

# Movement

Having the body of your dreams doesn't mean suffering, pain, or shame. It's about feeling good in your body & having fun with the process. Below are two great ways to start...

## RESET YOGA FLOW ::

- Start in child's pose, knees wide, toes together, and forehead on the mat.
- Take five, equal-length inhales and exhales.
- Come into downward facing dog, bending through each leg to walk out tension in your hamstrings and calves.
- Step your feet toward your hands, hanging in forward fold, and then rolling slowly up to stand.
- Sweep your fingers up to the ceiling, and then forward fold.
- Bend through your knees, fingertips on the mat as you lift your gaze.
- Forward fold again.
- Pressing your palms into the floor, step back into plank. Lower down through chaturanga until your belly is on the floor.
- Fingertips in line with your armpit creases, press up into low cobra, and then push up and back to downward facing dog. Repeat 3x.

## MEDITATIVE RUN ::

Use your breath as a way to integrate mindfulness into your runs.

As you inhale, feel your ribs expand outward, and as you exhale, feel your abs contract while your ribs inwardly rotate & move down toward your pelvis.

Try taking four count inhales and four count exhales.

“News flash: there's no perfect workout. Find what energizes you, and do it. As long as it makes YOU feel good, it's effective and worth it.”

## WHY BOTHER?

### HERE ARE 5 REASONS...

1. Exercise boosts your memory and helps you retain information longer.
2. You'll gain confidence, and feel sexy in your body.
3. It helps manage stress levels thanks to happy endorphins.
4. Regular exercise has been proven to help you sleep better.
5. You'll have more energy & be sick less often!

