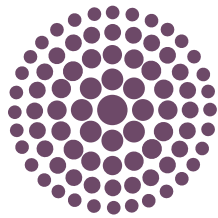


**Stay Healthy  
While Working | Working Out at Home**



**NoBordersFitness**  
anything is possible.

**Our world has changed in less than a week. If you have found yourself at home in isolation, kids are at home, you are now working at home, or finding the willpower to now workout at home, NBF is here to give you some tips.**

**The first steps of any new journey are always the hardest. Congratulations, you are officially a beginner again.**

**Some steps to take as a beginner with a new or unfamiliar routine:**

**Step 1: become aware and stop yourself when you fall into a habit you need to rethink. What we are trying to design is an immune system recovery guide. We need to establish some new routines to make us feel good to help us reduce stress, enjoy the present moment, and to work with what we've got. Sometimes, it's those small, yet consistent changes that have the best bang for your buck.**

**I would like to begin by stating that I am deeply committed to your physical and emotional well being during this time. We are proud to help you, guide you and help you shift your perspective on this. We are all in this together. This is an opportunity to surrender and rely on the strength, power, and calm you know you have, rely on it, and recognize it.**

**Let's go through some lifestyle tweaks that can help boost your health, fitness, energy, and mindset.**

**Conversation: Is there anything you are currently struggling with right now, or something that is currently hard to cope with?**

**First Tweak:  
The Choose Again Method**

**Notice the fearful thought – forgive the thought – proactively choose a better thought**

**NOTICE THE THOUGHT**

**So the first step is to witness your fearful thoughts getting out of control. In any moment we can notice that that coronavirus story is on loop in our minds. We're feeling pressure and uncertainty and fear. Just be gentle with yourself about having the thought: "Okay, there it is. Of course I'm having it."**

**Let yourself be really present with the thought, and identify where you feel it in your body. When we have a fear-based thought, there's also a physical response to it, so we want to make sure we don't neglect our body on our journey of getting back to a place of ease. For me, I feel it in my chest and my jaw, and I just feel an overall sense of tension.**

**Give yourself a chance to notice where you feel the anxiety, uncertainty, fear in your body. Then take a deep breath. Breathe into that space in your body. Honor the feeling, honor the thought. That's the first step.**

**FORGIVE THE THOUGHT**

**The second step is to forgive yourself for getting caught in the thought — and forgive the thought altogether.**

**You may be thinking, "Why do I need to forgive myself for having a thought about something that's real?"**

**We want to forgive ourselves for getting hooked into the obsessive ideas, panic and catastrophizing. (For example, maybe we're completely healthy, but we're constantly thinking about being unwell.) So just forgive yourself for going there. You can simply say, "I forgive this thought."**

## ***Forgive the fear-based thought.***

**Abraham-Hicks say a belief is just a thought you keep thinking. If you have a thought on repeat and you're repeating it over and over again, then you'll start to believe that thought is your reality — that it's who you are. Yes, there is a pandemic going on and it *is* our reality. But you can choose how you choose to perceive your situation. You can choose the *how* of your experience.**

**We can release our thoughts by forgiving them.**

## **CHOOSE AGAIN**

**The third step is to choose again. This is a very powerful technique of lifting yourself out of that hole of that fear-based thought. Maybe the thought is something like:**

- **"I'm going to get the coronavirus and I'm terrified."**
- **"I'm scared because somebody was coughing."**
- **"I can't sleep because of these stories."**

**Whatever the thought is, once you've witnessed it and forgiven it, you then want to reach for the next best-feeling thought. The best-feeling thought, in this case, can be something very simple, like:**

- **"I'm healthy right now."**

- **“I’m taking proper precautions.”**
- **“I have what I need in this moment.”**

**One by one, reach for the thoughts that make you feel better. Whatever it is that helps you to feel good, keep reaching for those thoughts and guide yourself out of the chaotic state.**

**If we keep perpetuating the fear-based story, what happens is that it builds up a lot of momentum. And frankly, it already has. It’s already built up a tremendous amount of momentum, and that momentum is just going to get stronger.**

**As people on a spiritual path, we have the ability to change it. We can undo the negative momentum and start to create momentum into a higher-vibration energetic state that feels better. We want to be seeking solutions rather than creating more momentum around problems. Let’s continue to bring positive energy to this issue.**

**Conversation: What tools do you currently use to control your thoughts?**

**Second Tweak: Get more sleep**

**The very first place to start is to get some GOOD sleep.**

**Optimize your bedroom! Getting enough sleep can impact your mood, mental clarity, your metabolism, and energy levels.**

**Try turning your cellphone off 1-5 minutes earlier before your set bedtime each night.**

**Conversation: do you have a good and established nighttime routine you want to share?**

### **Third tweak: Stand more**

**It is estimated that the average person will spend more than 70% of their waking hours with their butts seated during this time.**

**Your mind might go to “but I am exercising”. We are proud of you. We want to make sure we are keeping active in our daily life activities if still possible.**

**Exercising, even up to an hour a day, does not undo the negative effects sitting has on our health.**

**Limit your TV time.**

**If working from home: think about a standing workstation, scheduled breaks, or mixing in frequent and short sessions of light activity through out your door to boost your mood.**

**We recommend taking a break every hour if you are working from home.**

**Conversation: Are you currently working from home? Have you been for a while? What are the advantages and disadvantages? Do you have any tips for someone who has transitioned to work from home recently?**

### **Fourth Tweak: Exercises where you can.**

**Whether that be through a scheduled class time like we have for livestream workours at NBF, or whether you are planning watching a video or creating your own... schedule it like a meeting.**

**I would also suggest entering into some challenges – a little movement goes a long way! See how any pushups you can do through out a single day, and challenge yourself to do 14 days of that (HINT), write down your efforts!**

**Conversation: Are you new to working out at home? Do you have any tips? What is challenging/ an advantage to be working out virtually right now?**

**Fifth Tweak: Hydration in all of its forms**

**Once upon a time, coffee had a bad reputation. Studies show that caffeine can help boost your workout in the right ways!**

**We recommend a good and savoury cup of coffee in the am!**

**Ensure that you drink enough water through out the day, 1-2L. Stay especially hydrated if you are completing workouts at home!**

**Check in with your body: bathroom breaks? (ex: are you peeing more than once a day???)**

**Not a coffee drinker? Try tea. Grab some new flavours and experiment with what you love!**

**Conversation: Do you drink enough water??**

**Sixth Tweak: Time your pre and post workout food right**

**How is your nutrition? Find yourself snacking more regularly?**

**PSA: THAT'S OK! Our routine has been flipped upside down. IT'S ok if you are finding what works for you!**

**If you are tracking those habits that need to be re wired, you can start with what you are eating before and after your workouts. We want to ensure we are fueling our bodies properly so we can really push ourselves during our workouts at home.**

**We recommend at LEAST one hour prior to your workout to allow for digestion. The snack should have a combo of carbs and protein – protein provides your body with amino acids, and carbs will help you power through your workout.**

**Conversation: What are some good choices?**

**Tweak seven: Get to know portion control, have fun with it, and meal prep.**

**Are you cooking more at home lately?! Same. Are you embracing it?**

**We suggest planning your meals, researching some fun recipes, and have fun prepping with the fam!**

**You do NOT need to weigh out foods. You do NOT need to count calories. What we recommend is establishing an intimate relationship with your proteins, carbs and fats, and even meal prep and color coat your containers you put things in!**

**Another tip: try downsizing the plate you eat on.**

**Make sure to eat the rainbow!**

**Conversation: How is eating at home 24/7 going? Usually, eating out has fewer advantages than eating at home. How are you feeling about your kitchen and pantry?**

**We hope these small tips will help you start turning the wheel and help you recognize that an overhaul in your daily routine requires us to set new formats of what our day may look and feel like. Find below a weekly checklist for staying “healthy at home”. Sometimes a simple checklist is all we need 😊**



