



Beyond Personal Training
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

The Stress Connection

Finding ways to reduce or manage stress will have a lasting benefit on our health. Losing weight is easy. Stress is hard. It contributes to 80 percent of all chronic conditions including heart disease, stroke, auto-immune diseases, diabetes, and cancer. Stress can trigger you into compulsive eating. Stress causes cravings. On a deeper level, stress causes physiological changes. It increases blood pressure. Your heart beats faster. It can even cause a stomach ache or a headache. You can also become irritable, fatigued, and your cravings for salty or sweet increases.

Stress can also raise your cortisol levels, which increases your appetite, blood glucose, and body fat. Today, we live in a world of chronic stress. Our sympathetic nervous system (fight or flight) is always on and we rarely let our parasympathetic nervous system (rest and digest) take over to bring our bodies back into balance. This constant stress and constant increase in cortisol can also cause depression, impaired memory, impaired immune system, increase in menopause symptoms, and diminished muscle mass and bone density.

So, what can you do about it? You may not be able to quit your job or leave your family behind, but there are everyday things you can do that are just for you.

- Take a 20 -30 minute walk outside.
- Find a yoga class at your gym or through YouTube.
- Get a massage (@ Elite Therapeutic Massage ☺)
- Take an Epsom salt bath and or some lavender essential Oils
- Meditate
- Breathe
- Take time to read that book you've been wanting to read.
- Make that recipe you have been wanting to try.

The list can go on and on. Find what works for you. The more you can turn off your sympathetic nervous system and let your parasympathetic nervous system take over, the better you will feel. You will also make better food choices inherently. Healthy foods will be your new go to!



It's all about taking things slow and "Finding what feels good". We need to take care of ourselves in order to take care of others. In the past 20 years, we have become more and more accessible. There was a time in the not so distant past that when we left our house or office, we were unreachable. We would walk without looking at our phones and instead, enjoy the shapes that the clouds made in the sky or the color of a flower on a spring day. When we were driving in our cars, we weren't checking emails or texts at a stop light. We were listening to a song on the radio or just sitting in peace. It is time for us to stop, look around, and notice. Be in your body and your surroundings.

January 20, 2019

Weekly Challenge: 1 hour a day

Stress Reduction-Slow Down

Find an hour in your day to unplug and recharge. Weather it's first thing in the morning, and afternoon lunch break or a part of your nighttime routine, find time in your bust schedule to care for yourself.

*You can do
anything,
but not
everything*

Are you new to Essential Oils? Do you want to know more and have a personal scan to see what your body is craving?

Did you know you can schedule a free consultation and scan @ Elite Therapeutic Massage?!

The scan is like 'electronic muscle testing' and similar in function as a lie detector. Using galvanized skin response, it will pick up on your stress response to each oil and product. It identifies how many biomarkers are out of balance, scans the list of Young Living oils and products, ranks them from the lowest to highest preferred by the body. Then, it re-scans you out of the products your body prefers. The scan is a great tool to target what supplements and oils your body prefers. It's pretty cool!

Workout of the Week

Tabata Circuit 20sec rest/10 sec rest x 8 rounds followed by 1 minute recovery Cardio circuit followed by Core Strength circuit, repeat 3-5 sets

Cardio options:

Treadmill sprints or hills
Rower, Bike, Elliptical
Jump Rope
Total Body Extension (Jump Squats)
Mountain Climbers

Core Strength options:

Plank (any variation)
V-sit
Bridges
Bikes
Sit ups or Crunches



When it comes to anxiety, research suggests that applying essential oils topically might perhaps be one of the most effective ways to experience the full benefits. In the case of lavender essential oil, a study showed that the medicinal properties of lavender entered the blood stream in as little as five minutes of rubbing the oil on to the skin.



Relaxing Bath Blend: 1 cup Epsom salt + 3-4 drops each Lavender & Stress Away

Stress Free Snacks



1/2 cup pistachios



Hard boiled egg



1/2 cup yogurt



1 cup blueberries



an apple



1 cup almonds



cup of soup



1/3 cup edamame



2 kiwi



2 pc dark chocolate



2 c watermelon



string cheese



mini kind bar



balance break



grapefruit cup



Snack pack



P3 Pack



pretzels & humus



Jif to go



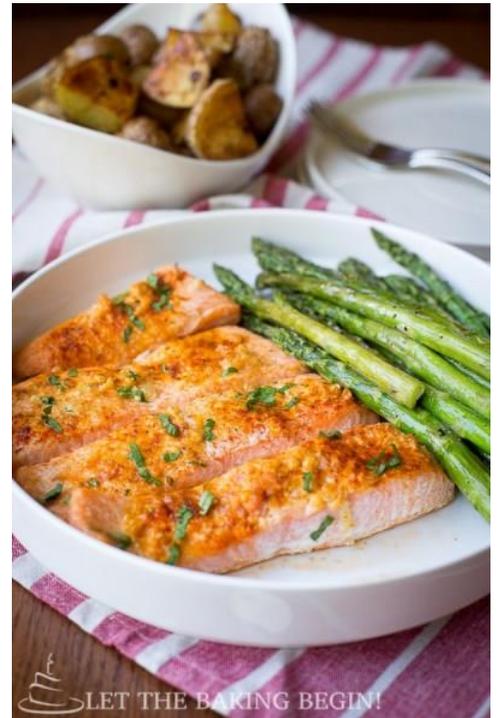
Veggie & Ranch

No Stress One Pan Dinner

Potato, Salmon, and Asparagus

Ingredients

- 2 lb Little Potatoes or small Yellow Potatoes thoroughly scrubbed and quartered
- 1.5 lb salmon cut into 4 portions
- 1 lb asparagus
- 2-3 tsp salt
- 2 tsp ground mustard
- 1 tsp paprika
- ½ tsp ground ginger *optional
- 1 tsp black pepper freshly ground
- 4 lemon slices
- Garlic Mixture
- 4 + Tbsp olive oil
- 4 cloves garlic pressed or minced



Instructions

1. Either in the baking pan or in a ziplock bag combine potatoes, ¾ teaspoons salt, ½ teaspoon freshly ground black pepper, and 3 tablespoons of the garlic/oil mixture. Toss together until thoroughly coated. Place on a parchment paper or foil-lined baking pan and space evenly placing the potatoes cut side down. Place in a preheated oven at 450F.
2. Bake for about 20 minutes and flip the potatoes cut side up. Bake for another 10 minutes or until the potatoes are soft and almost but not quite done. Move all potatoes to one corner of the baking pan, making space for the salmon and asparagus.
3. Add the salmon to the baking pan, spacing it about 1 inch apart. Sprinkle with salt. Brush the top of the salmon with the oil/garlic mixture. Generously sprinkle with ground mustard, followed by a light sprinkle of paprika and a very light sprinkle of ground ginger. Place a lemon slice on top of each piece.
4. On the spare side of the baking sheet or in a different bowl, toss the asparagus with 1 teaspoon salt, ½ teaspoon black ground pepper and the remainder of the garlic/oil mixture. If there isn't enough of the garlic/oil mixture, give a light drizzle of regular olive oil.
5. Place the baking sheet with potatoes, salmon & asparagus back in the 450F oven for another 12-15 minutes depending on the thickness of your salmon, or until the salmon is cooked all the way through. The potatoes should be soft and cooked through, so should the salmon. The asparagus will be cooked with still a slight crispiness on the inside. Remove from the oven and serve as is on the baking sheet or transfer to a serving platter and serve hot.

Serves: 4

Nutrition: 443 calories, 11.2 g fat, 45.7 g carbs, 39.2 g protein

*Feed Your Heart &
Nourish Your Soul
Women's Weekend*

February 8th-10th

Holbrook Lake in Detroit Lakes, MN

Registration: \$299



Drop self-judgement, shame and guilt as you release your resistance and empower your heart. Learn to Love your body...every inch of it, no matter age, shape or size while enjoying a weekend of decadent cuisine with caterer Barb Torgerson.



*The Art of Self-Love
Women's Weekend
Retreat*

February 22nd-24th

Holbrook Lake in Detroit Lakes, MN

Registration: \$299

Tune into that place where inspiration is present, the heart of creative practice. Engage and honor the connection between your heart, soul and divine femininity with guest artist Kerry Conlin.

Register @ beyondpersonaltraining.org

Questions? Call Becca Murphy at 701.361.4628