



BUILDING MENTAL AND PHYSICAL FITNESS ONE REP AT A TIME



ABOUT US:

Mindset Reps is a unique and innovative program that specializes in the combination of exercise and psychotherapy to bring about change and build self confidence.

Research has shown that exercise increases mood, builds confidence, self-efficacy and conquers fears and negative beliefs. Group fitness classes help to promote bonding through shared group experience and create an opportunity for risk-taking in a safe environment.

Taylor Montey, the founder of Mindset Reps, designed fitness-based therapy after coaching teens and recognizing that they were more willing to open up after sharing a workout together. Recognizing how fitness had benefited her own life, combined with the researched mental and physical benefits of exercise, Taylor wanted to create a place where people could go to treat the whole person.

Mindset Reps specializes in building resilience through physical fitness. Mindset Reps is designed for first responders, teens, sports teams and **YOU!**



MINDSETREPS



<https://mindsetreps.com/firstresponderfitness>

(720)560-3783



OUR PROGRAM OFFERS SUPPORT FOR:

- Depression/Anxiety
- Decrease Hypervigilance
- Stress Management
- Goal Setting
- Building Confidence
- Building Relationships
- Increase Performance
- Discipline
- Anger
- Building Resiliency
- Trauma



There is a reason many counselors, doctors and psychologists prescribe exercise for their patients. Exercise has been proven to provide known benefits for physical and mental health such as increased energy, better sleep, improved cardiac health, anxiety, depression, anger, substance abuse and blood pressure control.

Thirty percent of first responders experience post traumatic stress, anxiety or depression instead of optimal wellness. According to researchers, a negative mood, which is frequently associated with depression, anxiety, anger, and fatigue, improved after exercise. Exercise, combined with psycho-education gives first responders a supportive environment to work on their overall health at one place/time.



EACH GROUP INCLUDES:

Psychoeducation:

First Responders learn about concepts such as regulating emotions, decreasing overwhelm, stress/anger management, goal setting, communication, building relationships, increasing sleep, control/letting go, increasing performance and more.

Application:

Coaches help first responders practice the concepts they learn, in the safe environment, through fitness. Workouts are scaled for all abilities.

Group Sharing:

Group sharing allows first responders to process what they learned in session as well as what is going on in their lives. Build relationships by investing in each other, creating trust and working on communication skills.

Mindfulness Practice:

The end of class will offer a 5-10 minute mindfulness component to achieve all aspects of wellness. Mindfulness has been proven to help relieve stress, reduce rumination, enhance emotional regulation and increase cognitive function.