

**Unit 14: Exercise, Health & Lifestyle**

Submission Date: Thursday 28th November 2019

**Task 2b ‘Lifestyle recommendations’**

After your training period as an assistant fitness instructor, you are required to start assessing the lifestyle of clients that attend the leisure facility. You are required to assess their lifestyle and provide advice on how they can go about improving their lifestyle with specific strategies to improve their health. You are required to produce word document on one client, which covers the following:

Lifestyle recommendations

For the second part of the consultation, you are required to provide a range of lifestyle improvement strategies for your selected client based on their areas of improvement, which may include the following:

* Ways to increase physical activity levels
* Advice on stress management
* Advice on smoking cessation
* Advice on reducing alcohol consumption
* Advice on dietary changes

Describe the stages of behaviour change model and apply it to your client along with any common barriers that may prevent someone altering their lifestyle.

In addition, explain the recommendations of each of the lifestyle improvement strategies you have given above, saying why they are needed **and** why they are suitable for your particular client.

Recommendation example for client

Physical activity

Introduction of area of improvement

The first area for improvement is the fact my client does enough exercise a week, however my client needs to do more regular exercise a week to stay more fit and healthy.

Provide a recommendation (a range of recommendations are needed)

To do this change for life suggest that during the days that my client is unable to do physical activity and is working they suggest that during lunch take a walk in the park for 30 minutes as this is a good way of increasing the footsteps that my client takes a day and gets him closer to the national guidelines of 10000 steps a day.

Explain why it is needed for your client and why it is suitable

This is suitable for my client and this is because he does enough exercise a week, but too much space between exercise and this is suitable for my client, as it keeps a good level of fitness without forcing his body to over work, but ensures that he continues to develop his aerobic endurance. This is also suitable as it is time in the day when he has nothing to do and can take time out of work to relax. It is also free for my client to do as there is no gym to go to and so it is free and he has a park in which he can walk in which means that he can walk in areas easily. Also by having an hour for lunch it allows him to take time out to go for a walk.

Provide another recommendation

Explain why it is needed for your client and why it is suitable

**Continue with as many recommendations as is appropriate**