



MINT CONDITION

MIND AND BODY

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Getting Started

MOVE WITH INTENTION

Beginning with Intention

“The universe doesn’t give you what you ask for with your thoughts – it gives you what you demand with your actions.”

— guru Steve Maraboli

Creating a wellness plan is a very personal task. The guidelines here are places for you to start and then add or subtract to create what works best for your schedule, lifestyle, and goals. Use these recommendations but listen to your body. The more practiced you become at listening the easier it is to hear what the body is asking for.

Don't forget!
I'm only an email away!
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move with intention

WEEKLY GUIDANCE

Remember that exercise is a form of stress on the body. While controlled stress is what makes the body grow and change, exercise on top of no sleep and high stress levels may not be what your body needs in that moment. Do not be afraid to rest. On the other hand, consistency is key in seeing change. Rest and then jump back in, over and over and over again.

	 Strength Workouts	 HIIT Workouts	 Power Yoga	 Other Yoga	 Rest
BEGINNER	1-2x	1-2x or active rest		1-2x	at least one day
GENERAL WELLNESS	2x	1-2x	1x if you enjoy	1-2x	at least one day
BUILD MUSCULAR STRENGTH	2-3x	1x		1-2x	at least one day
BUILD CARDIO STRENGTH	1x	2x	1-3x	1x	at least one day
BURN FAT	1-2x	2-3x	1-2x	1x	at least one day
INCREASE FLEXIBILITY			3-4x	1-2x	at least one day



Strength Workouts

To build strength you must challenge your muscles. Do this by slowly progressing to heavier weights over time. It is reasonable to expect at least one step up to a higher weight on certain moves over the month. However, consistency is key. If you take breaks from your strength training, build yourself back up to the weight you left off at. Also, keep in mind that some moves will not be necessary to increase the weights too much.

Give your body 24 hours in between strength sessions and HIIT workouts.

Yoga

There are many varieties of yoga practices each with their own sets of benefits but for the most part yoga will help you to loosen your body, breathe big (which feels ah-mazing!!), and relieve stress.

Power Yoga is designed to be challenging, therefore it is helpful in building strength and burning fat.

Other forms of yoga will include restorative/ yin yoga, gentle yoga, slow flow yoga, yoga for healthy hips, etc. These can also be done as active rest throughout your week.

HIIT Workouts

HIIT stands for High Intensity Interval Training. It is designed to burn fat, not only while you're working out, but if you challenge yourself enough you will burn fat for hours after your workout. The key is to crank up the intensity for an interval of time and then rest. I like to say "earn your rest", meaning challenge yourself so that when the rest interval arrives you feel you need that rest break.

Because these workouts are fairly intense they do not need to be too long. Most cannot maintain the proper amount of intensity after 20 minutes.

Active Rest

Active rest is anything that gets you moving but isn't stressful on the body. Instead these forms of exercise help you to feel lighter, looser, and maybe even clear your mind a little. Think walking, mellow hikes, going to the beach, bike rides, gentle or restorative yoga, swimming, stretching. These are also great activities for when depression sets in or your schedule gets crazy and you keep missing workouts. Find time for these activities in those moments.



THE WHOLE BODY APPROACH

It's not just our physical strength that needs attention — if we want to create and sustain real changes. Adding these additional intentions to your daily wellness routine will ensure your success.

Stress Relief

Stress is what's slowly sapping us of our wellness. Imagine a bucket that catches all of our stress. This bucket can be filled with stress from lack of sleep, lack of proper nutrition, high stress events, lack of quiet time, and even from exercise. Your bucket can also catch a slow drip of stressors that show up every day, like never getting quality sleep, or it can be filled in one big splash from a traumatic event, like losing a job or a loved one. If your bucket is filled to the brim with stressors, the last thing you need is an intense workout. Instead choose a more restorative activity, like taking a walk or a gentle yoga flow. If you know you need to blow off steam do a short HIIT and then a stretch or a yin yoga session to balance out the intensity.

Nutrition

If your goals include significantly changing the shape of your body, nutrition will play a crucial role in making this happen. I like to remember the 80/20 rule, 80 percent of the results will come from the kitchen and only 20 percent will come from the workouts.

Imagine your body is a car. Exercise is the general maintenance to keep the parts in working order. Nutrition is the fuel to keep the machine running properly. Our nutrition is what allows the body to build strength and burn fat, it even allows the body to heal itself when you remove inflammation triggering substances.

Food tips for getting started:

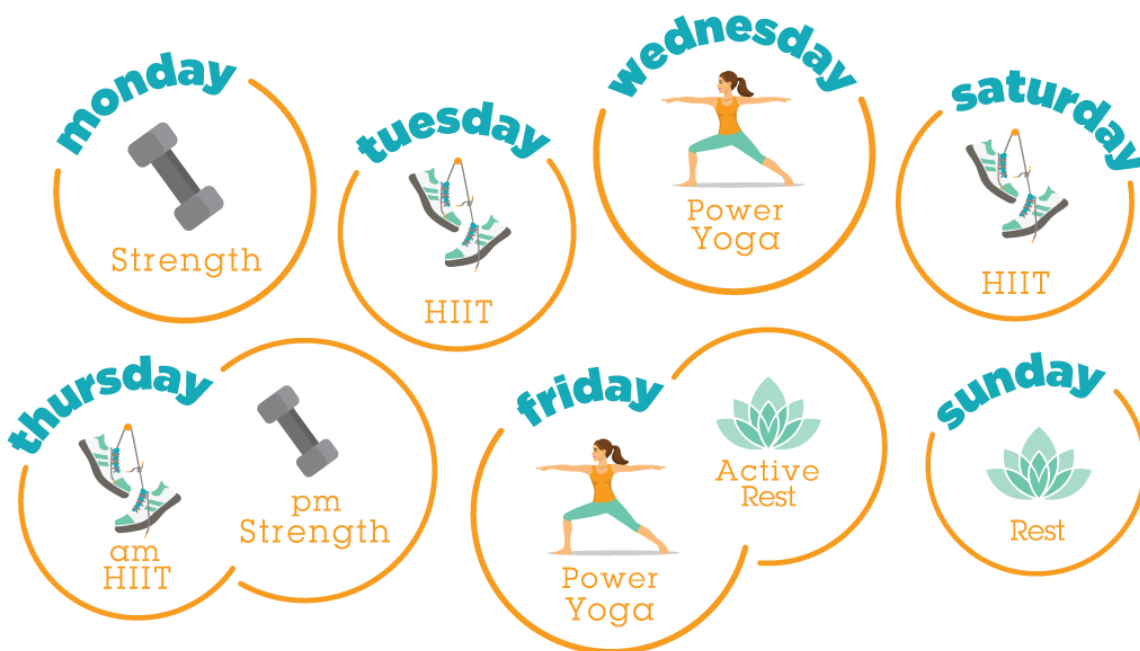
- Start to remove processed foods with lots of scientific looking ingredients.
- Eat something green with every meal.
- Track your food for a few days or a few weeks to really get an idea of what's being consumed. You cannot change what you don't understand.



move with *intention* SAMPLE WEEK

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BURN FAT SAMPLE WEEK





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GENERAL WELLNESS SAMPLE WEEK

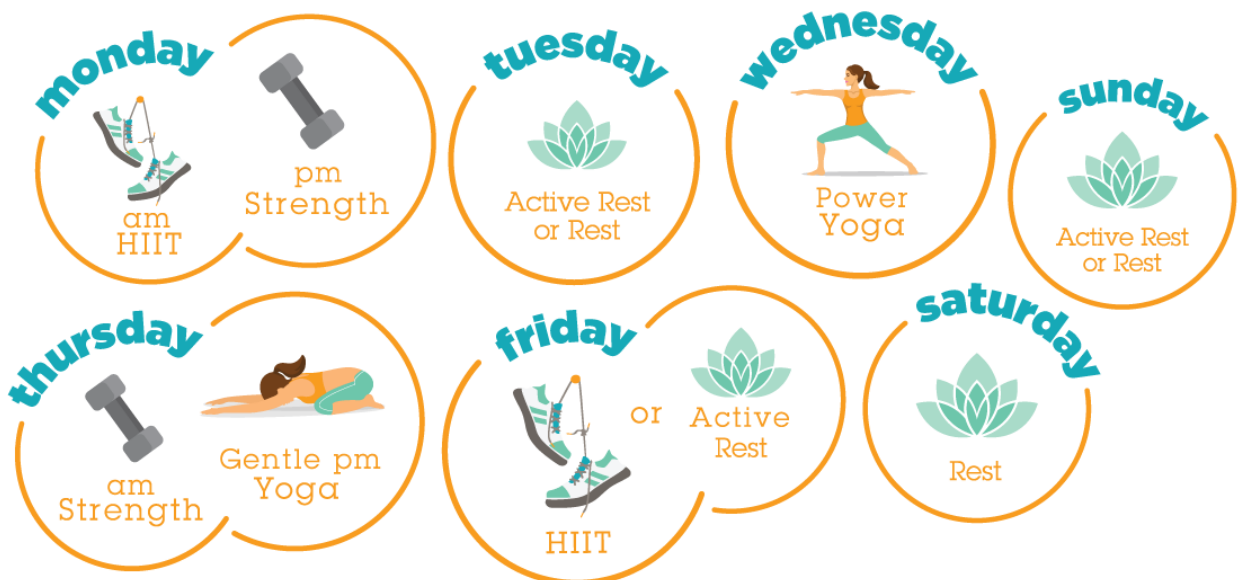




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GENERAL WELLNESS SAMPLE WEEK TWO



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