

	Positive mindset	Nutrition	Cardiorespiratory	Muscle strengthening	Flexibility
Why do it	Enhancing positive mindset and emotional state can assist you in believing that success is possible. You will be able to handle daily and unforeseen stressors more easily.	Enhancing nutrition will improve your overall health and body composition (balance of body fat and lean tissue).	Enhancing the health of the cardiorespiratory system (circulatory and respiratory systems primarily) can reduce your risk of several noncommunicable diseases. ³	Muscle strengthening will improve your functional fitness (the ability to conduct daily activities with greater ease) as well as reduce the risk of several noncommunicable diseases. ³	Enhancing flexibility may decrease the risk of injury and may lessen the severity of injuries.
Recommendations	Adopt strategies that help cultivate positive mindset daily.	Adopt strategies to improve nutritional choices.	Adopt continuous physical activities involving major muscle groups (i.e., the legs) to increase and maintain heart rate at an appropriate intensity.	Adopt physical activities to increase your muscular strength and endurance.	Adopt physical activities that result in an increase in range of motion at all joints of the body.
Types of activities	<ul style="list-style-type: none"> • Meditation • Positive self-talk • Cognitive behavioural therapy 	<ul style="list-style-type: none"> • Strategically reduce or include specific foods based on the canfitpro pyramid of integrated nutrition. 	<ul style="list-style-type: none"> • Walking/running • Swimming • Cycling • Group fitness classes 	<ul style="list-style-type: none"> • Calisthenic exercise • Weight lifting 	<ul style="list-style-type: none"> • Stretching • Yoga
Beginners¹	Seek support from family and friends and plan to behave in a healthier way. Ask yourself questions like these: "When I start being more active, how will I feel?" "What will I look like?"	Start by reducing your poor food choices while introducing new, healthier choices. In particular, increase consumption of cruciferous vegetables (broccoli, cabbage, bok choy, and so on) whenever possible.	Start with low-intensity activities and increase duration and intensity gradually. The goal should be to perform sessions of 10 minutes or more in duration.	Start with slow, low-intensity movements (three to eight exercises) for one set of 12 to 15 repetitions. Build up to workouts of additional sets of each exercise to master the exercise technique.	Start with easy-to-accomplish stretches, held statically for at least 20 to 30 seconds. Increase the duration of the stretches and expand your choice of stretches.
Intermediate	Make small changes to the questions you ask yourself to strengthen your commitment and to stop you from relapsing. Identify activities related to unhealthy behaviours and replace them with positive ones.	Continue to reduce or eliminate more poor choices while increasing the frequency of healthier choices.	Increase the duration and intensity of your exercise sessions.	Gradually increase the volume or intensity of your exercise sessions and add progressively more complex movements appropriate for your goals and abilities.	Increase the duration and/or intensity of your flexibility sessions.
Advanced	Continue to ask yourself questions and be aware that you may be tempted to slip back into unhealthy behaviour, especially during stressful situations. Set new goals and challenges.	You may not need to alter your regimen. Continue to make few poor choices while increasing the frequency of healthy choices.	You may not need to alter your regimen. If you choose to increase volume or intensity, be careful not to overtrain. ² Strive to achieve balance across all five recommendations.	You may not need to alter your regimen. If you choose to increase volume or intensity, be careful not to overtrain. ² Ensure that you achieve balance across all five recommendations.	You may not need to alter your regimen. If you choose to increase volume or intensity, be careful not to overtrain ² and ensure that you achieve balance across all five recommendations.
Goal	Adopt strategies to strengthen your mindset on a consistent basis. Reduce or eliminate negative self-talk, replacing it with acceptance and positive self-talk.	Implement health-promoting nutrition and hydration focusing primarily on fresh, nutrient-dense whole foods. Minimize consumption of highly processed, energy-dense foods and drinks to support your health and healthy body composition.	Accumulate up to 300 minutes of moderate-intensity aerobic activity per week (about 43 minutes per day) or 150 minutes of vigorous-intensity activity per week (about 22 minutes per day), or an equivalent combination of moderate- and vigorous-intensity activity. Some people (i.e., athletes) may wish to increase time or intensity further.	Participate in muscle-strengthening activities involving all major muscle groups on three or more days per week. Momentary muscle fatigue should result before you perform 20 reps. Some people (i.e., athletes) may wish to increase time or intensity further.	Enjoy flexibility activities four or more days per week. Some people (i.e., athletes) may wish to increase time or intensity further while avoiding hypermobility. ⁴
Myohybrid™ approach	canfitpro's Myohybrid™ philosophy is an integrative approach for optimizing results in the most time-efficient manner. As you progress along your path to optimal health, we encourage you to integrate activities. For example, approaches such as bootcamp, circuit training, and certain group fitness classes, amongst others, will allow you to simultaneously train multiple aspects of optimal health at the same time.				

¹ It is normal to feel some soreness 1-2 days after exercising for beginners or those trying new activities. The soreness should not prevent daily function. ² Overtraining is doing too much, such that your daily function is impaired. ³ Noncommunicable diseases may include cardiovascular diseases, cancers, respiratory diseases, and diabetes, amongst others. ⁴ Hypermobility is the rare reduction in stability within a joint due to excessive flexibility. For more information on these recommendations, references, or to contact canfitpro, please visit www.canfitpro.com.
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