

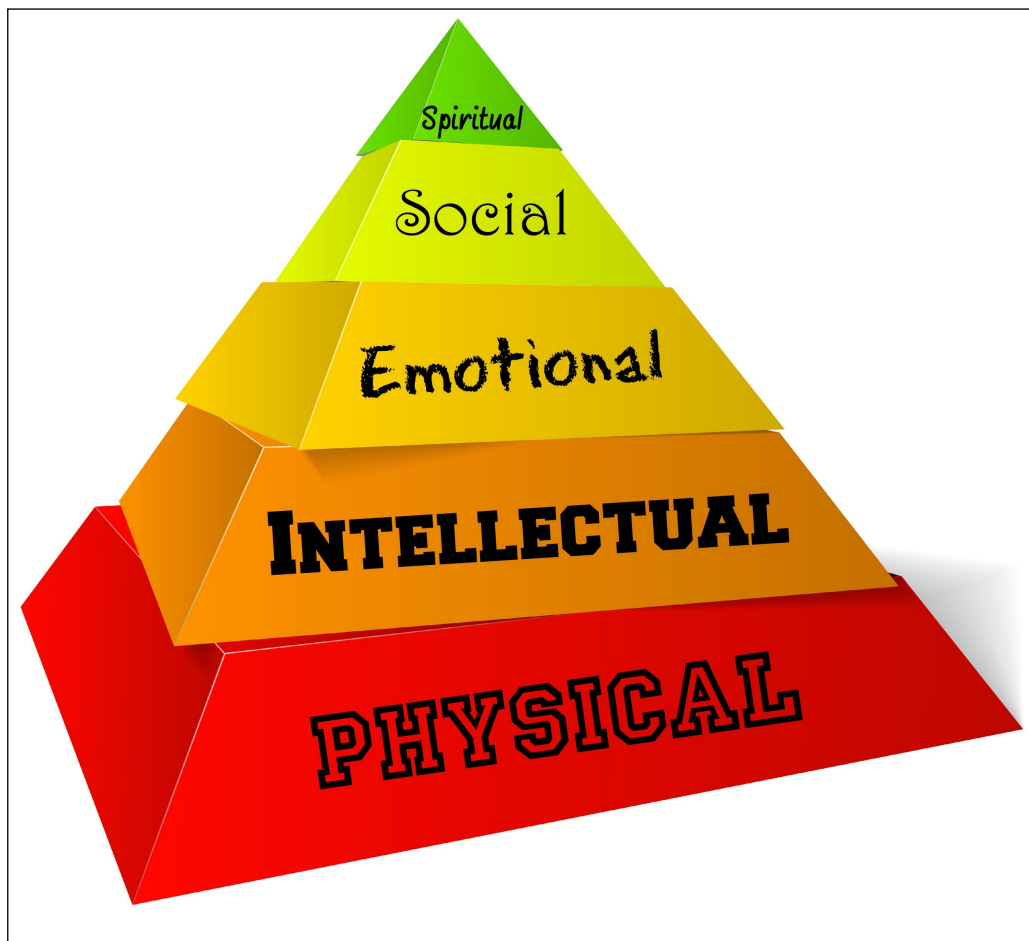
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# MY TOTAL FITNESS PLAN

Taking care of me on 5 levels of personal fitness

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## Introduction

As a professional in executive coaching and counseling, I see the value health plays in personal and professional relationships. Personally speaking, my effectiveness is correlated to my attention to fitness. I cannot give my best to my family, friends, or clients if I am not taking care of me first. It may sound selfish, but the truth is, we are our best with others when we take good care of ourselves. For me, it starts with personal fitness.

When it comes to personal fitness, most people think of physical exercise and nutrition. These are important areas of concentration. A **Total Fitness Plan (TFP)** covers more territory. As you can see in the pyramid above, in addition to physical fitness, intellectual, emotional, social, and spiritual levels are included in a TFP.

**My Total Fitness Plan** is a booklet designed to help you think holistically about fitness. Each area of fitness is addressed, helping you to understand the rationale, and to think about how you can incorporate it in your plan. In each section, you will be given an exercise to complete. This will help you assess where you are currently. At the end of the booklet, you can complete your own TFP using the easy format I provide. My TFP is included as an example of how I use it.

### Think Holistically About Fitness

What constitutes a self? Look in the mirror and you will see your body. Does this describe you in totality? Of course not! Humans are tripartite: body, soul, and spirit. Your body is an external representation of you. What about the internal part? You also have a soul which constitutes your mind and emotions. Finally, you have a spirit that seeks connection beyond the physical realm.

Another aspect of self is a basic human need for belongingness. We are not designed to live in isolation. Rather, we are social by nature. Being in relationship with others, allows us the opportunity to express ourselves in social situations. Furthermore, we grow as individuals through our interactions with others.

So, when we think about a total fitness plan, it covers these five levels: physical, intellectual, emotional, social, and spiritual. Stop for a moment and reflect on these five areas of fitness. Do you consciously give routine attention to all five levels?

Now let's examine how you can achieve total fitness by incorporating activities in each area. Below are some ideas to get you thinking. At the end can design your **TFP** to fit your interests.

## Physical Fitness



Physical activity is critical to a fitness plan. It also includes healthy eating. When you think about a physical fitness plan, what you enjoy doing? You can find several outlets for physical exercise. The key is choosing something you enjoy. In the list below choose your top five interests in physical activity by placing a number in the column to the left. Two columns are grouped by Physical Activity and Sports Activity. Extra space is included below to write in an activity that is not included in the list.

Column 1	Exercise Activity	Column 2	Sports Activity
	Aerobics		Tennis
	Cycling		Baseball
	Hiking		Soccer
	Kayaking		Softball
	Pilates		Football
	Running		Basketball
	Skating		Lacrosse
	Swimming		Volleyball
	Walking		Golf
	Weight lifting		Racquetball
	Yoga		Rock climbing

Now that you have identified the top five physical outlets you enjoy, you have some things to consider to include when you do your **Total Fitness Plan**. You don't have to do all five, but at least you have a place to start. Now, let's look at the Intellectual level of the **TFP**.



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## Intellectual Fitness



We addressed the physical side of fitness. Guess what? Our minds need exercise too! Studies show that exercising the brain correlates with mental health. There are several ways you can develop intellectual fitness. It begins with a question. *What am I interested in learning?* A new language? A hobby? Or maybe you would like to continue your education.

The opportunities are endless when it comes to learning. It doesn't have to be something that takes a lot of time or money. Watching nature shows or National Geographic channel

exercises the mind. In the list below, place a check by the areas of knowledge you may be interested in pursuing. You can add your own ideas, not on the list.

Column 1	Area of Knowledge	Column 2	Area of Knowledge	Column 3	Area of Knowledge
	History		Language		Biographies
	Technology		Science		Political Science
	Art		Music		Investments
	Musician		DIY		Nature
	Gardening		Writing		Philosophy
	Poetry		Culture		Architecture
	Geography		Mathematics		Parenting
	Psychology		Politics		Theatre
	Crafts		Marketing		Creative Arts
	Fashion Design		Astronomy		Religion

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## Emotional Fitness



Emotions play a major role in how we live in the world and interact with others. Think about it. Emotional expression marks the beginning of life when the infant screams in a fear response to birth. Within days and weeks more emotions surface, including happiness and frustration.

Early on we learn how important emotional expression is in communicating to get needs met. Unfortunately, many people have learned ways of coping by suppressing emotion. Childhood messages such as, *"You shouldn't feel that way"* are confusing to children.

Over time, some kids stop trusting their feelings and choose to bottle them up. This pattern may continue throughout adolescence and into adulthood. This is why some adults have a difficult time identifying their feelings and communicating them.

On the other hand, some individuals are overly attuned to their emotions. Others might say to them, *"You wear your emotions on your sleeve"*. People with high sensitivity to emotion can overwhelm others by their intensity. They need to learn ways to regulate their emotions better.

Emotional fitness strikes a balance between emotional suppression and over-expression. Individuals with a tendency to suppress emotion, will benefit from fitness exercises to help them increase awareness of feelings. For people who have a hard time controlling emotions, a fitness plan may include exercises that help them manage emotional intensity.

*Emotional fitness strikes a balance between emotional suppression and over-expression.*

The key is to be able to tune into your emotions and allow them free expression. There are several ways to do this. Music, movies, sports, or other forms of entertainment have a high emotional element. Allow your emotions to take the lead. Dance with the music, laugh at the comedy, cry at a movie, cheer your team. The goal is to feel.

Let me raise a caution flag. When it comes to competitive outlets, such as sports, be careful not to allow your emotions to get the best of you. Some people become overly

emotionally invested in their sports team. Frustration can boil into anger and rage if you are not careful. Remember, emotional fitness is about healthy expression.

### Emotional Fitness Assessment

Using the list below take inventory of your current outlets for emotional fitness.

- ☒ Place a check next to the social activities you currently do. Use the lines on the bottom to add social activities you do that are not included on the list.
- ☒ Place an x next to the social activities you would like to begin doing.

<input checked="" type="checkbox"/>	Outlets for Emotional Expression
	Acting
	Comedy programs
	Doing volunteer work
	Exercise
	Journaling and/or diary
	Listening to and/or playing music
	Playing board games
	Playing with kids
	Singing
	Talking with a friend
	Talking with a professional counselor, therapist, or psychologist
	Walks in nature
	Watching and/or engaging in sports
	Yoga

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## Social Fitness



Studies confirm that humans are social by nature. Social connection is linked to human survival. We enter the world completely dependent on our primary caretakers. During the course of maturation a level of independence is reached, usually in the young adult phase.

Ultimately, people function best in interdependent relationships, supporting one another in goals and aspirations. Social outlets provide opportunity to

connect with people outside our family relationships.

Social media has been a blessing and a curse when it comes to connecting with others. Media outlets like Facebook, Instagram, Twitter, and Pinterest, provide a powerful social platform to connect with people all over the world. Many people have become reacquainted and developed new friendships using social media portals. Unfortunately, social forums that connect people can become a substitute for direct human interaction. Texting, tweeting, and other quick and easy forms of communication are convenient, yet they lack the power of face-to-face interactions.

As you think about social fitness, how do you stack up? Are you content with your social life? Or, is something missing? If you could add one thing to your social life right now, what would it be?

Developing a healthy social life is important in your growth as an individual. In order for it to happen it has to be a priority in your life. It has to show up on your calendar. You have to be intentional to make it happen.

### Social Fitness Assessment

Using the list below, complete the following exercise to assess your plan for social fitness.

- ☒ Place a check next to the social activities you currently do. Use the lines on the bottom to add social activities you do that are not included on the list.
- ☒ Place an x next to the social activities you would like to begin doing.



## Social Activities List

I have a group of friends I spend time with regularly.

My spouse/partner and I have an active social life with other couples.

I am involved in activities outside the home that provide good social interaction.

I am in a musical group, drama, or other form of artistic group

I belong to a small group or Bible study in my local church.

I am in an exercise group at the health club/gym.

I am in a book club.

I have a regular night out with the girls.

I have a regular night out with the guys.

I am involved in a community service organization.

I am involved in a community outreach group.

I am on an organized sports team.

I have some close friends I keep in contact with on a regular basis.

I get together with my neighbors on a frequent basis.



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## Spiritual Fitness



Spirituality is a deeply personal matter. This is not a forum to discuss religion. Each person follows their own spiritual path. The point is to find a means to express your spirituality on a regular basis. Some individuals enjoy the rituals of religious observances while others prefer to focus on personal relationship. Whatever approach, if you want total fitness, attention to your spiritual life is likely to give you the greatest results. Here's why.

Motivation, focus, confidence, desire, perseverance, the elements necessary to achieve fitness, come from within. These lay within the deep core of the human soul. Some rely on a mental approach to activate energy and motivation. Spirituality goes deeper. It activates the heart and soul of the individual. This is the area where self-identity resides and from where it is expressed.

Attention to spirituality requires faith in something or someone greater than you alone. Faith simultaneously acknowledges human limitation and infinite power of the divine. It is an internal and external process. *Internally, I open up. Externally, I reach out for help.* The outcome is an internal change that does several things. Among them it:

- \* Enhances self-identity
- \* Heals emotional wounds
- \* Clarifies values: personal and social
- \* Crystalizes a sense of purpose and passion
- \* Instills competence and confidence
- \* Increases desire and motivation
- \* Influences will to act

### Spiritual Assessment

Take the spiritual assessment on the next page. It designed to give you an opportunity to describe your views based on your history and current experience. This will give you a profile of your current level of spiritual fitness.

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1. Regarding spirituality, I identify myself as:
    - ☐ Agnostic - uncertain God exists
    - ☐ Atheist - do not believe God exists
    - ☐ Pantheistic - universal view that God exists in all things seen and unseen
    - ☐ Christian
    - ☐ Jewish
    - ☐ Muslim
    - ☐ Other
  2. Write a brief narrative of your spiritual history from childhood to current.
  3. Has your spiritual views and/or practices changed over time? How?
  4. Currently, to what extent if any does your spirituality play a role in your life?
  5. What if anything would you like to change about how you practice spirituality?

## How To Use The Total Fitness Plan

You can begin to use the TFP right now. It is very simple process that involves two things:

1. Taking an inventory of what you currently do in each of the five areas.
2. Deciding what you would plan to add in each of the five areas.

Below is a sample of my TFP for 2014/2015. Your TFP follows. Enjoy!

My Total Fitness Plan <i>Don Olund</i>		
Area of Self-Care	What I do currently 2014	What I plan to add 2015
<b>PHYSICAL</b> Taking Care of My Body	Exercise 3x a week. Basketball 2x a week. Annual doctor and dentist visits. Eat smaller portions.	Jogging 2x a week. Try yoga.
<b>INTELLECTUAL</b> Feeding My Mind	Read career-related periodicals. Watch documentaries. Take training in social-marketing. Attend University of Chicago Fellowship program 1yr.	Read one biography. Take a photography class. Take Spanish speaking course.
<b>EMOTIONAL</b> Managing My Emotions	Journal once a week. Physical exercise and activity to release stress and have fun. Be honest with myself and others about my feelings.	Try yoga. Meditation Experience sky-diving
<b>SOCIAL</b> Investing in My Social Life	Weekly date nights with my wife. Spend quality time with guys in my business owners group. Have fun with basketball buddies. One-on-one time with close friends.	Develop relationship with colleagues in UofC program. More one-on-one time with grandchildren.
<b>SPIRITUAL</b> Expressing My Spirituality	Spend time in daily devotions. Journal reflections regularly. Use time, talent, and treasure to support ministry. Attend church regularly.	Write a book on spiritual formation.

## My Total Fitness Plan 2015

Area of Self-Care	What I do currently 2014	What I plan to add 2015
<b>PHYSICAL</b> Taking Care of My Body		
<b>INTELLECTUAL</b> Feeding My Mind		
<b>EMOTIONAL</b> Managing My Emotions		
<b>SOCIAL</b> Investing in My Social Life		
<b>SPIRITUAL</b> Expressing My Spirituality		