

Helen Krouse
Personal Trainer

Email: helen@h-fit.co.za

Cell: 083 677 4133

 hfit.sa



H - FIT

PERSONAL TRAINER

Daily Health Tracker

The use of a Health Tracker can be a helpful tool to keep you motivated and accountable in achieving your wellness goals! It is the beginning of the year which is the best time to check-in with yourself and see what habits you have, and how you can be more mindful in your health journey going forward.

THE EIGHT ELEMENTS OF MY HEALTH TRACKER:

Sleep

This is a crucial tool in your fitness and health journey. Try aim for between 6 to 8 hours sleep for optimal health benefits. The amount of sleep needed for each person varies, so here it is important to note how you feel and function during the day. You should wake up refreshed and not tired! If you find yourself snacking on lots of carbs and sweets your energy levels may be down due to lack of sleep. Sleep is also important to lower stress hormones and allow your body to recover from exercise and life! You may be carrying extra weight due to inadequate rest!

Exercise

Try to get at least 30 mins exercise daily. Obviously, weight training, cardio and stretching should ideally be incorporated into your weekly schedule. Everyone has different preferences here. I try to get 3 weight training sessions, 2 cardio (fast walk, jog, HITT training, swim, tennis, golf, surfing) workout sessions and a recovery stretch or walk into a week. One day rest is necessary. Adapt your exercise schedule according to your fitness level. Note your exercise done daily and its duration. A day off is noted as a rest day.

Water

Your body requires water for all its basic functions so you should aim for 8 glasses a day! A helpful gauge is to have 250ml of water for every 10kgs of body weight. Also, if you drink a lot of caffeinated beverages you should add extra water to your day! Drinking water has huge health benefits! Note the amount of water you drink each day.

Diet

This word feels like a swear word. But, unfortunately diet is so important in achieving true wellness and health benefits! I am a huge fan of the 70/30 principle of diet. Try to be mindful 70% of the time and 30% of the time you can let go a little. It nevertheless must be noted that diet is 90% of your weight loss management strategy! Calorie input (consumed) versus calorie output (expended). You need to consume less calories than your body uses daily to create a calorie deficit to lose weight. Increasing exercise can assist weight loss but a good diet will make your hard workouts feel more successful!

Assess your diet at the end of each day on how healthy it was. Good, Average or Bad.

*Good is when you monitored your eating and drinking, and were mindful and calorie conscious.

*Average is when you feel you could have been made healthier choices but for the most part was healthy.

*Bad is when you consumed too many calories and junk food.

Alcohol

I know this is a touchy subject for most! Tracking your alcohol consumption at the very least creates an awareness of how much alcohol you are really drinking. High quantities alcohol consumption can mess with your weight loss strategy. I am not advocating no alcohol but rather a mindful approach around this often calorie dense beverage! Some people have alcohol free days weekly others restrict themselves to one unit a day. And, of course there is the "Dry month" approach! Alcohol is mostly considered empty calories. Track how many units of alcohol you consume daily.

Self -Care

This is a new buzz word these days. It is not really a new concept though. Basically, it acknowledges our need for some down time from normal daily stressors. This can be one of many things and is highly personal to each of us. The objective here is to get 20 to 30 mins minimum a day where you allow yourself some me- time. This can be reading, meditating, napping, walking the dog, gardening, listening to a podcast, journaling etc. It should relax you and calm your mind! Note each day what activity you did for yourself.

Weight

Tracking your weight on a scale is a **guide** to help you gauge your weight. This is only a guide and should not be overemphasized! Weight is complex and can vary for many reasons. Your look and feel are important here too. How do my clothes feel? How mobile and comfortable do you feel? What is your goal? Lose weight and gain muscle? Tone-up? Gain mobility? Lower Blood Pressure? Improve fitness? I suggest you weigh yourself twice a week. I weigh myself on a Monday and Friday first thing in the morning. This helps motivate for the week ahead and be sensible on my weekends!

Mood

So, this is a tricky health check for some. While we pass through many emotions in one day, at the end of the day there is usually an overall emotional feel for the day. And tired is an option here but tired is usually sparked by some emotion.... Stress, irritation, frustration or lack of achievement. So, you really need to think what your overall day felt like. Your mood can affect a range of things, from your food choices to how much alcohol you consume and whether you exercise or how well you sleep. So here it is important to understand your mood and not allow it to mess with your health and wellness goals. Note daily your overall emotion or mood.

Rate your Overall Weekly Success

The objective of a health tracker is to create mindfulness around your daily activities and try to assist you to aim for balance in your life. Understanding your day and your pitfalls, and where you can improve your day will help you obtain better health and wellness in your life. You can rate your overall weekly success with a thumbs up or thumbs down. You will be surprised by acknowledging and understanding these factors in your life, you will gain control of your emotions and improve your mood. Balance in your day/ life will feel more achievable.

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