



Course: **Health and Wellness for Business Professionals**

Contact Hours: **24 Hours (8 Weeks, 3 Hours per Session)**

Pre-requisite: **None**

Introduction & Course Overview

This course provides business professionals with a comprehensive understanding of holistic wellness.

It covers essential aspects such as nutrition, stress management, exercise, sleep, and the prevention of lifestyle diseases, with a focus on practical strategies to enhance personal and professional performance.

It equips business professionals with practical tools and knowledge to enhance their overall well-being, leading to improved performance and sustained success in their careers.

Definition of Concepts & Learning Outcomes

Session 1: Introduction to Holistic Health and Wellness

- Overview of health and wellness: physical, mental, and emotional dimensions
- Importance of wellness for business success
- The impact of lifestyle on productivity and performance

Learning Outcomes:

1. Define holistic wellness and its key components.
2. Understand the importance of health in achieving professional success.
3. Identify personal wellness goals aligned with business objectives.

Session 2: Nutrition Fundamentals for Optimal Performance

- Basics of nutrition: macronutrients and micronutrients
- Balanced diets and meal planning for busy professionals
- The role of nutrition in energy levels and cognitive function

Learning Outcomes:

1. Understand essential nutritional concepts and their impact on health.
2. Develop strategies for meal planning and healthy eating habits.
3. Analyze the connection between nutrition and work performance.

Session 3: Stress Management and Mental Health

- Understanding stress: causes, symptoms, and impact on health
- Techniques for stress reduction: mindfulness, meditation, and relaxation exercises
- Strategies for maintaining mental health in a high-pressure work environment

Learning Outcomes:

1. Recognize the effects of stress on physical and mental health.
2. Apply practical stress management techniques.
3. Develop a personalized plan for mental well-being.

Session 4: Exercise and Physical Fitness

- The benefits of regular physical activity for business professionals
- Creating an exercise routine that fits a busy schedule
- Overview of different types of exercise: cardiovascular, strength, and flexibility training

Learning Outcomes:

1. Understand the role of exercise in improving overall health.
2. Design a practical exercise plan tailored to individual needs.
3. Identify ways to incorporate physical activity into daily routines.

Session 5: Sleep and Recovery

- The critical role of sleep in health and productivity
- Sleep hygiene: practices for better sleep quality
- Strategies for effective recovery and stress management through rest

Learning Outcomes:

1. Recognize the importance of sleep for physical and mental recovery.
2. Identify habits that promote healthy sleep patterns.
3. Implement strategies to improve sleep quality and overall well-being.

Session 6: Preventing Lifestyle Diseases

- Overview of common lifestyle diseases (e.g., heart disease, diabetes, obesity)
- Risk factors and prevention strategies
- How lifestyle choices influence long-term health outcomes

Learning Outcomes:

1. Understand the causes and prevention of common lifestyle diseases.
2. Evaluate personal risk factors and implement preventive measures.
3. Develop a proactive approach to long-term health management.

Session 7: Work-Life Balance and Building Healthy Habits

- Strategies for achieving work-life balance in a demanding environment
- Time management techniques and stress reduction methods
- Building and sustaining healthy habits for long-term wellness

Learning Outcomes:

1. Assess and improve work-life balance.
2. Apply time management strategies to reduce stress.
3. Create actionable plans for building sustainable healthy habits.

Session 8: Integrative Wellness Strategies and Course Wrap-Up

- Integrating nutrition, exercise, sleep, and stress management into a cohesive wellness plan
- Developing a personal wellness strategy tailored to professional demands
- Review of key concepts and open discussion/Q&A

Learning Outcomes:

1. Synthesize course material to create an integrative personal wellness plan.
2. Evaluate progress and adjust strategies for continuous improvement.
3. Articulate a clear, actionable plan for maintaining long-term health and professional productivity

Learning Resources, Methodology and Materials to be used during the sessions include:

- PowerPoint presentations
- Yoga and fitness movement segments
- Diagnostic exercises
- Video based and conceptual discussions
- Team members will engage in reflective questions, exercises and articulate a clear, actionable plan for maintaining long-term health and professional productivity