

➤ **What is my role and responsibility as a Personal Trainer in this crucial time of Covid19 and lockdown ?**

We all are facing the adverse current situations arisen due to COVID 19 and lockdown. It has restricted us to work from home and affected our physical movements as well. Working for long hours without proper attention towards our health is pushing us towards the unhealthy lifestyles. Psychological stress levels have been increasing and physical activities have been decreasing for the last four months which is also weakening our Immunity. This is the time when we need strong Immunity so that we can protect ourselves and our family members from such a harmful virus. I take it as my social as well as professional responsibility to bring the right changes in everyone's daily life so that everyone can feel much relaxed, more energized with positive mindset, which would lead to the productive thoughts and actions. Thus all of us can advance towards the quality contributions to our professional commitments and towards the responsibilities of personal life.

Details of Training Program

1. Duration	4. Muscles Strengthening & Body Fats Burning Drills
2. Mind Relaxation Techniques	5. Mindfulness Techniques
3. Muscles Activation Mobility Techniques	6. Building Good Coordination Between Body and Mind

1. **Duration:**

The duration of Session is 1hr.

2. **Mind Relaxation Techniques:**

To reduce the psychological stress, we would bring our awareness to our Breathing flow i.e. the process of inhalation and exhalation. It helps us to connect to ourselves and generates the positive energies through our Body and Mind. It also strengthens the Immunity from within which is very much required to protect ourselves and everyone present in the surroundings from an unseen enemy known as Corona virus in the present situation.

3. **Muscles Activation Through Mobility Techniques:**

Before starting the physical movements, it is always advisable to activate all our important muscles and joints. It helps us to feel much comfortable while doing the movements and drills. It also minimizes the probability of any kind of unnecessary muscle pulls and muscle cramps.

4. **Muscles Strengthening and Body Fats Burning Drills:**

In this section, we would perform some drills and exercises which would increase the strength, endurance, flexibility of the muscles and would help in burning the extra body fats leading us to achieve the better Health and Fitness.

5. **Mindfulness Techniques:**

I want to explain briefly the meaning of "Mindfulness" first. Usually, most of us worry about the future, the events which have not taken place yet or we stick to the memories of events which had taken place in the past and cannot be changed now. Mindfulness means to accept the reality as it is, to be in the present moment, to

understand the value of what we have which get usually ignored because our mind is occupied with some other thoughts and ideas which are not helping us in finding the right solutions of the problems and thus instead of feeling gratitude towards the blessings and available healthy body organs, we are focusing more on what is not available or what we want to achieve in future. The Mindful Techniques help us to bring our awareness and consciousness in the present time which helps us to understand the critical situations with more clarity and help us to find the appropriate solutions of the existing problems with positive mindsets.

6. **Building Good Coordination Between Body and Mind:**

It is very important to understand that our mental health is directly proportional to our physical health. example: The days when we feel sad or unhappy, our energies level go down and we feel exhausted.

Similarly our physical health impacts our mental health too.

example: If we feel pain in neck or back or any body part due to long sitting in front of screen and less physical activities, it makes us feel more stressed and affects our concentration and productivity too.

CONCLUSION:

In simple words, if we dedicate one hour thrice a week to take care of our own mental and physical health, it would increase the coordination between our Body and mind which would further results into high self esteem and high productivity in all the important aspects of our Life.

Thank You !

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PERSONAL TRAINER