



SETTING AND ACHIEVING HOLISTIC HEALTH GOALS!

INTRODUCTION:

At JMB Fitness, we believe in a holistic approach to health and well-being. Setting and achieving health goals isn't just about improving physical fitness; it's about enhancing mental well-being and making positive lifestyle changes. In this guide, we'll walk you through how to set realistic, holistic health goals and the steps to achieve them.

LET'S START BREAKING THE STIGMA—YOUR MENTAL HEALTH MATTERS.

UNDERSTANDING HOLISTIC HEALTH:

Holistic health is about viewing yourself as a complete system. It encompasses physical, mental, and lifestyle aspects. When setting goals, it's important to consider how these elements interact and influence each other.

STEP 1: DEFINE YOUR VISION

Start by envisioning your ideal state of health.

Ask yourself:

- How do you want to feel physically?
- What does mental well-being mean to you?
- Which lifestyle habits do you want to adopt or change?

STEP 2: SET SMART GOALS

Use the SMART framework to create specific, measurable, achievable, relevant, and time-bound goals.

For example:

- Physical: "I will attend three Semi-private sessions per week for three months."
- Mental: "I will practice meditation for 10 minutes daily. Just sitting in silence"
- Lifestyle: "I will replace my daily orange juice with glass oof supergreens."

STEP 3: CREATE AN ACTION PLAN

Break down each goal into smaller, actionable steps. If your goal is to improve dietary habits, plan your meals weekly, focusing on whole, nutrient-dense foods.



STEP 4: INTEGRATE MIND-BODY PRACTICES

Incorporate activities that bridge physical and mental health, like yoga. These practices enhance physical strength and flexibility while promoting mental relaxation and clarity.

STEP 5: MONITOR YOUR PROGRESS

Keep a journal or utilize us coaches to track your progress. Regular check-ins will help you stay on track and adjust your plan as needed.

STEP 6: SEEK SUPPORT

Lean into your community and coaches. At JMB Fitness, we thrive of supporting and guiding you to your goals.

STEP 7: CELEBRATE MILESTONES

Acknowledge and celebrate your achievements, no matter how small. This boosts motivation and reinforces positive behavior. We call these NSV's (Non, Scalable, Victories)! Journal these.

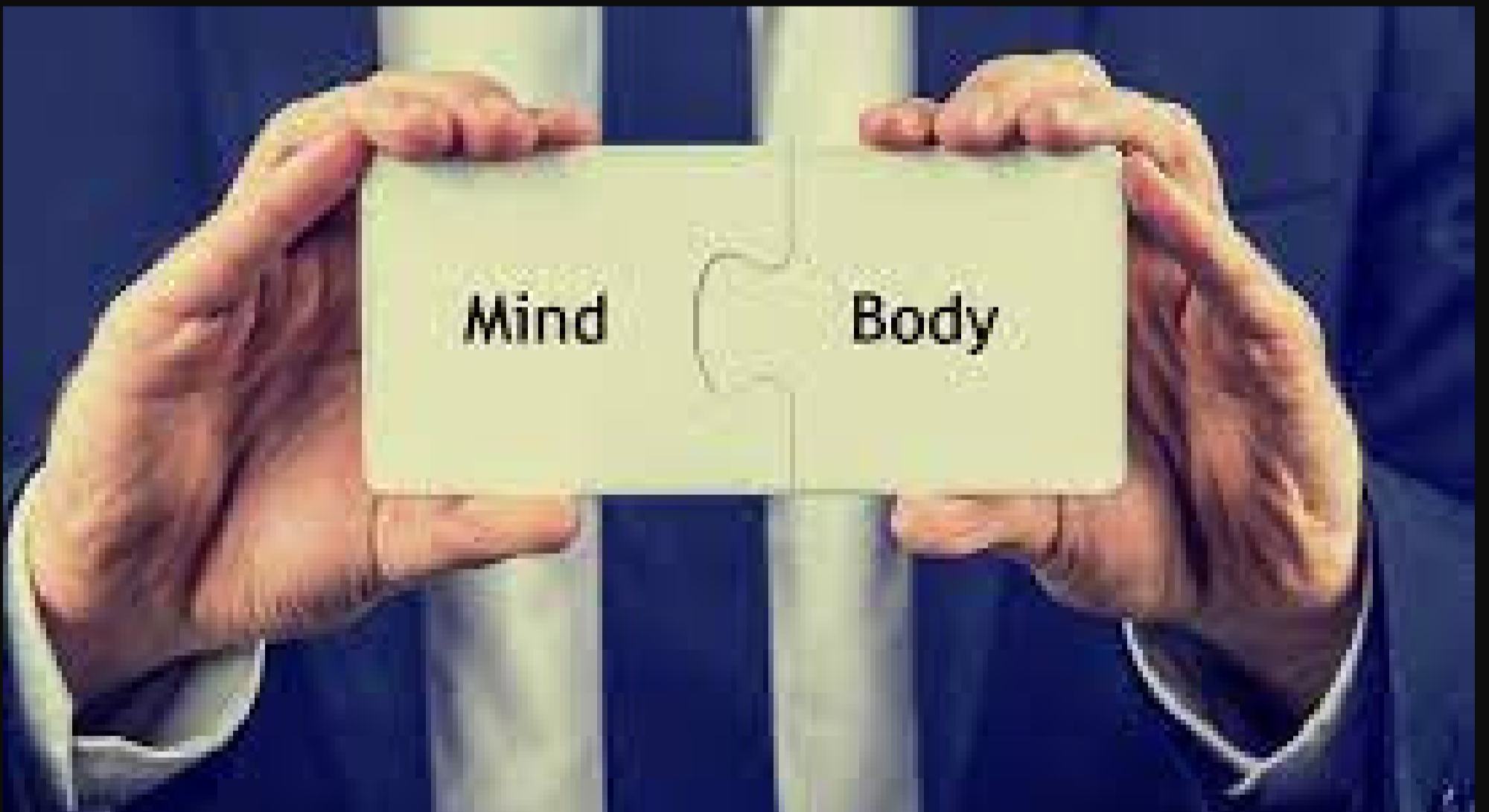
STEP 8: BE FLEXIBLE AND PATIENT

Understand that progress takes time. Be ready to adapt your goals as you evolve in your wellness journey. Anything worth having takes time, and once you achieve one thing a new door opens and the lense of life continues to expand your peripheral vision of your mind. New standards you will demand of yourself, Infinite possibilities.

“Persistence will get us wherever we desire but it’s Consistency that will keep us there”

CONCLUSION:

Setting and achieving holistic health goals is a journey that requires patience, perseverance, and self-awareness. At JMB Fitness, we're dedicated to guiding you through every step of this journey, ensuring that your goals in physical fitness, mental well-being, and lifestyle changes are met with success and sustainability. Let's embark on this path to holistic health together!



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