Factors Influencing Health and Fitness

**Mental, Emotional, Spiritual**
- Past experiences *
- Emotional health +
- Over-eating when bored, sad, angry, etc.
- Self-esteem & Body-image
- Self-talk/Optimism
- Perceived happiness
- Purpose in life
- Work satisfaction
- Relationship satisfaction
- Enjoyable activities
- Spiritual support
- Stress management
- Altruism
- Goals/Preparation/Planning
- Problem-solving skills

**Physical**
- Genetics *
- Hormones *
- Age *
- Gender *
- Body type *
- Injury/Surgery *
- Perceived hunger +
- Disease/Illness +
- Medications +
- Metabolism +
- Sensory pleasure +
- Sleep patterns +
- Physical activity (amount and type)
- Alcohol/Drugs/Smoking
- Nutritional intake
- Calorie intake

**Environmental**
- Family/Cultural teachings *
- Opportunities for exercise +
- Family commitments +
- Work demands +
- Social support/Pressures +
- Commuting pressures +
- Amount and type of foods available +
- Pollution/Weather/Noise/Light +
- Financial resources +
- Stress +
- Travel +
- Nutrition information +
- Fast food prevalence +
- Media messages/Images +
- TV/Computer time

**KEY:**
- * factors you can’t control
- + factors you can influence
- **BOLD** factors you can control