

Mindful Movement

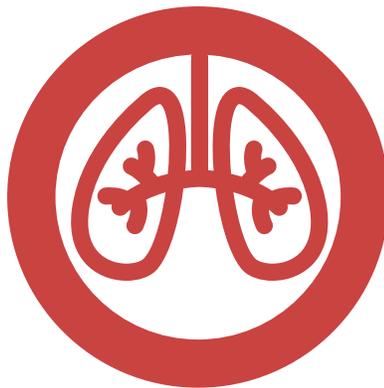
MINDFUL TO MUSCLE

Apply the mindfulness trend to your fitness routine to keep it motivating and enjoyable. Take a moment to reflect on how you feel during exercise.



WRITE IT DOWN

Record your workouts on a calendar or fitness log. It will remind you of the progress you've made, and help you develop your future fitness goals.



FOCUS ON BREATHING

Breathing deeply while exercising delivers oxygen to the muscles. Exhale during exertion when weight training and breathe evenly while performing cardio. Does the exercise feel different when you practice your breathing technique?



BUILD IN AN ACTIVE REST WEEK

When you anticipate a busy or stressful week, plan for your workouts to be a little lighter. Active Rest allows the body to recover from intense training weeks. Perform your regular workout at a lower intensity or skip the gym altogether and get outside.



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Sources: <https://www.livestrong.com/article/39012-working-weights-relieve-stress/>
http://www.huffingtonpost.co.uk/entry/mindful-workouts-advice_uk_58c94d03e4b022994fa3b5d6

Mindful Mealtime

DID YOU KNOW ...

cooking and eating together provides an experience that touches all senses – sight, touch, taste, smell and listening to warm laughter and good conversation.

PULL UP A CHAIR

Include small children in age-appropriate food preparation by pulling up a chair, or invite older children to help, and let them participate in the cooking experience.



CELEBRATE CULTURE

Try cooking a family recipe or a cultural favourite together. Notice the characteristics of herbs and spices and make connections with associated memories.

EAT TOGETHER

Set the table and enjoy a family meal together. Family meals have been shown to increase fruit and vegetable consumption, regulate portion sizes, and improve overall nutrition intake.



Mindful Spending

Reacquaint yourself with your spending habits and saving patterns. Think about your long-term financial goals and align your spending with your priorities.



REVIEW YOUR EXPENSES

Regularly reviewing your household expenses can make you aware of needless spending. Adjust your phone plan or cancel a subscription that isn't being used.



GET ORGANIZED

Go through the cupboards to take stock of what you have on hand. Plan to use up items that are nearing their best before date. Doing this regularly can save you money and keep the kitchen free of clutter.



REFLECT ON YOUR VALUES

Ask yourself if the household extras that you spend money on are needs or wants? If they are wants—do they bring you happiness? If not, reconsider the expense.