight, or freeze.

NOT A VOLUNTARY CHOICE



Polyvagal Theory (Stephen Porges, 1995, 2003)

How our body reacts to challenges (i. e. makes the decision) is based on the evolution of our autonomous nervous system (defense/ survival)



VVC is the beginning and end of stress response. Within VVC is dominant, SNS and DVC are in transient blends which promote healthy physiological functioning.

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Question Set 2:

- How to have good sleep?
- How to have good sleep habit?

Answers to Participant Questions



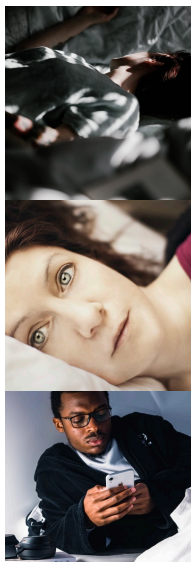
WHY?

SLEEP



Why we need to sleep

- Insufficient sleep has been linked to the development and management of a number of chronic diseases and conditions, including type 2 diabetes, cardiovascular disease, obesity, and depression. (CDC)
- Sleep deprivation can cause a series of changes in an individual's mood, cognitive ability, work performance, and immune function (Choo, 2005)
- Partial sleep deprivation significantly affected neuropsychological functions such as verbal instant memory, attention, and alertness (Thomas, 2003)
- Acute total sleep deprivation results in decrements in short-term performance and memory as well as multiple types of long-term memory. (Krishnan, 2016)



WHAT?

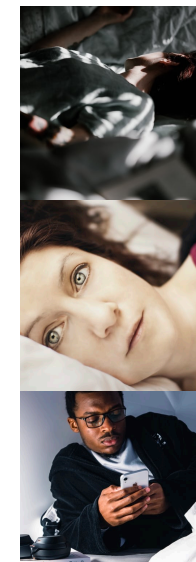
SLEEP



How much sleep do we need?

Age Group		Recommended Hours of Sleep Per Day
Newborn	0-3 months	14-17 hours (National Sleep Foundation, 2015) No recommendation (American Academy of Sleep Medicine, 2016)
	4-12 months	12-16 hours per 24 hours (including naps)
Toddler	1-2 years	11-14 hours per 24 hours (including naps)
Preschool	3-5 years	10-13 hours per 24 hours (including naps)
School Age	6-12 years	9-12 hours per 24 hours
	13-18 years	8-10 hours per 24 hours
Adult	18-60 years	7 or more hours per night
	61-64 years	7-9 hours
	65 years and older	7-8 hours

Source: CDC, National Sleep Foundation (2015), American Academy of Sleep Medicine (2016)



WHAT?

SLEEP



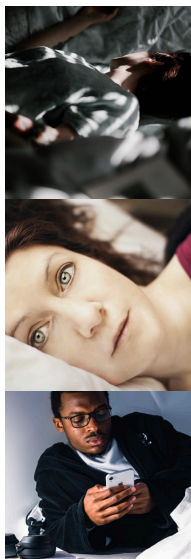
Sleep Hygiene



Tips for Better Sleep

- **Be consistent.** Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is **quiet, dark, relaxing, and at a comfortable temperature**
- **Remove electronic devices**, such as TVs, computers, and smart phones, from the bedroom
- **Avoid large meals, caffeine, and alcohol before bedtime**
- **Get some exercise.** Being physically active during the day can help you fall asleep more easily at night.

Source: CDC



Answers to Participant Questions



Question Set 3:

I am on a diet and eating some healthy foods right now but lacking with physical activity. Is it okay to maintain a healthy body?

How to condition the body to regularly exercise?

What lifestyles changes are needed to make us healthy?

WHY?

HEALTHY EATING



Obesity

- Obesity, characterised by excessive fat mass when body mass index (BMI: kg/m²) is >30, is associated with type 2 diabetes, cardiovascular disease, arthritis, cancer, kidney disease, polycystic ovarian syndrome and metabolic syndrome (Bhattacharya et al., 2020).
- A disease caused by the energy imbalance when food intake exceeds energy expenditure. Continued increased adiposity leads to hormonal imbalances impacting central nervous system regulation of hunger and satiety, and increased inflammation (Lean, 2000).

Classification	Body Mass Index: (BMI: kg/m ²)
Healthy	18.5 – 24.9
Overweight	25 – 29.9
Obese	30 +
Severely Obese	35 +

Sources: C3Q, WHO



WHAT?

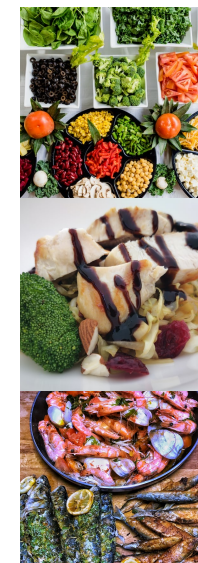
HEALTHY EATING



What can you do?

- Limit energy intake from carbohydrates, especially refined sugars.
- Avoid eating processed food which may contain high levels of salt, sugar and trans fat.
- Increase consumption of fruit and vegetables, as well as legumes, whole grains and nuts

Sources: C3Q, WHO



WHY?

PHYSICAL ACTIVITY



World Health Organization (WHO) Guidelines (1)



What is Physical Activity?

- Physical activity as **any bodily movement** produced by skeletal muscles that **requires energy expenditure**; refers to **all movement**.
- Regular physical activity is proven to help **prevent and manage noncommunicable diseases such as heart disease, stroke, diabetes and several cancers**.
- It also helps **prevent hypertension, maintain healthy body weight and can improve mental health, quality of life and well-being**.

Source: WHO



WHAT?

PHYSICAL ACTIVITY



World Health Organization (WHO) Guidelines (2)

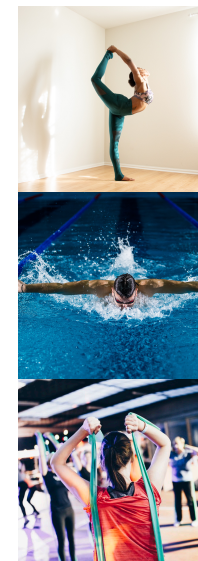


How much Physical Activity for good health?

Adults aged 18–64 years

- should **do at least 150–300 minutes of moderate-intensity aerobic physical activity**;
- or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week
- should **also do muscle-strengthening activities** at moderate or greater intensity that involve all major muscle groups **on 2 or more days a week**, as these provide additional health benefits.

Source: WHO



WHAT?

PHYSICAL ACTIVITY



World Health Organization (WHO) Guidelines (3)



How much Physical Activity for good health?

- **may increase moderate-intensity aerobic physical activity to more than 300 minutes;** or do more than 150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity **throughout the week for additional health benefits.**
- **should limit the amount of time spent being sedentary.** Replacing sedentary time with physical activity of any intensity (including light intensity) provides health benefits.
- to help reduce the detrimental effects of high levels of sedentary behaviour on health, all adults and older adults should **aim to do more than the recommended levels of moderate- to vigorous-intensity physical activity**

Source: WHO



Thank you!



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