



Health and Wellness



INTENSIVE HALF-DAY COURSE: This course is designed to provide participants with a n understanding of personal fitness and practical tools to enhance their health. In the hustle and bustle of modern life, prioritizing our well-being has never been more important. This course explains overall personal health, encompassing physical, mental, and emotional dimensions. Participants will delve into the essentials of nutrition, explore stress management techniques, and discuss the importance of physical activity. This course will empower you with insights to enhance your overall health and well-being to benefit both your work & personal life.

Specially customized for: Entertainment & recreational organizations, family KTVs, production houses, karaoke lounges, entertainment outlets, media companies, sports & recreation clubs.



Module 1: Introduction

- Welcome and course overview.
- The importance of health and wellness in modern lifestyles.
- Setting personal health goals for the course.

Module 2: Understanding Holistic Wellness

- Exploring the dimensions of holistic wellness (physical, mental, emotional, and social).
- The interconnectedness of various aspects of health.
- Assessing and defining personal wellness goals.

Module 3: Nutrition and Healthy Eating

- Basics of nutrition and its impact on overall health.
- Building a balanced and sustainable diet.
- Practical tips for mindful eating and portion control.

Module 4: Stress Management and Mental Wellbeing

- Identifying sources of stress and its impact on mental health.
- Techniques for stress management and relaxation.
- Promoting positive mental wellbeing.

Module 4: Physical Activity and Exercise

- The importance of regular physical activity.
- Developing an exercise routine that suits individual lifestyles.
- Incorporating movement into daily activities.

Module 5: Interactive Activities and Practical Exercises

- Guided mindfulness and relaxation exercises.
- Group discussions on personal health goals.
- Planning actionable steps toward improved health and wellness.