



**Beyond Personal Training**  
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

### *3 Instant Fitness Fixes*

**1. Trade Steady-State Cardio for Interval Training:** The road to a leaner body isn't a long, slow march. It's bursts of high-intensity effort paired with slower, recovery efforts. Fifteen to 20 minutes of interval training performed like this can burn as many calories as an hour of traditional, steady-state cardio. And unlike the slow stuff, intervals can keep your body burning long after the workout ends.

**2. Brace Your Core Before Every Exercise:** Your core is more than a six-pack, it's a system of muscles that wraps around your entire torso, stabilizing your body, protecting your spine from injury and keeping you upright. Fire these muscles before every exercise to keep your back healthy, steady your balance and maintain a rigid body position.

**3. Trade Machine Exercises for Free Weights:** Machines are built with a specific path the weight has to travel -- one that wasn't designed for you. If you're too tall, too short or your arms or legs aren't the same length, that fixed path won't match your physiology, and you'll increase the likelihood of injury and develop weaknesses. Trade your machine exercises for dumbbells, barbells, cables, kettlebells and medicine balls to build strength in ways more specific to your body, while also working all the smaller stabilizing muscles that machines miss.

### *3 Instant Nutrition Fixes*

**Problem #1:** You don't give new habits time to get established. It can take weeks for new habits to take hold. But if you don't acknowledge that, you might give up after just a few days and call yourself a failure.

**The fix:** First, make sure that the new habit you're trying to establish is reasonable and something you can actually do. Acknowledge that changing behavior is a process, and that you're going to slip into old habits from time to time. Give yourself credit for each and every time you perform a new habit in place of the old one.

**Problem #2:** You let one dietary slip ruin your whole day. Your diet gets derailed and you eat something you shouldn't. So, you just pig out for the rest of the day and promise yourself you'll get back on track tomorrow.

**The fix:** You can't change what you've already done, but you certainly have control over what you do next. If you've done some unplanned eating, put it behind you. Remind yourself that if you're mindful, you can probably still keep your nutrition in check for the rest of the day. Just get yourself back on track at your next meal.

**Problem #3:** You're too hard on yourself. If you think you should be perfect—that you'll always exercise every morning or never eat another piece of candy—you're setting the bar awfully high. When the day comes (and it will) that you just don't feel like exercising, or you eat something you shouldn't, don't beat yourself up.

**The fix:** Practice positive self-talk. Offer the same support to yourself as you would to a friend. You wouldn't tell your friend who's struggling with his weight, "You just don't have the willpower. I guess you'll just be fat for the rest of your life!" So, why do you say that to yourself? Practice talking nicely to yourself. And offer yourself support, instead of "This is too hard!" Think to yourself, "I can do this!"

February 17<sup>th</sup>, 2019

**Back, Core & Pelvic  
Floor Workshop**  
March 10<sup>th</sup> @ 1pm

**March Meal Prep Party**  
Sunday 3/17 @ 1pm  
Family Freezer Meals  
Smoothie Blender Bags  
& Energy Bites

**Weaving Wellness  
Retreat**  
March 22<sup>nd</sup>-24<sup>th</sup>  
Healthy Meal Prep  
Creative Expression  
Yoga & Meditation

**Creative Writing Artistic  
Retreat**  
April 12<sup>th</sup> -14<sup>th</sup>  
Expressive Painting  
Creative Writing  
Meditative Journaling  
Gentle Movement  
Creative Cooking

For more information on upcoming events go to  
[beyondpersonaltraining.org](http://beyondpersonaltraining.org)

**CREATE  
HEALTHY HABITS  
NOT  
RESTRICTIONS.**

