

SOBA CONVENTION 2021

Health and Wellness Panel:

May 29 2021

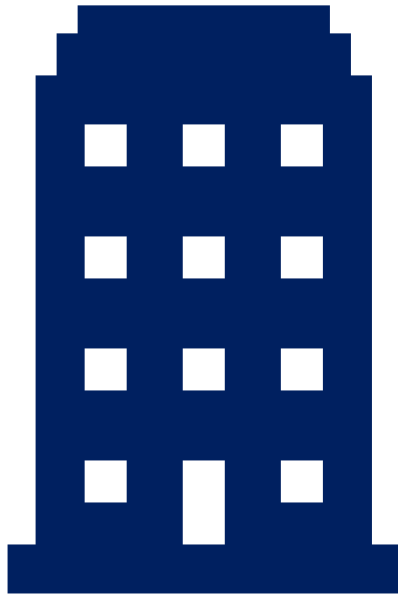
Nagella Nukuna

PhD Chemistry, ISSA Fitness and Nutrition Coach

PILLARS OF WELLNESS

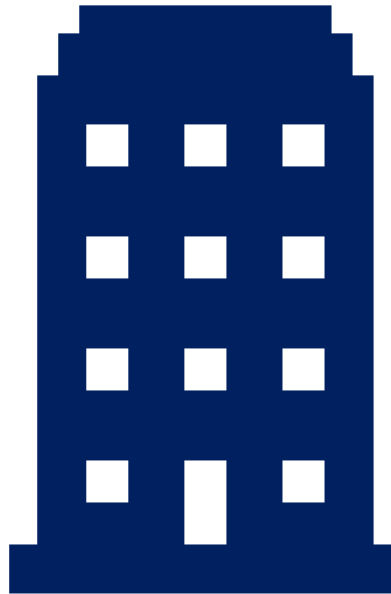
Weighted towards lifestyle

SUSTAINABLE HEALTHY NUTRITION



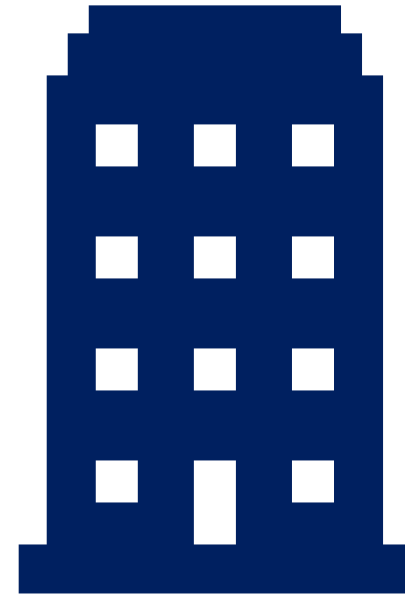
Diets make you fat; Beware
If you can't sustain them

FUNCTIONAL FITNESS



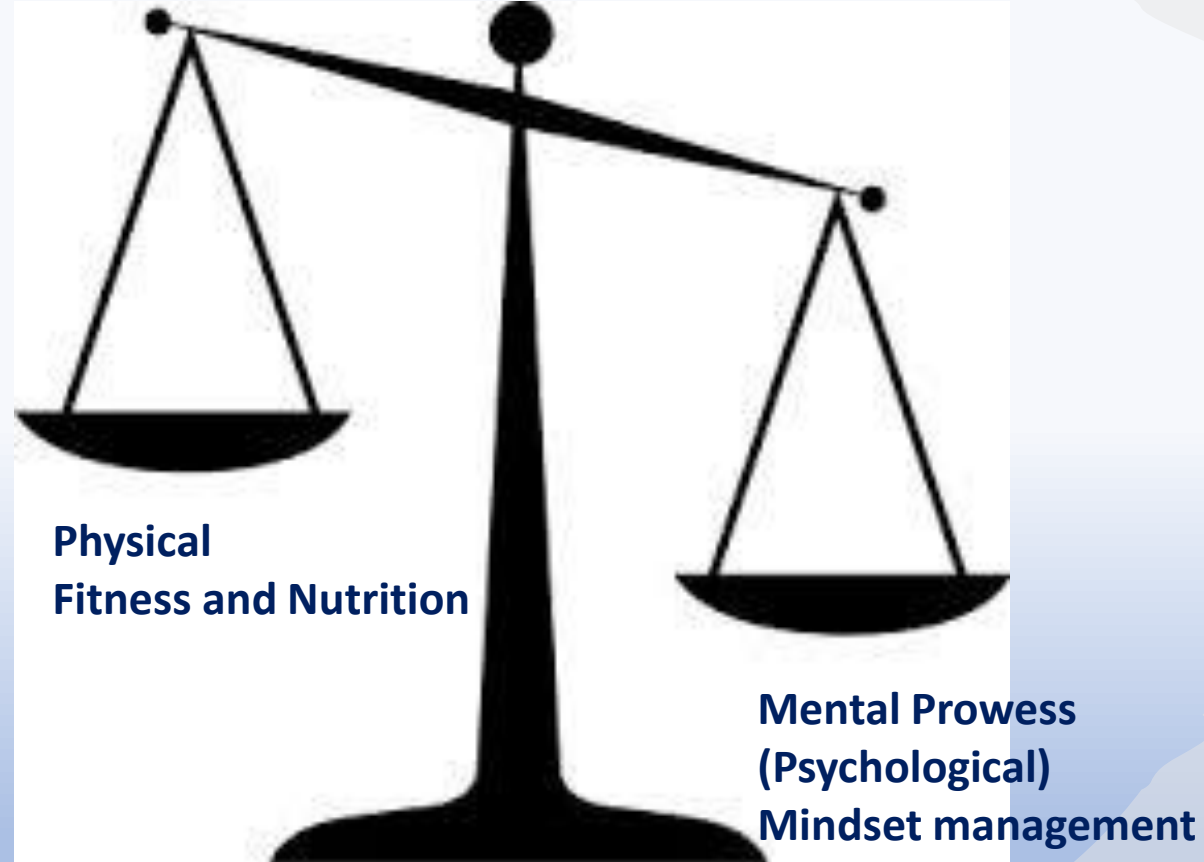
Stay Consistent
Diminish choices and Excuses
Work out daily
Incorporate strength, cardio and flexibility

CONSCIOUS LIFESTYLE



Love Yourself Earnestly
Positive Daily affirmations
Set SMART goals
Celebrate daily achievements

WELLNESS IS WEIGHTED TOWARDS MENTAL PROWESS. PROPER MINDSET IS KEY TO ATTAINING WELLNESS GOALS



Mindset management requires empathic coaching, proper group participation with like minded goal achievers and consistency.

Wellness: The Effect of the Pandemic

Let's Strive To Retain Them

- Simplicity is back: Family values have been revisited geared towards closeness and compatibility
- Healthier eating
- Better Sanitation and commitment to cleaner environment
- More self consciousness
- Humanity prioritization
- Wellness Revisited.

HOW TO ATTAIN WELLNESS

- Define your goals (short and long term) and establish the Why and the True value to you
- Measure your Success Often (fitness and flexibility tests, fat percentage, weight (muscle:fat))
- Celebrate your Successes Often