

# Exercise and Weight Management

“HOW RESHAPING YOUR FOCUS CAN LEAD TO LASTING RESULTS.”

# Topics covered today:

- ▶ Shift your focus and reframe thinking to break down motivation barriers
- ▶ Find your “Why”, take responsibility, and set your intention
- ▶ Realistic goal setting
- ▶ Strategies for effective weight management using healthy movement as a tool
- ▶ Pre and Post workout meals



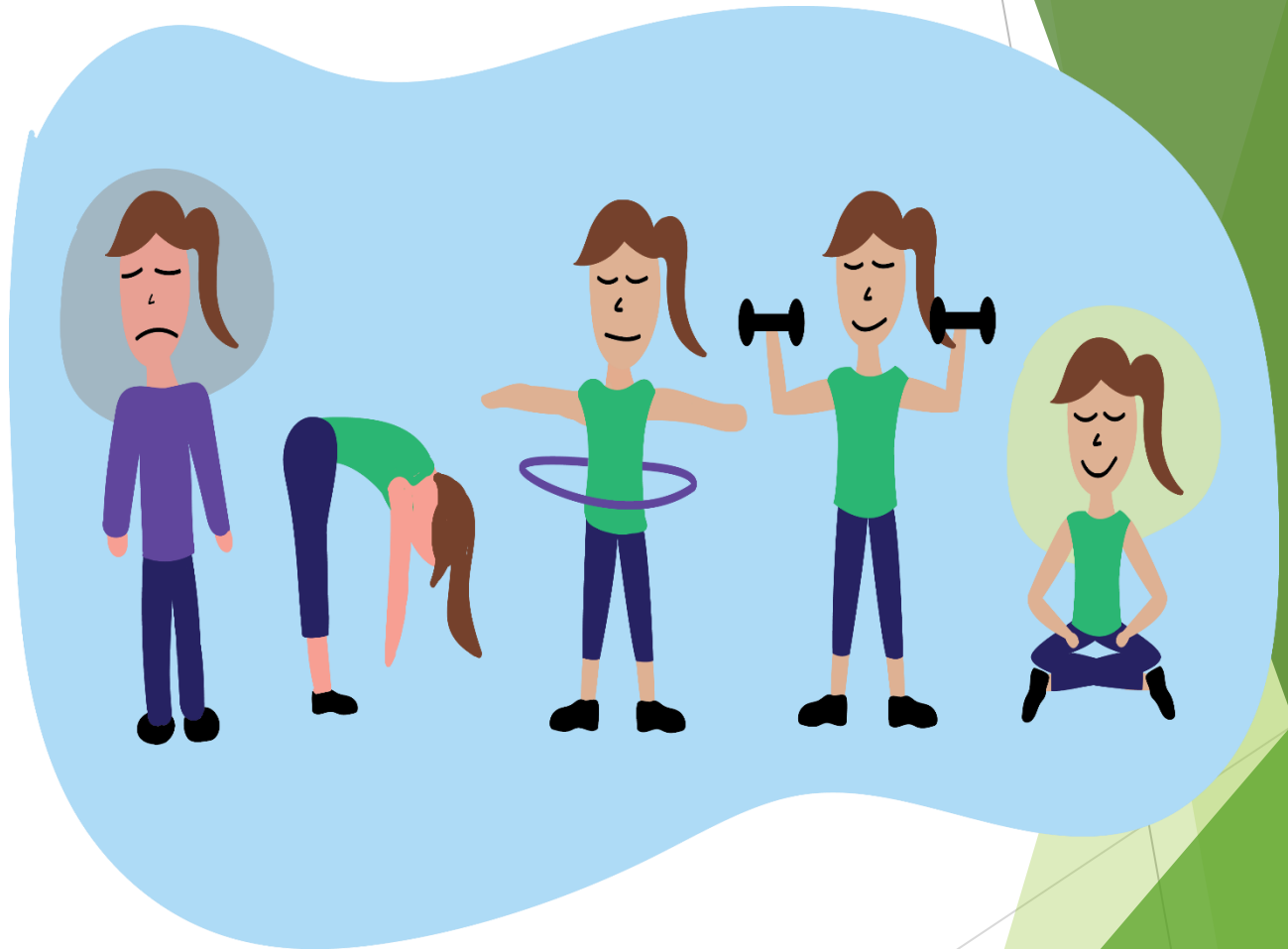
Reframe your thinking and shift your focus.

I wish I could outsource my exercise.



Exercise is not a punishment!

When you begin to think of exercise as *healthy movement* and that it is part of the long game instead of a means to an end, your whole mindset changes. It becomes a process instead of an event.







Your “*Why*” is your secret weapon.

When you put your *why* into focus, obstacles melt away.

“When you really want something, you’ll find your **WHY.**”




Only YOU are responsible for your well being.

Become the dominant force in your life.

Take control and realize the power and importance of self awareness.

When we give control away we lose ourselves in the vicious cycle of self doubt, self sabotage, blame, and victimization.

Create the life you want instead of running away and letting things “happen” to you.



“Instead of focusing on all the reasons you CAN'T do something, you need to focus on all the reasons you CAN do something.”

—  
- Matt McLeod

By focusing on the gain, or living above the line  
in your life, things begin to shift.

You become self aware, grateful, and your  
thinking shifts to wanting to create healthy  
movement and even eating healthier.

You begin to embrace  
the freedom of wants and avoid the  
attachment of needs.

**GRATITUDE.**



Identify and become crystal clear on what you want

Develop the strategy to help you create desired change

Set your goals from a place of power, not fear and criticism.

Allow your future self to lead you to your goals

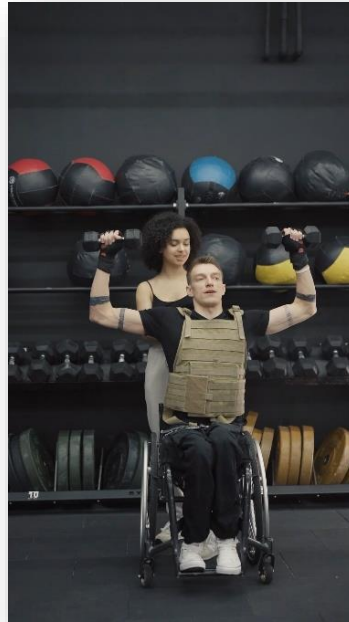


# Brittany



“Comfortable in my skin again”

# Healthy Movement can be anything you want it to be!





# Walking:

One of the best gifts  
you can give yourself!



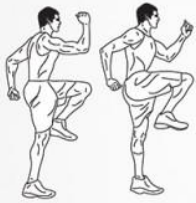
# Beginner

# HIIT

DAREBEE WORKOUT

@ darebee.com

repeat 5 times in total  
up to 2 minutes rest between sets



15sec march steps



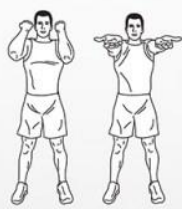
15sec high knees



15sec arm circles



15sec high knees



15sec bicep extensions



15sec high knees

## HIIT SPRINT WORKOUT

WARM UP: 2-minute brisk walk +  
dynamic stretching

REPEAT 8x

2:00 Steady-state pace

:25 Sprint

REPEAT 2x

1:00 steady-state pace

:25 Sprint

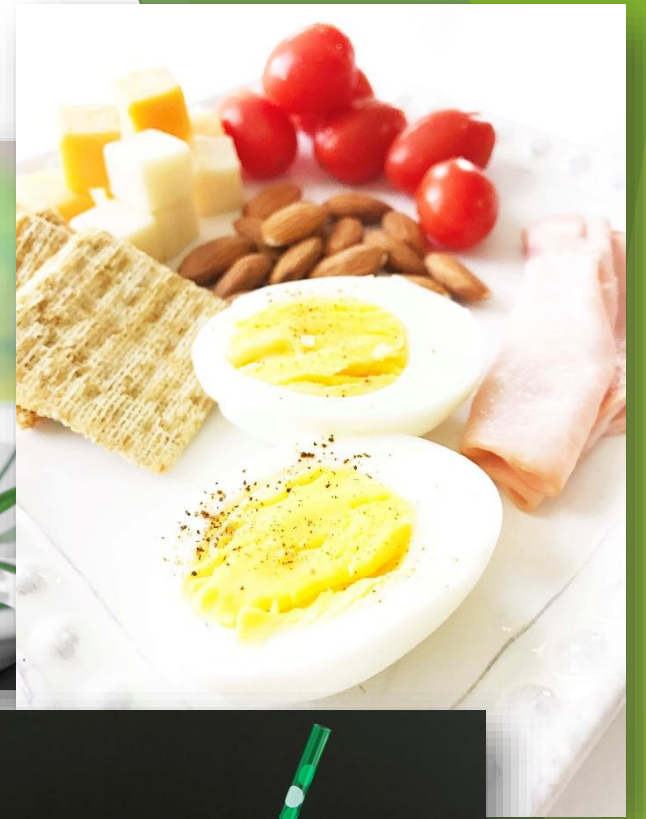
Finish with 1/2 mile recovery pace

[WWW.HUNGRY-RUNNER.COM](http://WWW.HUNGRY-RUNNER.COM)

#HUNGRYRUNNER

# How to HIIT





← PRE  
AND  
POST →



# Today's Takeaways:

- ▶ Find your *why* and set your intention.
- ▶ Shift thinking from exercise as punishment to exercise as healthy movement.
- ▶ Move out of Gap Thinking: victim, judgmental, self-pity
- ▶ Move into Gain Thinking: curious, open, growth mindset.
- ▶ Be grateful for your body and be kind to it!
- ▶ Reach out to your resources.
- ▶ **M O V E!**