

MINDFUL MOVEMENT

SET UP FOR SUCCESS

Think MATS!

You've made the commitment and are ready to move! Now what? Set yourself up for success and think MATS!

Mindset

Maintain realistic expectations. Think of exercise as a means of caring for your body and define why exercise matters to you. Go beyond "I want to lose 50 lbs" or "I want to fit into my skinny jeans" and find your *WHY*. Working out shouldn't be a punishment or a chore, but a way to care for yourself and help you achieve your ultimate goal.



Approach

Set an intention and move to give your mind and body what it needs. One size DOES NOT fit all when it comes to exercise. Do what your body is designed for, keeping injuries, conditions, preferences, and goals in mind. Explore the idea that movement can alter your mood. Use it to treat tightness or injury and notice how your mind and body are responding.

Time

Come away from the idea that you have to spend hours in the gym or that workouts are always long and draining. Find a schedule that works for you, and that will help you stick to it. Schedule exercise in your week like you would any other important commitment. Blocking off time in your agenda or setting reminders on your phone can help keep you accountable.



Start

The best way to move forward with something is to get started! Start at a reasonable level and build from there. Avoid getting stuck in the planning phase, thinking that you need to have a gym membership or a specific room in your home filled with every piece of equipment. Start with what you have and build as you get stronger and discover what you enjoy. Procrastination is self-defeating and promotes negative feelings, and those have no place in your plan!

Obstacles can't stop you. **Problems** can't stop you. **People** can't stop you.
Only **you** can stop you.

Jeffrey Gitomer

TAKE YOUR WORKOUT OUT OF THE GYM

The idea that exercise is for a club, studio, or fitness facility is so heavily ingrained in our mindset. Evolving schedules, budgets and circumstances are leaving many to wander outside those doors to get a sweat on.

HOME GYM 101

Cardio

Walking, running and stairs are great for cardio and they're free! Look for an indoor walking track in your area as well. If you want to add some equipment, check out these simple options.



Skipping Rope

- Take it easy as a warm-up or go hard for cardio
- Great for interval training

Indoor Bike Training Stand

- Skip on buying an exercise bike and let your outdoor bike do the job by adding a training stand

Step

- Get your heart rate up with toe-taps, v-steps, and step-ups
- It can double as a bench for light weight training

Conditioning

Your kitchen cupboard can be a convenient source for equipment. Soup cans, water bottles, and other items can be used as weights along with some of these equipment purchases.



Bands

- Effective, inexpensive, and easy to use

Hand weights

- Start with 5 or 10-pound weights and build from there

Kettlebells

- Great for interval training
- They can double as hand weights for some exercises

Flexibility

You can get a good stretch and improve flexibility with no equipment at all! Improving your flexibility and alignment can save trips to the chiropractor and massage therapist. Here are a few items to consider.



Foam Roller

- Myofascial release can help improve mobility

Trigger Point Ball

- Get into trigger point therapy to relieve pain and improve circulation

Yoga Strap

- Offers support for certain stretch exercises

Always consult your physician or other health care professional before beginning any exercise program.

Sources <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-2004826>
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