

The Impact of Lifestyle Choices

How Our Decisions Affect Our Health & Happiness:

The Physical Health Edition

One of the most important aspects of leading a fulfilling and satisfying life is physical health. Engaging in regular physical activity is a crucial part of maintaining good physical and mental health. But let's be honest, staying active can be a real challenge. With busy schedules, demanding workloads, and countless distractions, it's easy to put our health on the back burner. But worry not!

We're here to help you assess your current level of physical activity and provide tips and strategies to incorporate fitness into your daily routine.

We have created this scale to give you a better understanding of your current physical health and how to improve it.

Let's dive in and see where you stand!



Self-Assessment Scale for Physical Exercise

Instructions: Please answer each question to the best of your ability based on your typical exercise habits over the past month.

Choose the answer that best reflects your typical behavior.

How often do you engage in moderate exercise such as brisk walking, cycling, swimming, yoga, zumba, pilates or any other form of workout?

- a. More than 5 days per week for at least 30 minutes per session (3 points)
- b. 3-4 days per week for at least 30 minutes per session (2 points)
- c. 1-2 days per week for at least 30 minutes per session (1 point)
- d. Rarely or never engage in moderate exercise (0 points)

How often do you engage in vigorous exercise such as running, high-intensity interval training or playing a sport?

- a. More than 3 days per week for at least 20 minutes per session (2 points)
- b. 1-2 days per week for at least 20 minutes per session (1 point)
- c. Rarely or never engage in vigorous exercise (0 points)

How often do you engage in strength training exercises such as weightlifting, bodyweight exercises, or resistance band exercises?

- a. More than 2 days per week (2 points)
- b. 1 day per week (1 point)
- c. Rarely or never engage in strength training exercises (0 points)

Scoring Scale:

For each question, assign yourself the following points:

Question 1:

- a. 3 points
- b. 2 points
- c. 1 point
- d. 0 points

Question 2:

- a. 2 points
- b. 1 point
- c. 0 points

Question 3:

- a. 2 points
- b. 1 point
- c. 0 points

Score Interpretation:

7-8 points: Excellent. Your exercise level is appropriate and provides significant health benefits. Keep up the good work!

5-6 points: Good. Your exercise level is generally appropriate, but there is room for improvement. **Consider increasing the frequency, duration, or intensity of your exercise routine to enhance your fitness level.**

3-4 points: Fair. Your exercise level is somewhat inadequate, and changes are needed to improve your overall health. **Consider incorporating more physical activity into your daily routine, such as taking walks during lunch breaks or using stairs instead of elevators.**

0-2 points: Poor. Your exercise level is inadequate, and significant changes are needed to improve your overall health. **Consider seeking the advice of a healthcare professional or fitness expert to develop an appropriate exercise plan that meets your individual needs and goals.**

TIPS AND STRATEGIES TO INCORPORATE PHYSICAL FITNESS INTO YOUR ROUTINE:

- **Engage in regular physical activity:** Aim for at least 150 minutes of moderate-intensity aerobic exercise or 75 minutes of vigorous-intensity aerobic exercise per week. Also, include muscle-strengthening activities at least two days per week. Choose a form of exercise you enjoy, such as yoga, running, or swimming.



- **Schedule workouts:** Make exercise a priority by scheduling it into your daily routine. Find a workout buddy or join a fitness class to stay motivated. If you are facing difficulty in taking out time for your workout, you can start by making small changes in your routine, like taking the staircase instead of using a lift, or walking back home instead of taking a cab.



- **Maintain a healthy diet:** Avoid excessive calorie intake and aim for a balanced diet that includes plenty of fruits, vegetables, lean protein, and whole grains.

- **Get enough sleep:** Aim for at least 7-8 hours of sleep per night to promote optimal health and well-being.

- **Manage stress:** Stress can impact your body physically too. It can present itself in the form of body aches, fatigue, faster heart beat and more. Engaging in stress-releasing activities such as meditation, deep breathing, or yoga can help you improve your overall mental and physical health.



- **Limit alcohol intake:** Drink in moderation and responsibly, if you choose to consume alcohol.



- **Don't smoke or use tobacco:** If you currently use tobacco, consider quitting to reduce your risk of developing serious health problems such as cancer, heart disease, and stroke.

- **Stay hydrated:** Drink plenty of water (about 2-2.5 litres per day) throughout the day to maintain optimal hydration and help your body function properly.



- **Practice good physical hygiene:** Wash your hands regularly, cover your mouth and nose when you cough or sneeze, and avoid close contact with people who are sick to prevent the spread of illness.
- **Attend regular check-ups and screenings:** Visit your healthcare provider regularly for check-ups and screenings to detect and prevent health problems early.
- **Seek support from others:** Stay connected with friends and family, and seek support from healthcare providers or mental health professionals when needed to maintain good physical and mental health.



Incorporating physical activity into your daily routine is essential for your overall health and happiness. **It may get overwhelming at times, but remember that every step counts, no matter how small it is.** By using this self-assessment scale and implementing some of the tips and strategies we've provided, you can take control of your physical fitness and improve your well-being.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space**, <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.