



## 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!