



**Transformative  
Insights**

# Firstbeat Wellness Programme

Webinar 3 – Physical Vitality



# Agenda

- Check-in
- The Why of Physical Vitality
- A holistic view of Physical Vitality
- Every little bit counts
- The Nudge habit change strategy
- Fitness (VO2Max)
- Q&A



# Check-in



[illegible]

*If your partner is physically active  
you are **5** times more likely  
to become physically active as well!*

Goal achievement probability:

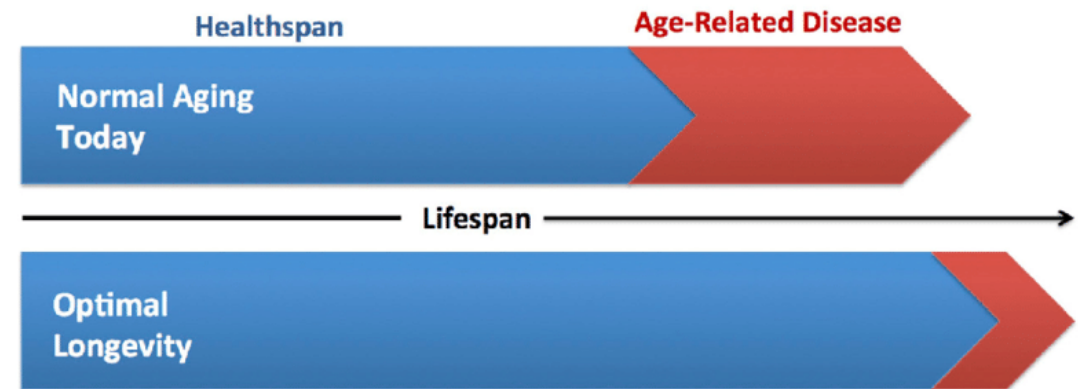
- Having an idea or goal: 10%
- Consciously deciding that you will do it: 25%
- Deciding when you will do it: 40%
- Planning how to do it: 50%
- Committing to someone that you will do it: 65%
- **Having a specific accountability appointment with someone you've committed to: 95%**

Homework for next two weeks:

- Read the [Activate and accountability partnership lesson](#)
- Find one or more accountability partner(s)
- Have your first accountability get-together and agree on how you will work together
- Prepare to share you experience in Webinar 3

# Why invest in physical vitality?

Physical vitality is considered one of the **core pillars of health, mental wellbeing, healthspan & longevity.**

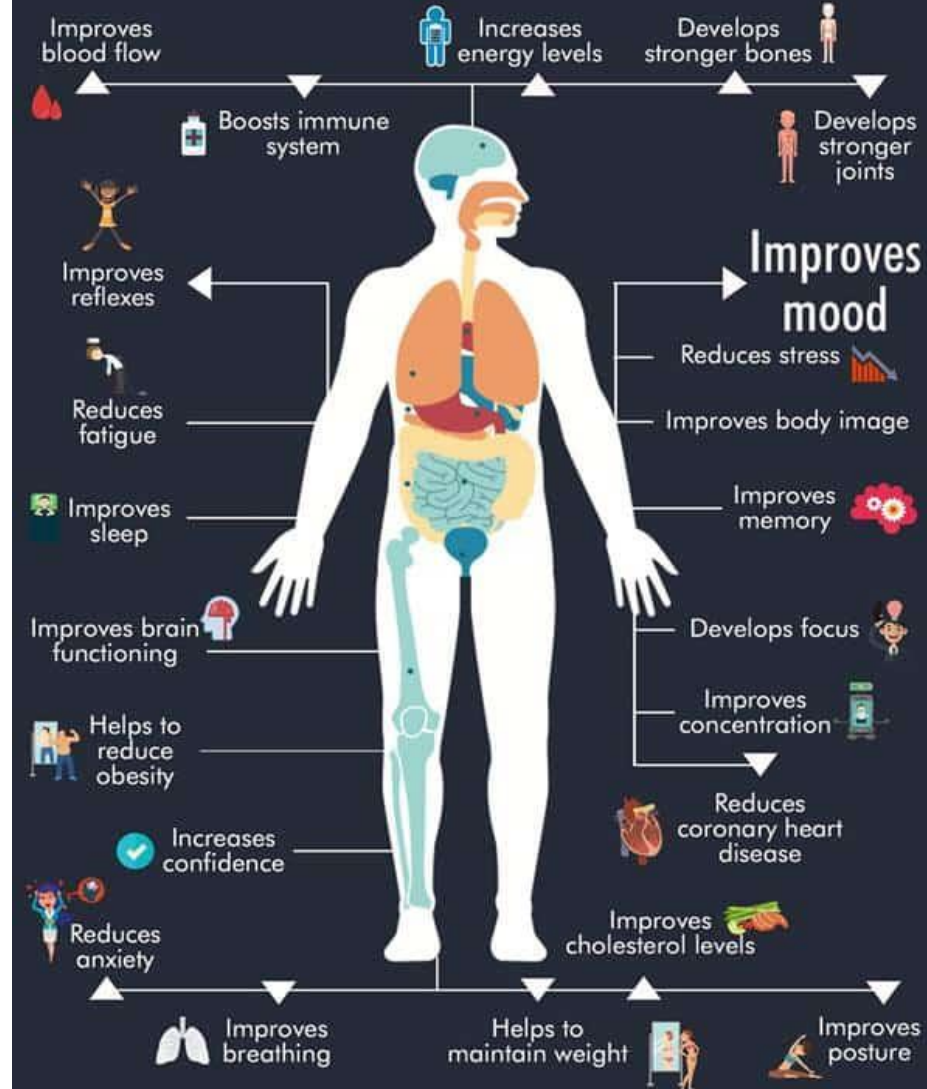




# Why invest in physical vitality?

- **Prevent** or **treat** chronic health conditions (diabetes, CVD, obesity, cancer)
- Boost **mood** through the release of feel good hormones, endorphins, helps to combat **depression** and **anxiety** and provides a **stress relief**.
- Improve sleep, recovery, energy
- Higher heart rate variability = better resilience
- Quality time to **connect** with whānau , friends, workmates
- Reduce the risk of injuries
- Weight management, lean muscle mass, bone strength
- Enhance performance & productivity

## Why is it important IMPORTANT TO BE ACTIVE EVERY DAY



# What is physical vitality?



Cardiovascular  
fitness



Strength

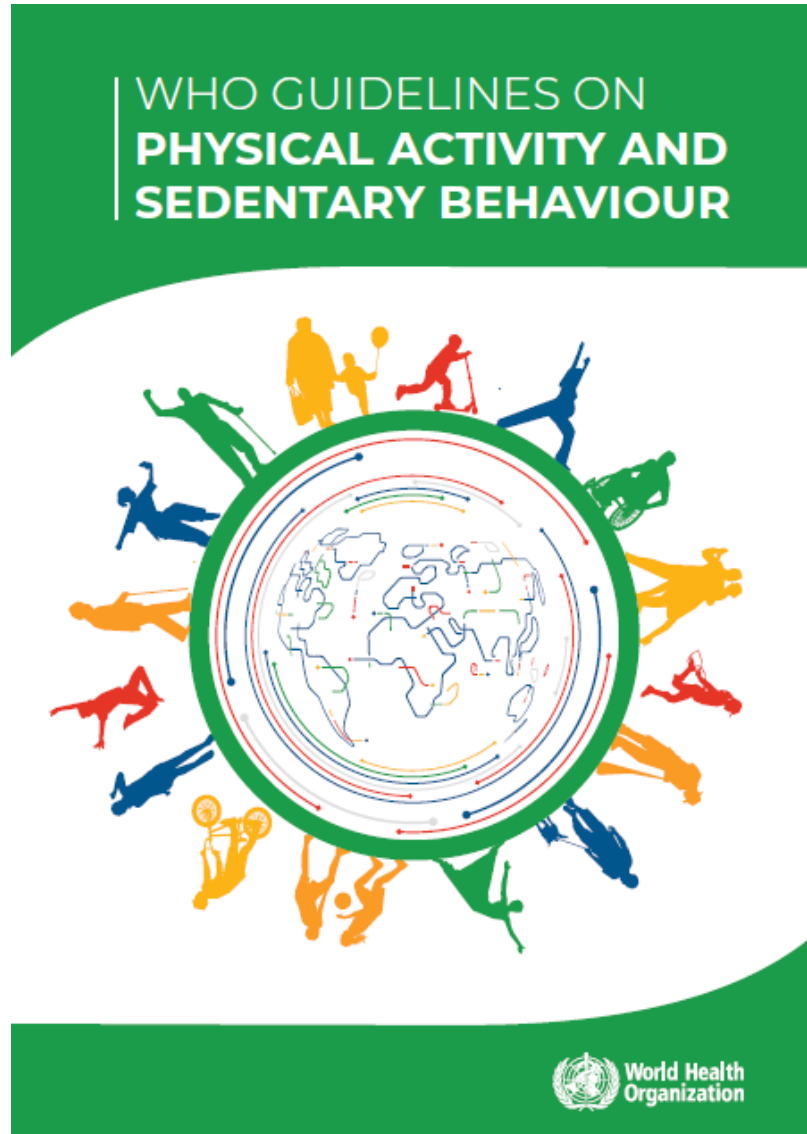


Mobility



Flexibility

# WHO guidelines



[Download the WHO guidelines](#)

Physical vitality | Hauora 0/13 ^

- Need advice or support? Book in one of your coaching session  
MULTIMEDIA
- Introduction: Guidelines for physical activity and sedentary behaviours  
TEXT
- Cardio training  
TEXT
- Flexibility, stretching and mobility  
TEXT
- Strength and resistance training  
TEXT
- Core training  
TEXT
- High Intensity Interval Training (HIIT)  
TEXT
- Recovery after physical activity  
TEXT
- Incidental activity  
TEXT
- How fitness levels influences your Heart Rate Variability  
MULTIMEDIA
- How physical activity moderates the effects of stress  
TEXT
- A few final tips about physical activity  
TEXT
- References  
TEXT



[Click here to access the Physical Vitality chapter](#)

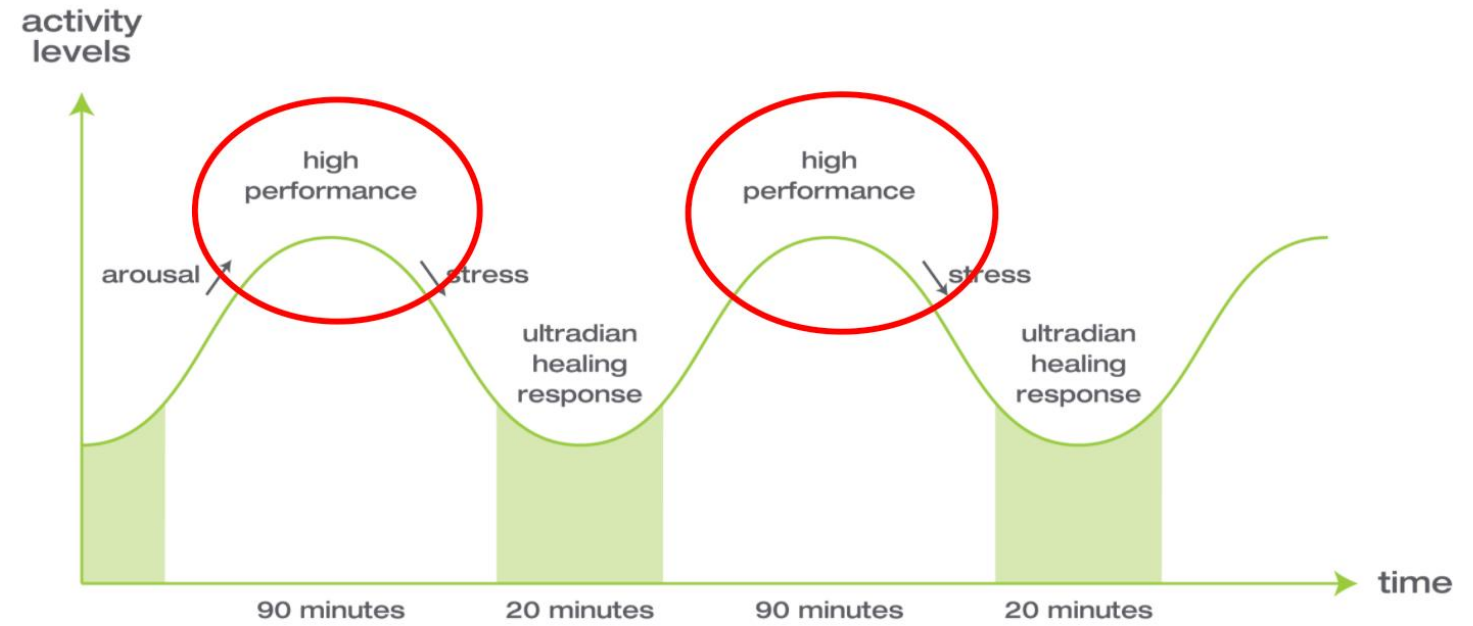


# If nothing else...

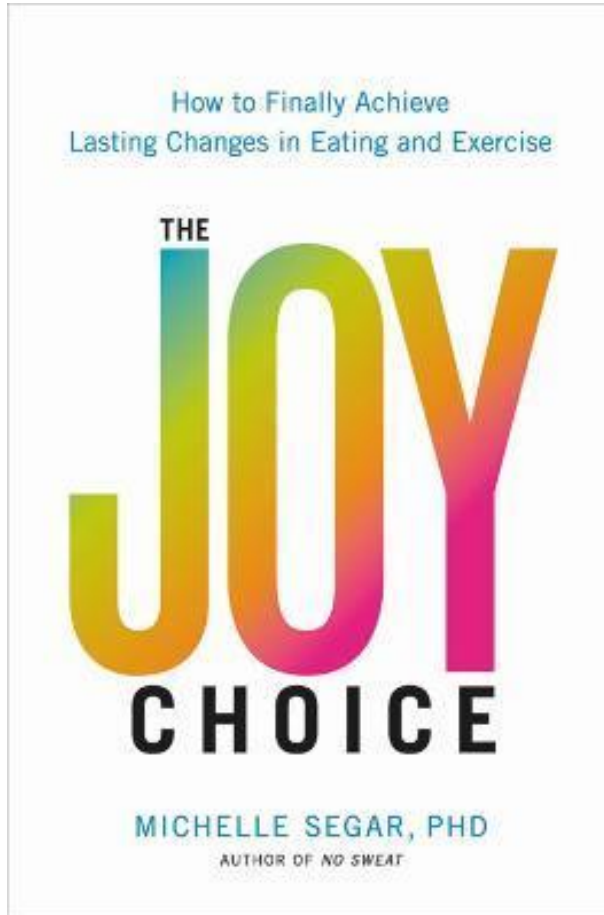
Sit  
less



Walk  
more



# What you enjoy, you sustain



# Key points



Start building more movement into your day, [one step at a time](#).

The focus here is on "direction" not "destination"

Pick activities you enjoy!

Every incremental change is a win, use these wins as energy for further boosting your physical vitality

Small changes form a wonderful nudge for other healthy behaviours to follow

[Sign up for an event](#) with others so you have another powerful reason to get more active



# LEVERAGE THE POWER OF NUDGE

*A nudge is any aspect of a choice architecture that alters people's behaviour in a predictable way without forbidding any options or significantly changing their economic incentives. To count as a nudge, the intervention must be easy and cheap to avoid. Nudges are not mandates. Mandates we fight and resist, a gentle nudge with freedom of choice we welcome.*



# NUDGE BREAKOUT ROOM ACTIVITY

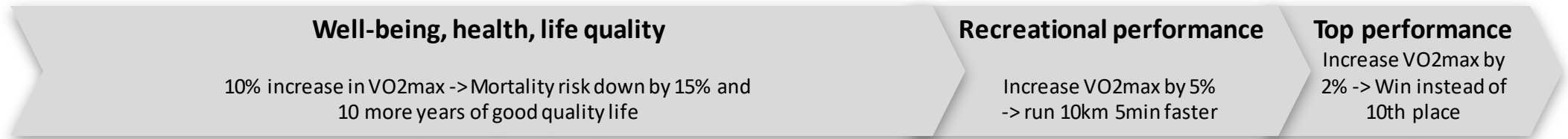
Collaborate to, for every person, come up with:

1. A new physical vitality practice (or experiment / trial)
2. When you will start this practice
3. One (or a few) creative nudges that will make doing the new practice a breeze
4. How you will hold yourself accountable to start when you say you will start the practice

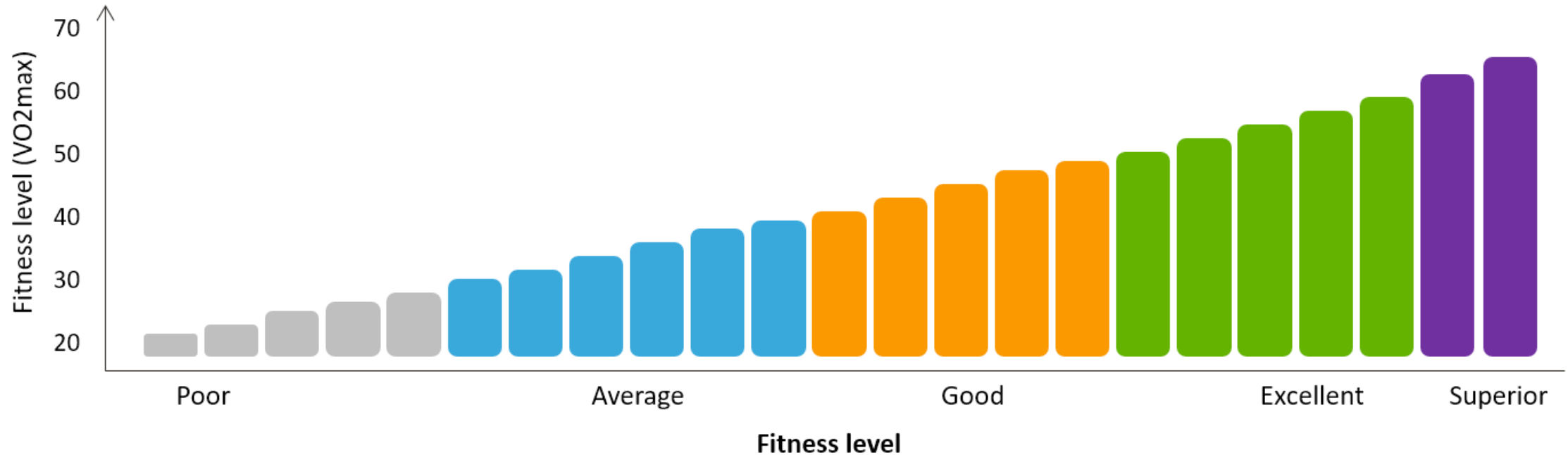
Be prepared to share your new practice and creative nudge(s)



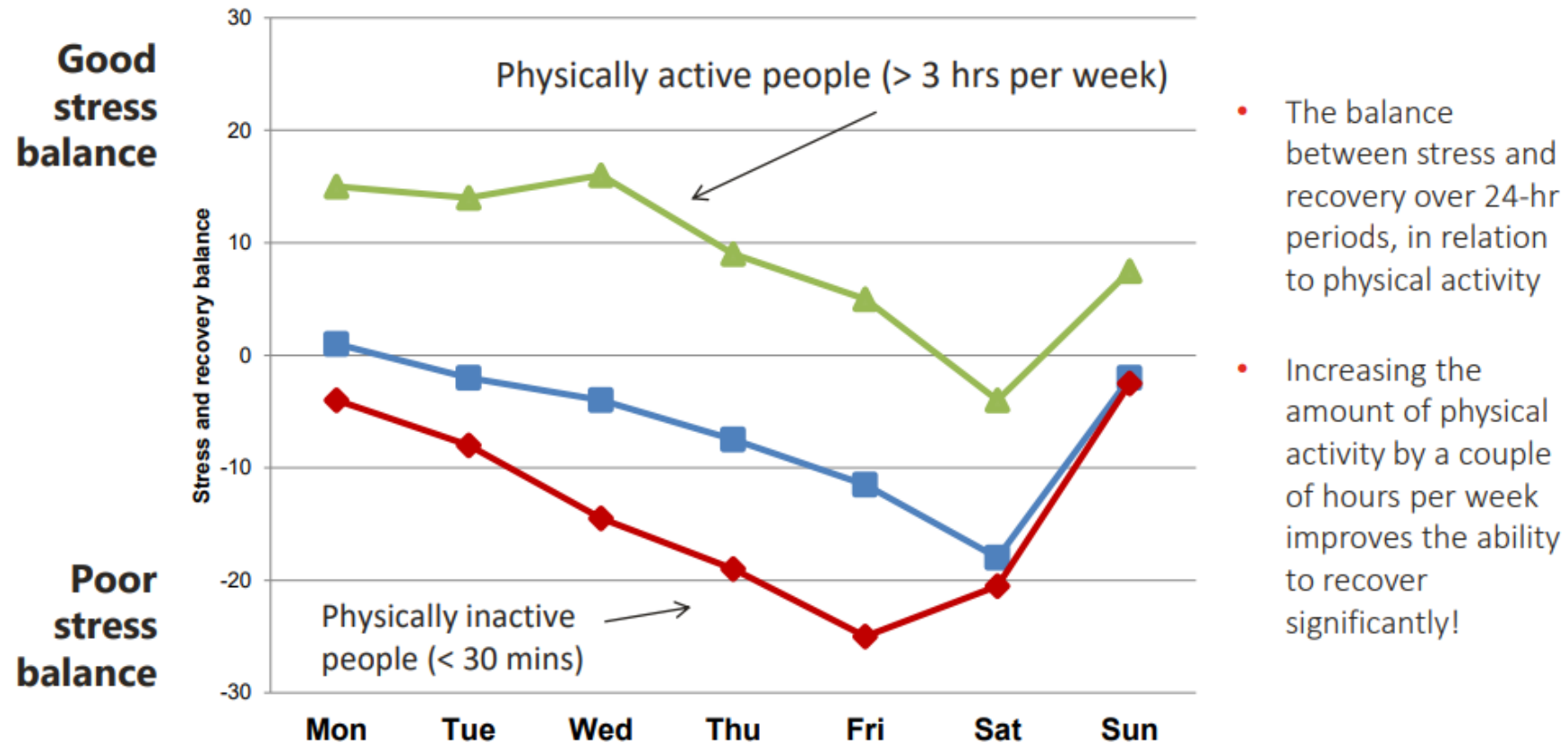
# Cardiovascular fitness



VO2 max, or maximal oxygen consumption, refers to **the maximum amount of oxygen that an individual can utilize during intense or maximal exercise**. This measurement is generally considered the best indicator of cardiovascular fitness and aerobic endurance



# Better fitness = improved capacity for recovery

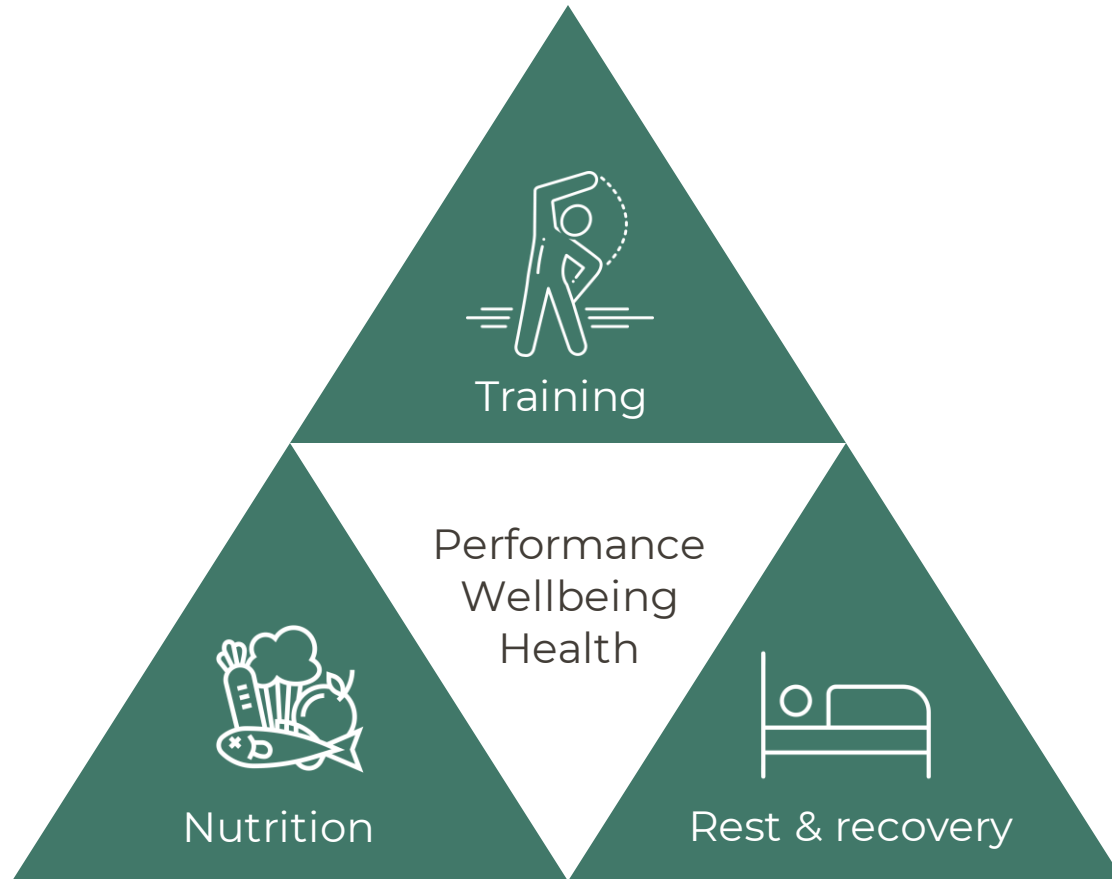


# Fitness development for different fitness levels

Very poor	Poor	Fair	Good	Excellent	Superior
<p>Even a small increase in daily activity will improve your fitness.</p> <p>Aim for some daily physical activity, you can start with 10-minute segments.</p> <p>For short trips, choose to walk or bike (e.g., to the dairy, local shops). Choose the stairs.</p> <p>House cleaning and gardening are great forms of daily activity</p>	<p>Your fitness will improve with light physical activity.</p> <p>Try to do some light physical activity every day, for example in 10-to-15-minute segments.</p> <p>Walking, swimming, biking, stretching for 15 to 30 minutes, several times a week are safe ways to start getting more active.</p>	<p>To improve your fitness, sometimes you need to change the intensity from light to moderate.</p> <p>Do some physical activity most days of the week for approx. 30 minutes a time.</p> <p>- Aerobic exercise 3-4 times a week. - Strength training 2 times a week.</p>	<p>Improving your fitness requires some physical activity almost daily and will need to include strenuous exercise regularly.</p> <p>Exercise on most days of the week for approx. 30 to 60 minutes at a time.</p> <p>- Aerobic exercise 4 times a week. - Strength training 2 times a week. -Flexibility 1 a week</p>	<p>Improving your fitness requires diverse training, alternating between easier and harder workouts and good management of the overall load.</p> <p>Exercise on most days of the week for approx. 45 to 75 minutes at a time. Include a variety of workouts to develop endurance, strength, speed, and mobility. Pay attention to sufficient recovery.</p>	<p>To further improve your fitness, you need to train hard and systematically alternate between hard and easy workouts. Pay attention to heart rate, HRV, sleep, recovery, and nutrition. Exercise almost daily, for approx. 45 to 90 minutes at a time. Include a variety of workouts to develop endurance, strength, power etc. Pay attention to a smart training rhythm and sufficient recovery.</p>
<p>Good activities: Walking Swimming Biking Gardening Poi</p>	<p>Good activities: Walking Swimming Aqua jogging Biking Kapa Haka Yoga</p>	<p>Good activities: Hiking Biking, Cross-trainer Swimming, Aqua jogging Dancing Strength training Pilates Running around with Tamariki, Kilikiti Hunting and gathering</p>	<p>Good activities: Jogging Biking (some hills) Ball sports Group exercise classes Strength training Pilates Waka Ama Tramping</p>	<p>Good activities: Running Biking (hills) Ball sports HIIT/ Cross Fit/ Interval training Pilates Stairs Strength training</p>	<p>Good activities: Running Biking (hills) Ball sports Strength training HIIT/ Cross Fit/ Interval training Pilates Stairs</p>



# Exercise triangle & the “double whammy”









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