

Awareness & Acceptance

Mindfulness is threaded throughout so much of what we are. It's because true awareness and authentic acceptance are the first steps to real change.

One of the main blocks to genuine change is resistance - resistance to pain that we'd rather suppress, and resistance to who we are. This is why awareness and acceptance are key to healing and transformation. When you become aware of why you do the things you do as well as accept yourself as you are, then you can finally heal and grow from a place of honesty and love.

How many times have you engaged in a "bad" behavior that you want to change (like binge eating) without even realizing it? It's a little like being on autopilot and not realizing you did something until after the fact.

You don't just eat a whole pizza out of the blue. There are beliefs, thoughts, and feelings that fuel your behaviors. This is why you need awareness to make changes. You need to be aware of your thoughts on a daily basis. Because binge eating has nothing to do with food. It has everything to do with us externalizing an internal problem and trying to cover it up. The more emphasis we put on food and weight loss the worse the problem gets. Fad diets, the newest exercise trend, supplements and anything else outside of us is never going to fix the internal problems. You might think you need to lose 10 pounds, and maybe you do, but what you really need is self-love. An unconditional self-love that starts with awareness and acceptance.

Be mindful of your thoughts and feelings.

It's not about "fixing" them, it about accepting them.

Acceptance goes a long way when it comes to healing. Take your body, for instance. If you struggle with body image and hate your body, know this: you don't need to love your body to accept it. You can hate it AND accept it at the same time. The point is to just accept how you are now, "flaws" and all. From there, you can start your journey of growth and healing from a place of honesty. The truth is that if you genuinely hate your body, you can't just stare in the mirror and say "I love my body" a hundred times a day and "fix" yourself. But you can love the part of you that hates your body.

When it comes to acceptance, remember that it doesn't equal complacency. Just because you accept yourself how you are doesn't mean you'll become complacent and give up on growth and transformation. It's actually the opposite. Acceptance is the key to REAL change, because at the end of the day...

You can't heal what you hate



Beyond Personal Training
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

Upcoming Events

MEAL PREP PARTY

Sunday, June 9th @ 4pm

- Chicken Apple Bacon Sliders
- Grilled Bruschetta Chicken
- Sun-dried Tomato and Goat Cheese Stuffed Chicken
- Parmesan Potatoes
- Cucumber Bruschetta Salad
- Blackberry & Chia Breakfast Pudding

GIRLFRIEND GETAWAY

MINI RETREAT

Saturday, June 22nd @ 12pm

- Catered Lunch
- Make Stamped Jewelry
- Create Essential Oil Skin Care
- Therapeutic Drumming – with Deb Moen
- Progressive Relaxation and Guided Meditation

4 WEEK WELLNESS SERIES

Mondays in July @ 6:30pm

Elite Yoga Studio

- Back, Core & Pelvic Floor
- Meal Prep 101
- Ditch the Diet
- Finding Balance

For more information and to register for all events, go to:

Beyondpersonalytraining.org/register

Workout of the Week

Ladder Option #1 (Full Body)

- 100 Walking Lunges
- 90 Banded Rows
- 80 Crunches (Ball)
- 70 Goblet Squats
- 60 Banded Chest Press
- 50 Bikes
- 40 Banded Bicep Curls
- 30 Tricep Dips
- 20 Deadlifts
- 10 Burpees

Ladder Option #2 (Legs & Abs)

- 100 Walking Lunges
- 90 Second Plank
- 80 Goblet Squats
- 70 (Modified) Bikes
- 60 Alternate Side Lunges
- 50 Crunches (BOSU)
- 40 Alternate Curtsy Lunges
- 30 Single Leg Drops
- 20 Deadlifts (BOSU)
- 10 Full Roll Ups

Blackberry and Chia Breakfast Pudding

Yields: 4 servings

Ingredients:

- 1/2 cup fresh blackberries
- 3 tablespoons chia seeds
- 1 cup unsweetened coconut milk
- 1/2 cup plain Greek yogurt
- 1/4 teaspoon almond extract
- 2 tablespoon honey
- 1 tablespoon unsweetened shredded coconut
- 1/4 cup toasted sliced almonds

Instructions:

In a mixing bowl, crush the blackberries with a fork until mashed well. Add the chia seeds, coconut milk, yogurt, almond extract, honey, and shredded coconut. Mix well, cover and refrigerate overnight. Don't worry if the mixture is a little runny, it will thicken as it sets!

To serve, remove from the refrigerator and stir. If the pudding is still too runny for your preference, add additional Greek yogurt. If it is too thick, add additional coconut milk. Spoon into serving bowls and top with sliced almonds.

Nutrition: (Serving Size: 1/2 cup) 211 Calories, 12g Fat, 19g Carbs, 8g Protein



4 WEEK WELLNESS WORKSHOP SERIES

WEEK #1 BACK, CORE & PELVIC FLOOR

- 15-30 MINUTE MEAL PREP
- PLAN YOUR MEALS
- MEAL PREP HACKS
- LAZY GIRL MEAL PREP
- MEAL PREP ESSENTIALS
- THE BEST MEAL PREP CONTAINERS
- FOODS THE FREEZE WELL & THOSE THAT DON'T
- HEALTHY SWAP OUTS
- GO-TO EASY RECIPES

WEEK #2 MEAL PREP 101

- HOW IT ALL WORKS TOGETHER
- COMMON CAUSES OF BACK & HIP PAIN
- IDENTIFYING THE PELVIC FLOOR
- BRACING & BREATHING
- 3 COUNT BREATH
- EXERCISES TO IMPROVE CORE STRENGTH AND STABILITY
- PACKET WITH 40+ EXERCISES (PICTURES & DESCRIPTIONS)

HEALTH COACH BECCA
MURPHY WITH BEYOND
PERSONAL TRAINING
CERTIFIED HEALTH COACH
PERSONAL TRAINER
SPORTS & FITNESS
NUTRITIONIST

MONDAYS IN JULY @
6:30PM
\$25 PER WORKSHOP
\$80 WHOLE SERIES
* IF YOU SIGN UP FOR
COACHING, THE COST
PAID TOWARDS
WORKSHOPS WILL BE
SUBTRACTED FROM COST
OF COACHING

WEEK #3 DITCH THE DIET

- WHY DIETS DON'T WORK AND W
- UNDERSTAND THE CONSEQUENCES OF DIETING
 - WHY ONE DIET DOESN'T WORK FOR EVERYONE
 - THE MYTHS WE'VE BEEN FALLING FOR
 - LEARN HOW TO CALCULATE YOUR INDIVIDUAL CALORIE NEEDS
 - WHAT TO FOCUS ON ADDING IN INSTEAD OF RESTRICTING

WEEK #4 FINDING BALANCE

- WHAT DOES IT MEAN TO BE BALANCED
- HOW DO YOU FIND BALANCE
- THE BALANCE WHEEL
- PERSONAL WELLNESS QUIZ
- EMOTIONAL, INTELLECTUAL, SOCIAL, PHYSICAL, SPIRITUAL, ENVIRONMENTAL, FINANCIAL ASSESSMENTS

BEYOND PERSONAL TRAINING

CORE CONDITIONING CLASS
TUESDAY & THURSDAY @ NOON
ELITE YOGA STUDIO
1121 WESTRAC DRIVE
SUITE 202

