



JOOL'S DEEP DIVE INTO ACTIVITY - SESSION 2

What's Your Why?

WHAT CAN EXERCISE DO FOR YOU IN THE PRESENT MOMENT?

ENERGY UP

E = E² (Exercise = Energy Squared)

It seems kind of counterintuitive to think that exercising might be the solution when you're feeling physically low on energy. In many instances, though, this is absolutely the case. Yes, you're expending energy to get up and move, but you're also tapping into energy reserves that are just itching for action.

RUN FROM STRESS

Stress has lots of immediate physical effects, like increased heart rate and blood pressure, that can be useful in a pinch but over time can be damaging. What to do? One very good response is to, quite literally, "take flight." Move. Walk. Run. Swim. Bike. The stress response is saying fight or flight. We say opt for the latter to burn off that adrenaline – along with a bunch of calories.

MOOD

"The blues" "Feeling down" – lots of people struggle to some degree, at some point in their lives, with mood management. It's not uncommon but it's also something that, in its less entrenched forms -- responds very favorably to physical activity. Finding ways to move, to get up and go, to play when feeling low, introduces immediate positive changes to the situation.

CHALLENGE #2

What are your goals for being physically active? Weight loss? Health benefits? Improved quality of life? Whatever your long term goals are, let's look at just this week. What's the value for you in exercising **this week**? Maybe you want to reduce stress or enjoy the mental

downtime exercise can provide. Write down your long term and short term exercise goals, what activities you can do to reach them and why you want to do that activity. Use this table as a guide.

LONG TERM GOALS	SHORT TERM GOALS (THIS WEEK)	ACTIVITY IDEAS AND WHY (EX. FOCUS ON EMOTION AND HOW YOU'LL FEEL AFTERWARDS.)
Overall health	Reduce stress	Yoga - I enjoy the feeling the after yoga zen



JOOL'S DEEP DIVE INTO ACTIVITY - SESSION 1

What Moves You?

THE INNER COACH IN YOU

When it comes to the “why” of getting out there and breaking a sweat, focus on immediate benefits instead of vague, long-term goals.



For example:

“I’m going for a walk because I know I’ll feel energized and more confident tonight if I do.”

This works much better than *“...because I need to lose some weight.”*

How do we cultivate that supportive, inner voice? One powerful way is to think back on some memorable physical experiences that were truly joyful.

The sense of accomplishment you felt at the end of a long, mountain hike. That exhilarating feeling of flying when zooming on your bike down a long, sloping hill. Frisbee at dusk. Chasing the grandkids around the yard. Building an igloo after shoveling the drive.

For most of us, our pasts are loaded with positive feelings about exercise -- we just didn’t call it “exercise.” We called it “play.”

CHALLENGE #1

Tom Rath in his book *Eat Move Sleep*, mentions a randomized controlled study where people, given a tool to measure how much they moved, tended to move more; on average 1 extra mile a day. Overall, **participants upped their activity an average of 27%**. Pretty remarkable. Most smartphones have the ability to track steps and distances covered, and there are loads of apps to help track your progress. You can even find simple pedometers on sale for roughly \$5.00. Whichever option you choose, give tracking a try and see if it helps you increase your daily activity.

On the other hand, if you’ve been tracking your activity for a while, revisit your targets -- perhaps it’s time to increase your step goals (many say that 10,000 steps a day is optimal).



JOOL'S DEEP DIVE INTO ACTIVITY - SESSION 3

The Activity Buffet

WHAT DO YOU HAVE A TASTE FOR?

CARDIO

is king for strengthening your heart and lungs while alleviating stress. Your heart is a muscle, so giving it a frequent, targeted workout keeps this essential organ strong and healthy. Think jogging, running, dancing, swimming, and biking.

STRENGTH (OR RESISTANCE)

training works your other muscles. Think lifting weights, working with resistance bands, push-ups, and sit ups. You're likely to "feel the burn" during this type of exercise.

FLEXIBILITY & BALANCE

activities improve range of motion, increase athletic performance, and help guard against injury. For starters, remember to do some healthy stretching each day – particularly in the morning -- and you'll be well on your way. If you're looking to push your flexibility farther and work on improving balance, try yoga, qigong, or tai chi. Activities like these enhance the way your brain and muscles work together for greater balance, agility, and coordination.

THE BIG TAKEAWAY:

Physical activity is good for you, no matter the level you're starting at. The most important thing is to find an activity that suits your current capabilities and needs, and is something you truly enjoy doing. And, the more variety you can fit in, the better in terms of avoiding injury.

CHALLENGE #3

Set an activity goal you'd like to accomplish.

Training for a 5K? Wanting to feel better? Relieve some stress? Get stronger? Understanding why you want to get active and which types of activity you enjoy doing will help you stick to your goal.

Now create in your mind a powerful, detailed vision of how you'll look, feel, and act when you achieve your goal. Frame that up as your prize and focus like a laser on it. To help with that, set your goal as a **Personal Outcome** within JOOL. This way you can chart how your goal is going and gain insights into what helps and hinders your progress. And remember, it takes time to get a new habit established and setbacks are just a part of creating a more resilient you. Hold onto a positive attitude and keep your eyes on the prize!

**JOOL'S DEEP DIVE INTO ACTIVITY - SESSION 4***Weaving Play Into Your Day***EASING INTO EXERCISE**

Even if we value exercise, sometimes it's just human nature to put it off. Life can, and certainly does, get in the way. And maybe we just don't have the time or energy -- or we're simply not in the mood. The thing is, there are lots of easy ways we can work to ensure activity remains an essential ingredient in our lives. Here are some tips:

- **Don't wing it; have a plan. Know when you're going to interject some motion and fun into your day.**
- **Build a community of loved ones and friends who will help keep you accountable -- in the gentlest possible way**
- **Set an activity in JOOL targets and have some fun rewards for yourself when you hit them.**
- **Find ways to stay inspired -- following sporting events; listening to a favorite, uptempo playlist.**
- **Hang out with kids. They're perpetual motion machines and keeping up with them is some of the most meaningful exercise you'll ever find.**

CHALLENGE #4

Think about your daily routine. How do you get from point A to B? Find yourself taking the elevator on autopilot? Parking as close to work as possible? Come up with one thing to optimize movement during that point A to B commute. Maybe park your car a couple blocks away from work. Or take the stairs. After a while this will be your updated autopilot. Whatever you pick try and do it three days in a row. These small changes can really add up so that pretty soon you'll start feeling the difference.

DAY 1**DAY 2****DAY 3**