



# YMCA Awards

Level 3 Promoting wellness  
through client motivation and  
interaction

2018

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## **Components of a healthy lifestyle**

## **Learning outcomes**

By the end of this session you will be able to:

- Define health
- Identify lifestyle factors that affect health and wellbeing
- Summarise the implications of short and long-term exercise on health and wellbeing

# Health

*'Health is a state of complete physical, mental and social well-being,  
not merely the absence of disease or infirmity'*

*(World Health Organisation, 1946)*

# Total fitness

Total fitness includes:

- Physical
- Mental
- Emotional
- Social
- Spiritual
- Medical



