



Beyond Personal Training
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

What is the difference between health and wellness?

Health focuses on the physical and mental body being free from illness, injury, or disease. Health is a goal you work to achieve. Wellness addresses the broader spectrum of your body encompassing the overall balance of your physical, mental, and spiritual well-being. It speaks to the way you live your everyday life. It is not an end to be achieved, rather it is a lifestyle that you adopt.

The importance of health and wellness is reflected by the fact that diets, weight loss programs, exercise programs, equipment, fitness facilities, spas, nutritional supplements and activity/leisure groups of all sorts are now commonplace in our everyday lives.

Regardless of a person's age, size, shape or perceived attractiveness, it is wellness that is the cornerstone of quality of life. It determines how we ultimately look, feel, interact with others and thrive in life and work. Wellness is the conscious development of the whole self.

Wellness should include these basic beliefs.

Holism –. The aim is to be conscious of yourself as a whole and complete person, living life as fully as possible.

Balance –Lack of sufficient attention to any one area will result in less-than-optimal personal development and can lead to chronic unhappiness.

Self-Responsibility – a “WELL” person owns up to his or her responsibility for health and happiness and does not allow others to take control over decisions he/she needs to make for him/herself.

Positive and Proactive – wellness requires primarily positive perspectives and values by which to live. It also requires a strong sense of purpose and conscious, deliberate action.

What you can do to improve overall health and wellness?

Your body is a direct reflection of what's going on in your mind. In order to be successful improving the quality of your life you must change your mindset. You can't wait until everything is just right because it never will be. There will always be hurdles to leap and challenges to be faced. Stop wearing your 'busy-ness' like a badge of honor. Stop feeling obligated to be reachable 24/7 by people that have a warped sense of urgency. Stop being hijacked by the needs and desires of others.

Knock it off with all the talk of too busy, too tired, too hard, too early etc. You have the ability to control your destiny. Your future is wide open, and you can create it by what you chose to do.

MARCH 25, 2019

GET FIT—GETTING FIT IS A SLOW AND STEADY PROCESS, BEING FIT IS NOT A DESTINATION, IT IS A WAY OF LIFE. ADHERING TO REGULARLY SCHEDULED WORKOUTS WILL TAKE COMMITMENT, DETERMINATION, AND DISCIPLINE; DOING WHAT NEEDS TO BE DONE, WHEN IT NEEDS TO BE DONE, WHEN YOU DON'T WANT TO DO IT.

EAT WELL—EVERY LIVING CELL IN YOUR BODY IS MADE FROM WHAT YOU EAT AND DRINK. IF YOU CONSISTENTLY EAT AND DRINK JUNK FOOD, YOU WILL HAVE A JUNK BODY. FOOD IS NOT JUST CALORIES, IT IS

INFORMATION; IT TALKS TO YOUR DNA AND TELLS IT WHAT TO DO. FOOD CAN BE YOUR MEDICINE OR YOUR POISON, CHOOSE WISELY.

SLEEP SOUNDLY--IT'S IMPORTANT TO MAKE SURE THAT YOU GET THE REST YOUR BODY NEEDS. WHEN YOUR BODY IS FULLY RESTED AND YOU ARE GETTING THE DEEP SLEEP YOU REQUIRE, YOUR HORMONES WILL WORK TOGETHER AND SUPPORT YOUR OVERALL HEALTH AND WELLNESS GOALS.



Workout of the week – Medicine ball Exercises (10-15 reps x 3 sets)

Squat Toss



Crunch to Toes



Diagonal Wood Chop



Lunge with Oblique Twist



Front Kick with Overhead Chop



Oblique (Russian) Twist



Plank with Knee Pull



Lower Body Twist



Squat with Overhead press



**This week's recipes are from this past weekend's wellness retreat.
Go to: beyondpersonaltraining.org (under the recipes tab)**

Chicken Pesto Pizza



Florentine Eggs Benedict



Chicken & Veggie Pasta Salad



Margarita Salmon



Healthy Banana Pancakes

