



YMCA Awards

Level 3 Promoting wellness
through client motivation and
interaction

2018

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Factors affecting health

Lifestyle factors that affect health and wellbeing

- Physical fitness
- General activity levels
- Sleep and rest
- Stressors
- Social relationships
- Lifestyle habits e.g., smoking, food and drink consumption, substance abuse



The lifestyle factors which offer the greatest potential to improve health and reduce morbidity associated with chronic health conditions include:

- Increasing physical activity
- Stopping smoking
- Reducing alcohol consumption
- Improving diet/healthy eating (emphasise fruit and veg consumption)
- Managing stress
- Improving sleep quality

Social factors that affect health and wellbeing

- Culture
- Family
- Religion
- Workplace
- Quality of marriage
- Finances
- Social support



The effects of exercise on health and wellbeing

- Reduced risk of coronary heart disease
- Decreased risk of some cancers
- Normalising of blood pressure
- Reduction in high levels of cholesterol (improved high density lipoprotein and low density lipoprotein ratios)
- Better bone density
- Reduced risk of Type 2 diabetes
- Improved weight control
- Improved self-esteem and mental health

