

**Do You Practice
Mindfulness
when you
exercise? Try
incorporating
"Mindful
Movement" into
your workouts.
Here's how you
can do it:**

Summary: Try "Mindful Movement." Set an intention before starting, focus on body sensations during the workout, stay present, synchronize breath with movements, be mindful during walking or running, express gratitude for your body, cool down mindfully, and reflect post-exercise. This approach enhances the mind-body connection, promoting a holistic approach to fitness.

Try incorporating "Mindful Movement" into your workouts. Here's how you can do it:

Mindful Movement:

Start with Intention:

Before beginning your exercise, take a moment to set an intention for the session. Ask yourself why you're engaging in this activity and what you hope to achieve.

Body Awareness:

During your workout, pay close attention to the sensations in your body. Notice the movement of your muscles, the rhythm of your breath, and the way your body responds to each exercise.

Stay Present:

Instead of letting your mind wander, bring your focus back to the present moment. If thoughts arise, acknowledge them and gently redirect your attention to the physical sensations of the exercise.

Breath Awareness:

Connect your breath with your movements. For example, synchronize inhaled and exhaled breaths with specific parts of your workout. This helps anchor you in the present and promotes a sense of calm.

Mindful Walking or Running:

If your exercise involves walking or running, be mindful of each step. Feel the ground beneath your feet, notice the rhythm of your strides, and be fully present in the act of moving.

Gratitude for Your Body:

Express gratitude for what your body can do. Whether it's strength, flexibility, or endurance, appreciate the capabilities of your body as you engage in physical activity.

Cool Down Mindfully:

As you conclude your workout, take a few minutes for a mindful cool down. Stretch and breathe consciously, allowing your body to relax and recover.

Reflect Post-Exercise:

After your workout, take a moment to reflect on how you feel. Notice any changes in your mood, energy levels, or overall well-being. Acknowledge the effort you put into your exercise. **FEEL EMPOWERED THAT YOU HAVE DONE SOMETHING HEALTHY AND GOOD FOR YOUR BODY.**

By incorporating mindfulness into your exercise routine, you not only enhance the physical benefits but also cultivate a greater awareness of the mind-body connection. This can contribute to a more holistic and fulfilling approach to fitness.