

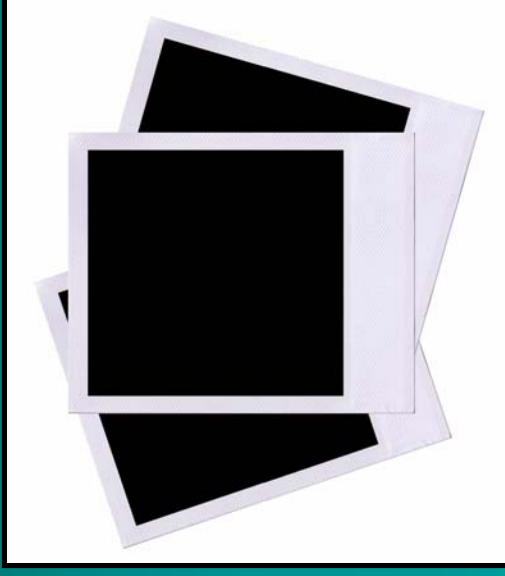
# Fitness for LIFE!

How I can Achieve,  
Maintain & Even Regain  
Optimal Health and Wellness

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# My Snapshot

- Where am I today?
- Close your eyes
- Relaxed breathing
- No judgment, just awareness
- With a mental Polaroid, take a snapshot of yourself
- Watch the snapshot develop



# My Picture

- My issues
- My goals
- My challenges
- Path to recovery
- Lymphedema



# 6 Elements of Fitness

- Function
  - Balance
  - Posture
  - Endurance
  - Flexibility
  - Strength
- My Perception
- Using form, quickly enter a number in each category from 1 to 10
    - 1 is terrible 😞
    - 10 is optimal 😊

# \*My Stars\*

- Star two categories
- Yes, I want them all, but only choose the 2 that most resonate for you



# Function

- ADL's
- Spine health
- Joint health
- Wake up
- Warm-ups



# Maintenance vs. Progression

- What is Maintenance?
- What is Progression?
- What motivates you?
- What gets in your way?
- What's FUN?



Chihully Exhibit,  
Phoenix Botanical Gardens

# Lymphedema as a Manageable Condition

- Manual Lymph Drainage
  - Self Care
  - Therapy
- Compression
- Lifestyle
  - Contraindications
  - Exercise



# Balance

What body part is:

- Important for balance
- Very responsive to minimal attention
- Largely ignored?



Hint: It's a joint

# Balance

- Foot Pumps
- Ankle Clock
- Ankle ABC's
- Pencil Exercises
- Walk turning head



# Posture

- Confidence after BC
- Anatomical Position
- Shoulder Clock
- Shoulder Rolls
- Dorsal Glide



# Endurance

- Intervals
- Breathing
- Benefits of Movement

One exercise,  
SO many benefits

- Warm up joints & body
- Coordination
- Strength
- Balance
- Endurance
- Flexibility
- Function
- Posture

- What works for you?

# Flexibility

- Low Back Pain?
- Bow String?
- Computer Use?
- Low Back Stretch
- Shoes & Socks
- Wrist & Forearm traction and mobilization

# Strength

- Importance of maintaining strength
  - Core Strength & Pilates Breathing
  - Modified Squats
  - Push ups

- Bone Density

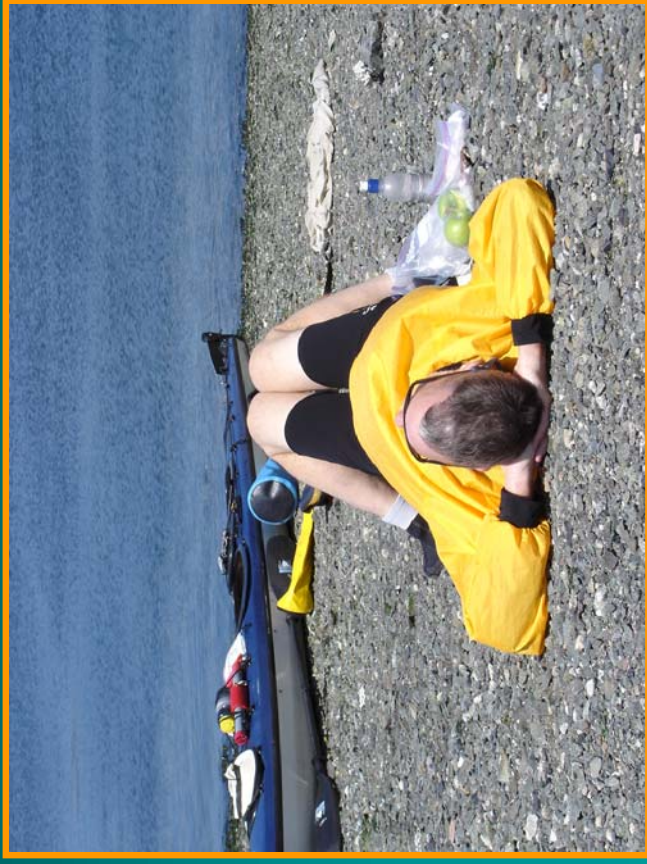
- The Kitchen Sink



# How Do I Fit It All In?

- Time per day
- Days per week

## THE MAGIC FORMULA



# My Snapshot Revisited

- Possibilities
- Priorities
- Adventures
- Life-changing Paths

