

March 11th, 2019



Beyond Personal Training
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

Springing Forward...Finding it hard to find the motivation to exercise after all this cold and snow? Sometimes exercising isn't the hard part, it's more about getting motivated!. Even though it's still white outside there are some things you can do to get you in the Spring mood. We all need a little help getting our groove back on. Time To get motivated!

Because it's far too easy to skip the gym in the winter (you want me to put on boots and then change into running shoes, not to mention all the other layers), it's entirely possible your workout gear has gotten a little dusty over the past few months. One thing that helps me get motivated to move is a little retail therapy. All of the new Spring colors and designs are in stores now. Buy yourself something cute that makes you feel good. For me it was a new pair of sparkely kicks!

How about some spring cleaning? Not just cleaning out closets and drawers but bringing some new energy into your home. Switching out some of your winter décor and replacing it with brighter colors and fresh flowers. Lighting candles or using lotion that reminds you of warmer weather. I've been using Citrus Fresh Essential Oil in my difuser to make things feel a little springier (I don't even know if that's a word).

Or, think about trying some new recipes. We've been eating comfort food all winter long. It's time to rediscover fresh fruits and vegetables or maybe dig out your grill. Nothing gets me felling like warmer weather is on it's way like grilling.

There's a theme to getting and staying motivated, and that is to keep moving forward regardless of obstacles (like snow storms). There's a misconception that being motivated means you'll never face opposition, defeat or failure. To the contrary, every successful person has faced numerous obstacles, disappointments and their fair share of discouragement. However, they had the inner conviction to keep going, not necessarily in a failed endeavor, but in their belief that they'd figure out life, their path, and ultimately succeed. Your mind has all the power you need to overcome any challenges. You are stronger than you know.

It's up to you. Spring is nearly here, it's time to get outside, participate in some outdoor activities and get moving! It's time to remember all the things you love about getting outside and getting active

Need a little more motivation?

**The Spring Meltdown
Healthy Habit Challenge
begins March 19th**

44 days of healthy habits to keep you focused and on track. Each day I will list a new habit on the Beyond Personal Training Facebook page. You must register (\$25) online @ beyondpersonaltraining.com and comment each day on fb. What you put in the comments is up to you. It can be an Emoji, a picture, a check mark. As long as I know you've checked the habit for the day. 80% participation is required to be eligible for the free month of coaching and wellness basket drawing at the end of the challenge.

The best way to predict the future is to create it.

It's all about accountability. You can mold and create the life you want to live and the lifestyle of your choosing. It's all up to you to take those first steps.



Upcoming Events

March 17th – Meal Prep Party

March 19th – (Facebook) Spring Healthy Habit Challenge

March 22nd – Weaving Wellness Retreat (3 spots left)

Workout of the Week - Glutes & Bridges

This past Sunday I held a CORE workshop. Here are some movements from that event.

I like to start out glute work with **banded clams**. Lying on your side with the band placed above the knees, open from the hips by squeezing the glutes without rocking back. Repeat 15-25 times each side.



Bridge: Lying on your back with your legs bent and feet on the floor and your hands by your side. Tighten and squeeze your pelvic floor muscles, engage your glutes and hamstrings while breathing out as you lift your hip bones toward the ceiling. You should have a straight line from shoulders to knees. Make sure you do not lift with the back. Pause and repeat for a set of 15



Bridge with March: Start the same as above, but when you reach the top and pause lift one foot off the floor. Be sure and keep your pelvic floor muscles and glutes engaged to help keep the hips level. Repeat with the other for a set of 10 total.



Bridge with triple ball squeeze: Lift from the hips, using your hamstrings and glutes. Hold the movement while squeezing the ball between the knees using the inner thighs 3 times before lowering. Repeat 10-15 times.

Butterfly Bridge: Again, lift from the hips, using your hamstrings and glutes. When you reach the top of the movement open up your knees as far as you can without dropping your hips and then bring them back together before lowering down. Repeat 10 times.



5 Ingredient Thin Mint Energy Bites

- 1 (8oz) bag Pitted Dates
- 1 (16oz) Jar Almond Butter
- 2 Tbsp Honey
- 2 Tbsp Cocoa Powder
- 12 drops Young Living Peppermint Essential Oil

Put all ingredients into a blender or food processor and pulse until combined. Scoop onto parchment paper and refrigerate



With a small scoop = 32 bites

Nutrition: 121 calories per serving, 8.5g Carbs, 2.8g Protein, 8.3g Fat

Suggested serving size = 2

Note: you could substitute chocolate protein powder for cocoa