



LT ABRAHAM B. JIREGNA
COMMAND CHAPLAIN - TRACEN PETALUMA



WELLNESS WEDNESDAY



THE SIX PILLARS OF TOTAL FITNESS

CHAPLAIN ABRAHAM JIREGNA – TRACEN PETALUMA



**Life is a matter of CHOICES,
and every CHOICE you make makes you.**

The secret of greatness lies in the DAILY routines.
John C. Maxwell



THE SIX PILLARS OF TOTAL FITNESS

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LEARNING OBJECTIVES

- 1. Understand fitness from a holistic vantage point.**
- 2. Practice fitness from a holistic vantage point.**



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THE SIX PILLARS OF TOTAL FITNESS



THE SIX PILLARS OF TOTAL FITNESS

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- **INTRODUCTION:** The Six Pillars of Total Fitness
- **SECTION 1:** Physical Fitness: Building a Strong Foundation
- **SECTION 2:** Relational Fitness: Nurturing Healthy Relationships
- **SECTION 3:** Emotional Fitness: Mastering Your Inner Universe
- **SECTION 4:** Mental Fitness: Unlocking Your Potential
- **SECTION 5:** Professional Fitness: Called to Serve
- **SECTION 6:** Spiritual Fitness: Deepening Your Inner Connection
- **CONCLUSION:** Integrating Total Fitness into Your Daily Life



THE ROAD TO TOTAL FITNESS

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TOTAL FITNESS

is a multi-faceted approach for achieving one's optimal potential by intentionally focusing on the whole-person.

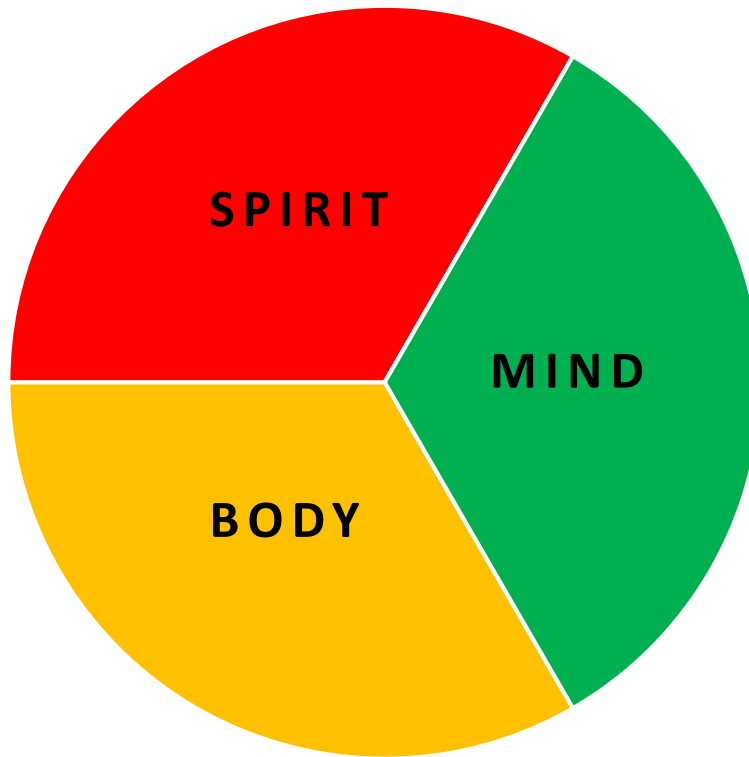


THE ROAD TO TOTAL FITNESS

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THE SIX PILLARS OF TOTAL FITNESS



PHYSICAL FITNESS
RELATIONAL FITNESS
EMOTIONAL FITNESS
MENTAL FITNESS
PROFESSIONAL FITNESS
SPIRITUAL FITNESS



PHYSICAL FITNESS



PHYSICAL FITNESS refers to the condition of the body, primarily influenced by regular physical activity, balanced nutrition, and adequate rest.



PHYSICAL FITNESS



- A well-rounded physical fitness program includes:
 1. **AEROBIC EXERCISE:** Cardiovascular exercises like running, cycling, and swimming enhance heart health and endurance.
 2. **STRENGTH TRAINING:** Resistance training improves muscular strength and body composition.
 3. **FLEXIBILITY EXERCISES:** Flexibility and balance exercises promote joint health, mobility, and injury prevention.



PHYSICAL FITNESS



80/20 RULE OF PHYSICAL FITNESS

- You cannot out-exercise a bad diet.
- Proper nutrition is a vital part of physical fitness.
- Fueling your body with healthy nutrition provides the energy needed to perform your workouts and the nutrients required for muscle recovery and growth.



PHYSICAL FITNESS



THE IMPORTANCE OF REST AND RECOVERY FOR PHYSICAL FITNESS

- **Rest allows your body to recover from workouts, rebuild muscle, and recharge energy.**
- **Quality sleep is just as important as diet and exercise for health.**
- **During sleep, your body heals itself and restores its chemical balance.**



PHYSICAL FITNESS



THREE MAIN OBSTACLES OF PHYSICAL FITNESS

1. **DON'T HAVE TIME.**
2. **DON'T HAVE MOTIVATION.**
3. **DON'T KNOW HOW.**



PHYSICAL FITNESS



TWO MAIN REASONS FOR PHYSICAL FITNESS

- **PHYSICAL FITNESS** is about building and maintaining a body that functions optimally, facilitating a high-quality, active life.
- **PHYSICAL FITNESS** is about improving your overall health, increasing your energy, and reducing the risk of illness.



PHYSICAL FITNESS



SUSTAINING A LIFESTYLE OF PHYSICAL FITNESS

- **Are you willing to make a lifelong commitment to invest 220 minutes weekly from 10,080 minutes?**
- **Even 20 minutes a day of physical exercise, as long as you're consistent, it'll make a great impact.**



RELATIONAL FITNESS



Relational Fitness focuses on the health and strength of our relationships with self and others.



RELATIONAL FITNESS



FOUR KEY ELEMENTS OF RELATIONAL FITNESS

1. COMMUNICATION
2. COMPASSION
3. CONFLICT RESOLUTION
4. MUTUAL RESPECT



RELATIONAL FITNESS



TWO TYPES OF RELATIONAL FITNESS

- **THE CHAIN OF RELATIONSHIP FITNESS**

1. Have a Timothy behind you,
2. Have a Barnabas beside you,
3. Have a Paul in front of you.

- **FOUR CIRCLES OF RELATIONAL FITNESS**

1. Family
2. Friends
3. Colleagues
4. Subject Matter Experts (Chaplain, Medical, etc.)



EMOTIONAL FITNESS



WHAT IS EMOTIONAL FITNESS?

- Emotional fitness is the practice of acknowledging, understanding, and effectively expressing our emotions.
- Emotional fitness is about our ability to handle life's ups and downs with a healthy and constructive emotional response.



EMOTIONAL FITNESS



EMOTIONAL FITNESS TEMP CHECK:

1. What kind of a situation is this?
2. What kind of person am I?
3. What does a person like me do in a situation like this?

IF YOU WANT TO CHANGE WHAT YOU DO, YOU HAVE TO CHANGE WHAT YOU THINK OF YOU.



MENTAL FITNESS



GUARD YOUR MIND - WHAT'S IN YOUR MIND?

- 'You will be the same person in five years as you are today except for the people you meet and the books you read.'
 - Charlie Tremendous Jones —
- Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
 - St. Paul —



MENTAL FITNESS



HOW WOULD YOU DEFINE MENTAL FITNESS?

- **Mental Fitness is more than just intelligence. It's about having a sharp and flexible mind, capable of learning, adapting, and growing.**



PROFESSIONAL FITNESS



WHAT IS PROFESSIONAL FITNESS

Professional fitness recognizes the personal satisfaction and enrichment one receives through their employment, academic, and/or volunteer and community engagement activities.



PROFESSIONAL FITNESS



The Japanese word **IKIGAI**, refers to a passion that gives value and joy to life.





SPIRITUAL FITNESS



WHAT IS SPIRITUAL FITNESS?

- Spiritual Fitness is the beliefs and practices that strengthen your connectedness with sources of hope, meaning, and purpose.
- Spiritual fitness relates to our ability to develop core beliefs to accomplish the mission with honor, persevere, prevail, cope with and enjoy life.
- Spiritual fitness is a person's sense of purpose, inner peace and relationship to other people and the divine. For many, spirituality includes God as well as beliefs about the meaning of life.



SPIRITUAL FITNESS



THREE TENETS OF SPIRITUAL FITNESS

Self	Others	Communities
<p>Living according to your beliefs impacts your mind, body, spirit and social domains.</p>	<p>Living according to your beliefs impacts people close to you- <i>spouse, partner, children, family, peers and co-workers</i></p>	<p>Living according to your beliefs impacts your personal and professional communities</p>



SPIRITUAL FITNESS



Spiritual Fitness is maintained by exercising the following three fundamental elements:

- 1. PERSONAL FAITH**
- 2. FOUNDATIONAL VALUES**
- 3. MORAL LIVING**



SPIRITUAL FITNESS



PERSONAL FAITH

- **The belief or trust in self, something or someone greater than self; influenced by our own unique set of beliefs, principles and values.**
- **In that single solitary moment in time when you are called upon to make a personal choice in whom or what you will place your faith?**



SPIRITUAL FITNESS



PERSONAL FAITH APPLIED

Researchers from Duke/Harvard found that the strongest and most consistent predictor for fewer destructive behaviors resulted from RELIGIOUS ATTENDANCE at least once/week & RELIGIOUS COMMUNITY INVOLVEMENT.



SPIRITUAL FITNESS



PERSONAL FAITH APPLIED

MARITAL STABILITY – 86% of the studies found increased marital stability.

- *LESS DIVORCE (41-47%), *Greater Marital Satisfaction, *Less Spousal Abuse,**
- *LESS CHEATING, *the percentages are better when there are two parents in home.**

EDUCATION - religiously-involved students performed better, less school dropout & underperformance due to drugs, alcohol, teenage pregnancy, delinquent activities.

DEPRESSION – 61% of Studies found a decrease in depression.

SUICIDE – 75% of studies found a decrease in suicide. Greater Hope and Optimism

ADDICTION – 86% of studies found a decrease in drug and alcohol addiction.

SOCIAL SUPPORT – 82% reported positive associations with social support.

PSYCHOLOGICAL WELL-BEING – 79% of the studies found an increase in life satisfaction and happiness in those with more religious involvement.



SPIRITUAL FITNESS



FOUNDATIONAL VALUES

- **The values you choose to live by will directly impact your choices and actions, and the character you display on and off duty.**
- **Spiritual Fitness is about living those values that produce choices and actions that build character and resiliency.**



SPIRITUAL FITNESS



MORAL LIVING

- Moral living combines your choices and behavior with your meaning and values.
- You choose the moral framework for your daily decisions.
 1. WIN EVERYDAY B GREAT
 2. WORK HARD STAY HUMBLE



SPIRITUAL FITNESS



SPIRITUAL FITNESS GUIDE (SELF-ASSESSMENT)

Spirituality may be used in a general sense to refer to that which gives meaning and purpose in life, or the term may be used more specifically to refer to the practice of a philosophy, religion, or way of living.

FIT	STRESSED	DEPLETED	DRAINED
<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Engaged in life's meaning/purpose ➤ Hopeful about life/future ➤ Makes moral decisions ➤ Able to forgive self and others ➤ Respectful of people of other faiths ➤ Engaged in core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Neglecting life's meaning/purpose ➤ Less hopeful about life/future ➤ Makes some poor moral decisions ➤ Difficulty forgiving self or others ➤ Less respectful of people of other faiths ➤ Neglects core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Losing a sense of life's meaning/purpose ➤ Holds very little hope about life/future ➤ Makes poor moral decisions routinely ➤ Unable to forgive self or others ➤ Strong disrespect for people of other faiths ➤ Disregards core values/beliefs 	<p>Potential Indicators</p> <ul style="list-style-type: none"> ➤ Claims life has no meaning/purpose ➤ Holds no hope about life/future ➤ Extreme immoral behavior ➤ Forgiveness is not an option ➤ Complete disrespect for people of all faiths ➤ Abandons core values/beliefs





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**ARE YOU TAKING
YOUR M.E.D.S.S.?**



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**WELLNESS
WEDNESDAY, FAM!
THANK YOU!**