

FITNESS GUIDE

Your resource for creating your personalized fitness routine



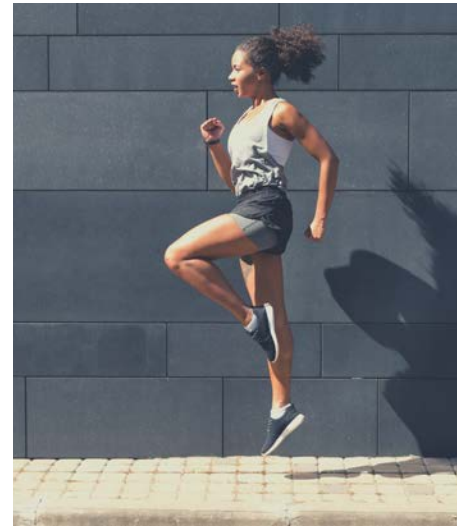
Creating YOUR best fitness plan

A GUIDE TO BALANCED EXERCISE

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In this guide you will learn about balanced fitness, what YOUR body needs and how to design your own personalized fitness plan that is both balanced AND effective.

- This guide covers the following topics...
- Fitness Myths
- Balance & The 4 Types of Fitness
- Cardiovascular Exercise
- Strength Training
- Restorative Fitness
- Body Balancing Exercise
- Finding Your Fitness Joy
- Avoiding Injury & Creating Wellness
- Fitness Snacks to Try
- Creating Your Own Balanced Fitness Plan



A Re-Education

REVISITING EVERYTHING YOU THOUGHT YOU KNEW ABOUT EXERCISE

You are about to embark on a complete re-education about fitness, discover what is right for your body and how to create a fitness routine that brings you health and joy. I truly hope that what you learn within this course, you will put into practice in your life in order to experience the benefits of fitness.

As you read this, let it sink in. Give it some thought and how it applies to your life and then take action. Practice the different exercises and experiment. Balanced and effective fitness is not something that is learned in the mind only, it is something that must be put into practice in order to see positive results.

Always consult your doctor before starting or changing a fitness routine and above all else, listen to YOUR body!

Discover what works for you and do more of that!

Fitness Myths

BUSTING THOSE FITNESS MYTHS & CREATING SUCCESS



Fad or fit?

It is important to ask yourself if a new form of fitness is truly fit or if it's a fad. There are many popular fitness fads out there. However, they are not all right for EVERY body, no matter what anyone says! Use common sense, run it by your doctor, do your research and above all else, listen to YOUR body's feedback when trying out a new fitness or exercise program.

Determining the right form of fitness.

Yes, your body IS unique, and one size does not fit all when it comes to exercising. You have to take your personal needs, lifestyle, fitness level, mental health and enjoyment into the equation. Even if you are someone who gets a lot emotionally and mentally out of super intense workouts, you still need balance in your body. Even if you are someone who thrives on gentle exercise, you too also need to incorporate some intensity in order to both challenge yourself and increase balance in your body.

Making it a daily practice.

3 times per week of exercise is no longer enough. The American Heart Association recently released their updated daily cardiovascular recommendations. They increased the number to 1 hour per day! Why? Because our modern lives have led us to be significantly more sedentary! We sit in front of computers, tv's and in cars for a great number of hours each day. This is why it is critical to MOVE YOUR BODY. Not everyone can realistically achieve 1 hour of cardio each day, but you CAN get up, walk around, stretch and incorporate daily workouts into your schedule with a time and energy investment that you can afford. The bottom line is move your body daily and focus on increasing the amount of movement and exercise also.

More Fitness Myths...



Intentionally building a fit lifestyle aka active living.

Focusing on workout programs is proven to be less effective in the long run versus focusing on creating an active and fit lifestyle. This means, focus on your whole life, not just the time that you are in the gym. Move more, get outside, do activities that require standing, walking, stretching, lifting or dancing. The more active you can be, both during workouts and also during your daily life the better your fitness and health levels will be.

Which forms of exercise should you avoid?

'No pain, no gain', you may have heard this myth before. You can create an effective fitness routine that isn't painful. So what exercises should you avoid? The ones that your body does not like! This doesn't mean do nothing because you don't like any form of fitness... this means, listen to your body and take its feedback. Exercise may tire you out, make you sore or even be frustrating at first, but that is not what I mean about listening to your body. What I mean is, ask yourself 'how does my body feel the next day?' If you feel strained, injured or pain beyond simple muscle soreness, you may want to reevaluate your fitness choices.

Find the joy and do more of that.

You may have decided that you should just suffer through exercising because it's good for you, this is also a myth. You can create both effective exercise programs AND active lifestyle activities that are fun, bring you joy and add to your life versus drain you and feel like another job or box to check on your endless 'to do' list. Spend some time thinking about what kind of movement brings joy to your life and then do more of that!



It's All About Balance Baby!

Balance & The 4 Types of Fitness

There are different types of fitness and while you may have a preference for a specific one of them, it is important that you incorporate all 4 types of fitness into your personal exercise routine. Why? Because your body actually needs ALL of them! In order to create a healthy, strong and balanced physique, one that will be strong in both muscles, joints and bones as well as be flexible and functional will require that you incorporate all of the different types of fitness and create a BALANCED exercise plan for yourself.

The 4 Types of fitness are:

- Balance
- Strength
- Cardiovascular
- Restorative

Let's break these down further...

Cardiovascular Exercise

Cardiovascular exercise uses repetitive motion and helps to work your heart and build endurance. Cardiovascular exercise is exercise that increases your metabolic rate.

Cardiovascular Examples:

- Walking
- Hiking
- Dancing
- Swimming
- Indoor machines (treadmill, bike, stairs, elliptical)
- Biking
- Rollerblading/Skating

Strength Training

Strength training is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles.

Strength Examples:

- Weight lifting
- TRX & bands
- Aquatic fitness
- Use of own body weight
- Power yoga

Restorative Fitness

What is restorative exercise exactly? Simply put, it's a form of exercise that focuses on easing pain and restoring joint function through simple movements designed to improve the flow of oxygen throughout the body.

Restorative Examples:

Yin Yoga
Therapeutic yoga
Stretching
Massage
Breathing techniques
Rest

Body Balancing Exercise

Body balancing fitness focuses on the whole body strength and alignment as well as supporting the strength of smaller muscles that perform big tasks such as lower back and insertion points near joints.

Balance Examples:

Yoga
Thai Chi
Pilates
Swimming





Figure Out What Is Good For Your Soul...

AND DO THAT!!!

Finding Your Fitness Joy

So what is the first step to creating your personal fitness plan? It's finding your joy and then finding exercise activities within each of the fitness types that will be enjoyable.

Here are some steps to take to discover your fitness joy:

- Give yourself permission to play
- Make it a lifestyle
- Ask yourself powerful questions -
 1. What do I enjoy doing?
 2. Can I make the things I enjoy exercise?
 3. I enjoy moving my body in the following ways....
 4. I enjoy exercise more when...

When we enjoy our routines we are more likely to stick with them consistently



If It Isn't Broken, Address It Before It Breaks

Avoiding Injury & Creating Wellness

- All things in balance
- Is it ecological?
 - Good for self
 - Good for family & community
 - Good for the world
- Learning to listen (and respect) your body
- Self-care approach
- Going to your 'edges'
- Not pushing past your limits into injury
- Start where you are and grow forward from there
- Take it slow
- Be consistent
- Trial and error (experiment)

Exercise is self-care, not self-punishment!



Practice, play & adjust

Fitness Snacks to Try

Try before you buy is a common phrase when it comes to shopping. Well, approaching your fitness program similarly allows you to experiment and try new things out to truly see what you enjoy and what works for your body.

Here are some simple ways to try out little fitness snacks to see which ones are the most delicious to your mind, body, heart & spirit:

- Experiment & play
- Take a class
- Try an online video
- Try a new sport
- Try a new active lifestyle activity
- Keep it fresh and change it up
- Varied is best
- Permission to follow your joy

*Taste it to see if
it is good!*



Be Empowered To Create Your Personalized Fitness Plan

Creating Your Own Balanced Fitness Plan

Things to consider:

- Consider your goals
- Consider your limits
- Consider your time
- Consider your energy
- Consider your resources (money)
- Consider balance
- Consider the season

Creating Your Own Balanced Fitness Plan In Action

- Make a schedule
- Include all 4 types of fitness
- Get outside
- Create active lifestyle
- Include social aspects
- Write out your plan
- Make it consistent

*You've got this!
Now put it on
paper.*

Write out your personalized fitness plan

