



Beyond Personal Training
HEALTH COACH - WELLNESS WORKSHOPS - RETREATS

Spring Meltdown Motivation

The first day of Spring is Wednesday, March 20, 2019 (in 16 days)! Unless you follow the meteorological calendar, which says Spring starts March 1st (it doesn't feel like it to me). Either way this has been a tough winter. So, I've decided we all need a little motivation - because motivating you all - motivates me.

Just like the beginning of a new year, a new season can inspire change. And small changes can make a big impact. So, as we prepare for warmer weather, hang in there and think about preparing to start some healthy habits. Here are some things to think about when starting and keeping new habits.

- Why is this habit important to you
- What specifically are you hoping to change
- What obstacles may challenge this habit
- Journal thoughts, cues or actions that create resistance to this change
- Track your results: Did you do it today or not? How many times did you complete the habit per day/week?

Keeping track is key. There will be days where you'll fall off the wagon. The important thing is to track these lapses and carry on. Remember this: Success doesn't happen overnight. It comes from the commitment to focus on continuous improvement.

After a set amount of time analyze the habit. A Did it help your life? Can you improve the process? Did you have time to complete it? Should you keep it? Or should you eliminate it? Should you try it for another (?) days and see what happens?

Then either: Keep It: Continue to track this habit on a daily basis and try to turn it into a permanent change. Ditch It: The habit didn't work for some reason, so stop doing it! Tweak It: Some habits didn't work because you created a bad process. Maybe you can change the routine and try it again.



Need a little liquid sunshine until things green up? Try this...

The smell reminds me of the Florida orange groves.

March 4th, 2019

The people you surround yourself with influence your behaviors, so choose friends who have healthy habits.

Dan Buettner // Quoteistan.com

Upcoming Events:

Sunday March 10th:

Back, Core & Pelvic Floor Workshop

Sunday March 17th:

Meal Prep Party

March 19th:

Healthy Habit Challenge Begins

March 22nd-24th:

Weaving Wellness Retreat
@ Pens and Needles
Resort in DL

I challenge



Workout of the Week

BOSU Challenge



BOSU Burpees x 5

BOSU Lateral Jump Squats x 20

BOSU Diagonal Knee to Elbow x 10

BOSU Bridges x 20

BOSU Walk Over Push up x 10

BOSU Lunges x 10 each side

BOSU Side Crunches x 10

BOSU Bird Dogs x 10

BOSU Bikes x 20

x 3 – 4 Rounds



Asian Noodles with Rotisserie Chicken and Vegetables



Ingredients

- 1-2 tablespoons sesame oil
- 12 ounces broccoli slaw mix or stir-fry veggie mix
- 2 packages chicken-flavored ramen noodles
- 1 rotisserie chicken, meat removed and coarsely chopped or 2 large chicken breasts, cooked and chopped
- 1/2 cup Thai peanut dipping sauce

Instructions

1. In a large skillet, stir-fry slaw mix in sesame oil.
2. Meanwhile, cook the noodles according to package instructions. When done, drain liquid from noodles.
3. Toss hot noodles with vegetables, chicken and peanut sauce.
4. Garnish with chopped green onion, cilantro and crushed peanuts, if desired.

Nutrition Facts (4 serving): Calories: 252 per serving