



Wellness Lesson 2 Manual

REST & EXERCISE

In today's fast-paced business world, rest and exercise are crucial for well-being. They can reduce stress levels, increase productivity, improve physical and mental health, and prevent health problems.

Regular exercise has been shown to improve sleep quality. This can reduce stress levels. Exercise can increase energy levels, which can help to stay focused and alert throughout the workday. Rest is also important for physical health, as it allows the body to recover and repair. Exercise has numerous benefits for mental health, including reducing symptoms of depression and anxiety.

Key Concepts

- Current Progress
- Why, What, How and What If: Rest
- Why, What, How and What If: Exercise



Lesson 2 Task

1. Arrange to meet with your Accountability Partner. Create a plan to improve your ARSENAL (see Lesson 1).



Rest & Exercise

Reflect

Current Progress: What changes have you made to your Wellness so far?

Note down THREE insights.

1. _____

2. _____

3. _____

Reflect

A Place of Rest: How was that? How did your body feel in the place of rest? What are your indicators for when you feel rested? How do you know when you haven't had enough rest?

Note down THREE insights.

1. _____

2. _____

3. _____

The Benefits of Resting

- Heals your body
- Reduces stress
- Boosts creativity
- Improves productivity
- Enhances decision making



Rest & Exercise

Reflect

What are different ways you rest? Which work best for you?

For the right balance of rest in your life, what do you need to:

Stop: _____

Start: _____

Do more of: _____

Do less of: _____

Keep doing: _____

Reflect

What happens if we don't keep our commitment to rest?

Note down THREE insights.

1. _____

2. _____

3. _____



Rest & Exercise

Reflect

What benefits do you personally get from regular exercise?

Note down THREE insights.

1. _____

2. _____

3. _____

Guidelines From CDC

1. Adults need **150 minutes** of moderate-intensity physical activity and **2 days of muscle strengthening activity** each week.
2. **Move more** and sit less.
3. **Some exercise** is better than none.



Reflect

From your perspective: What is regular exercise? What kind of exercise do you enjoy?

Remember **incremental** is best – **start with 10 minutes a day!**



Rest & Exercise

Reflect

What **commitments** do you need to make in order to exercise regularly?
What **obstacles** to regular exercise do you need to remove and how/when will you do that? How will you **keep yourself on track**?

Note down THREE insights.

1. _____

2. _____

3. _____

According to the World Economic Forum:

- Almost 500 million people will become seriously ill by 2030 due to physical inactivity.
- This avoidable epidemic will **cost US\$27 million** a year.
- It's not just a developed world problem – three quarters of new cases will be in **middle-income countries**.
- It can all be prevented if people just take **an hour's exercise a day**.



Reflect

What happens if we don't keep our commitment to regular exercise?

Note down THREE insights.

1. _____
2. _____
3. _____



Rest & Exercise

Rest Resources

[The Wake-up Call; The importance of sleep in organizational life](#)

Hult International Business School

[The Benefit of Resting and How to Unplug in a Busy World](#)

Forbes

Thompson, H.L. 2010. *The Stress Effect: Why Smart Leaders Make Dumb Decisions--And What to Do About It*. 1ST Ed. San Francisco: Jossey-Bass.

Exercise Resources

[5-minute Standing Yoga Stretch](#)

Office break yoga video

[Yoga With Adriene](#)

Beginner-friendly online yoga series

[Netflix Fitness](#)

At-home workouts available on Netflix

[Caroline Grivan](#)

Free high-intensity strength training workouts

[Dance Cardio Workouts](#)

All levels friendly dance workouts of 10 to 30-minutes

[Nike Run Club App](#)

Free running app with guided runs and training plans. The *Couch to 5km Training Plan* is suitable for those new to running.