

MINDFUL MOVEMENT AT HOME PROGRAM GUIDE

Simple Yet Highly Effective Exercise & Flexibility Movements to Fit Into Your Daily Schedule



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Disclaimer:

Because physical exercise can be strenuous and subject to risk of injury, including serious injury, you acknowledge and agree that by engaging in any exercise or activity set forth in the "Mindful Movement at Home Program Guide," you do so at your own risk. Please use extreme caution, go at your own pace and do not proceed if you feel shortness of breath, dizziness or any other health conditions or symptoms which would prevent you from proceeding in a safe manner.

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Introduction

Thank you for reviewing the Mindful Movement at Home Program Guide!

This introductory Guide was created for people just like you - who believe in maintaining a long-term healthy and rewarding relationship with their body and mind, through preventative health, intellectually based training techniques, personalized nutrition principles, optimal wellness, and vitality pathways at all stages of life.

Our underlying reasons for maintaining a physically active lifestyle tend to be very personal and unique. For some, it could be wanting to stay active in your favorite sports and hobbies, or continuing to work and be productive. For others, it could be maintaining an independent lifestyle, traveling, or participating in family, social and volunteer activities.

No matter what your motivations and aspirations are, this guide will provide you with a clear and actionable roadmap to start creating a lifestyle full of health and vitality. You'll experience more control, empowerment and fulfillment with how your body moves, feels and connects with yourself, with others, and your overall purpose in life.

First, I'll outline three key components to maintaining an active and healthy lifestyle. Then, you will be guided through a series of simple and effective movement-based exercises that you can perform on a daily basis. The best part is, all you will need is a wall and a sturdy chair!

Introduction

Special Bonus: Just for downloading this Guide, I invite you to schedule a complimentary 30-minute video or phone consultation with me, where we'll go through the Guide together and discuss how to turn your health and fitness into a priority and a *way of life*. To take advantage of this limited time offer, click below to schedule a time on my calendar.

SCHEDULE MY COMPLIMENTARY CONSULTATION

Now let's get started together on your journey to lifelong wellness!

Yours in Health,

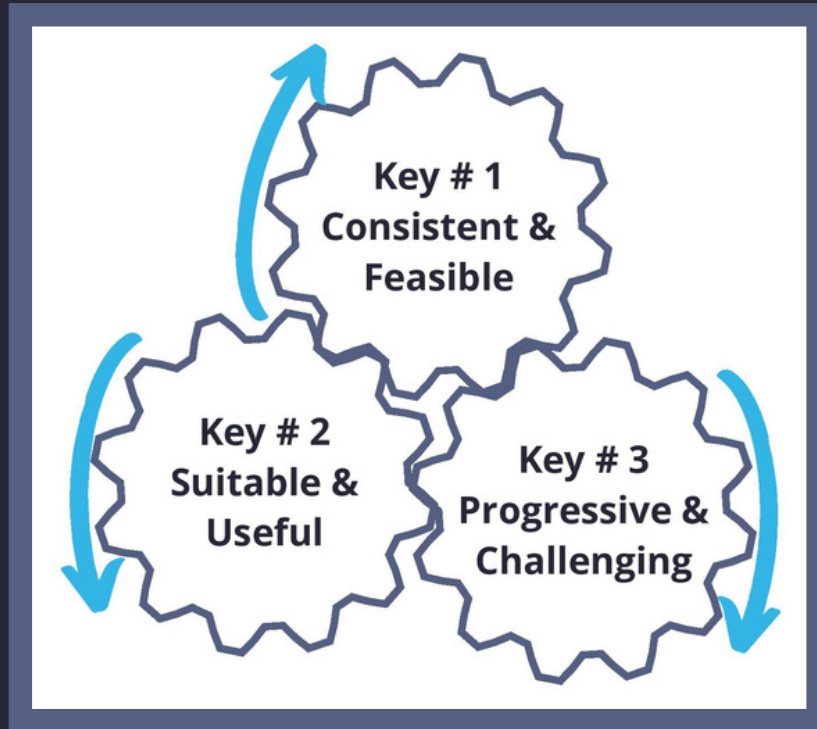
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Key Components to Maintaining an Active & Healthy Lifestyle



Key #1: Consistent & Feasible

- Need vs. Want Mindset
- If Not Now, When?
- Anytime, Anywhere

Key # 2: Suitable & Useful for Each Stage of Life & Ability

- Exercise Doesn't Come In A Box
- Tools For Success
- Push & Pull, Sit & Stand, Bend & Lift

Key # 3: Progressive & Challenging

- Age, Ability & Activity Level Appropriate
- Your Body Is Not One Dimensional
- No Pain, All Gain

Key # 1: Consistent & Feasible

Need vs. Want Mindset

By creating a daily regimen of consistent and feasible exercise routines, that aren't too hard, don't hurt and are designed to increase mobility, flexibility and improve your overall outlook, you'll start to shift from a mindset of *having* to exercise to *wanting* to exercise. You'll look forward to experiencing these positive and personally rewarding physical and emotional attributes, to the point where you no longer think about it as a choice, but rather a *necessary and important* part of your day, like brushing your teeth and washing your hands.

If Not Now, When?

People often wait either for the ideal time to start a health-based fitness program, or after receiving unfavorable news about their health from a doctor (such as high blood pressure, hypertension, pre-diabetes). But the truth is, when it comes to taking care of your health, *there is no ideal time, there's only now*. Making health and fitness an integral part of your life is not an option, it's a requirement to living a vibrant life - one that contributes and adds value to your friendships, family and community.

Anytime, Anywhere

The key to making exercise a *way of life* is to learn how to do it no matter where you are, and what if anything you have available to workout with. You don't need to set aside a huge block of time, and you don't need a gym membership or fancy equipment. All that is needed is creativity, a desire to learn fundamental principles and an appreciation for what your body is capable of.

Key # 2: Suitable & Useful

Exercise Doesn't Come In A Box

Exercise is meant to *enhance* and *provide meaning and purpose* to your life. It needs to grow, mature and stay relevant to the way you live everyday. The best way to make it suitable and useful is by weaving it into the fabric of your daily activities and customizing it based on your physical needs, abilities and even your unique personality.

Tools for Success

With all the different exercises and advice out there, it's easy to get overwhelmed. It's important to develop a connection and build a relationship with an experienced fitness professional who will educate, guide and provide you with the tools necessary to succeed.

Push & Pull, Sit & Stand, Bend & Lift

Exercise routines should be built around *functional movements* – physical activities that you normally do in your daily life. It doesn't have to be complicated and should *enhance your daily activities*, such as pushing and pulling, sitting and standing, bending and lifting.

Key # 3: Progressive & Challenging

Age, Ability & Activity Level Appropriate

Exercise isn't one-size-fits all. What works well for some people won't work for others. It should evolve and adapt to your physical changes, interests and activities, not the other way around.

Your Body Is Not One Dimensional

Your muscles and joints don't work in isolation. Everything is connected and inter-related. Exercise sequencing, corrective movement patterns, daily flexibility techniques and multi-functional movements designed to increase your energy and productivity levels, enhance your muscle tone, strength, balance and flexibility, while reducing joint pain and stress are essential.

No Pain, All Gain

No pain, no gain is a dangerous myth. We've been programmed to think that if we're struggling and in some kind of pain that it's working and worth it. Exercise doesn't have to be painful (during or after) in order to be effective. By following the Mindful Movement exercises and stretches in this Guide, you'll gain strength, stamina, and flexibility, while eliminating pain.

Mindful Movement Overview

Below is an overview of the Mindful Movement stretches and exercises designed to enhance your daily movements, increase flexibility, improve joint mobility and engage multiple muscles at one time.

In the following pages, we'll dive into specifics for each. The stretches and exercises are designed to *flow* from one to the next and build upon each other. Make sure to try them in the order listed.

Reminder: Schedule your complimentary 30-minute consultation to go through the Mindful Movement Guide together with Len!

SCHEDULE MY COMPLIMENTARY CONSULTATION

Stretches and Postural Awareness

- Exercise #1: Wall Stretch
- Exercise #2: Hamstring Stretch
- Exercise #3: Sit Stretch
- Exercise #4: Shoulder Neck Tuck

Wall Workout Routine

- Exercise #5: Marching in Place
- Exercise #6: Leg Kickouts
- Exercise #7: Wall Push-Ups and Torso Rotation
- Exercise #8: Wall Squats

Core & Back Exercise Routine

- Exercise #9: Chair Single Leg Raises
- Exercise #10: Wall Presses
- Exercise #11: Wall Knee Raises

Stretches & Postural Awareness

Exercise # 1: Wall Stretch

Purpose: Resets and corrects your overall posture and alignment.

Directions: Place your heels, elbows, backs of your shoulders, and the back of your head against a wall, preferably with your palms facing up. If that's too difficult or causes pain, start with your palms placed against the wall. Hold this position daily for 30 seconds or longer.

You'll start to feel your posture and alignment resetting and recognize the difference between your everyday posture and when you're up against the wall. After a while, you'll start to *self-correct* your posture throughout the day.



Stretches & Postural Awareness

Exercise # 2: Hamstring Stretch

Purpose: Stretches your hamstrings (back of your legs) without the need to bend over, which can trigger back pain. Tight hamstrings tend to cause and exacerbate back pain.

Directions: Place your leg on a chair or sturdy object about 2-3 feet off the ground. Hold onto a wall and gently lean forward with your other arm. Hold this position for at least 15 seconds without bobbing or over-extending. You just want to feel a slight pull behind the leg. For more advanced, flex your foot so your toe is pointed up.



Stretches & Postural Awareness

Exercise # 3: Sit Stretch

Purpose: Loosens the hamstrings, lower back, and hip flexors, which tend to shorten when we sit for long periods of time.

Directions: Sit in a sturdy chair on a non-skid surface. Bend and cross one leg over the opposite leg at the ankle and above the knee cap. For more advanced exercisers, reach forward with your arm and hand extended to increase the stretch intensity. Hold for at least 15-30 seconds. Repeat with the other leg.



Stretches & Postural Awareness

Exercise # 4: Shoulder Neck Tuck

Purpose: Stretches the shoulder and neck muscles.

Directions: This can be a bit challenging to get into the right position. The key is to keep the extended arm straight across the chest and apply pressure using the other arm at the elbow. Once you get that part down, tilt your neck in the same direction of the arm that you're stretching. Hold for at least 15-30 seconds.



Wall Workout Routine

Exercise # 5: Marching in Place

Purpose: Elevates your heart rate and engages core muscles.

Directions: Place both hands on a wall with your elbows slightly bent, and alternately raise and lower each leg while leaning into the wall. Performing it this way keeps you balanced, while elevating your heart rate and engaging your core.

For beginners, perform for 15 seconds, then stop and repeat 3 times. For intermediate, perform for 30 seconds, then stop and repeat 3 times. For more advanced exercisers, perform for up to 1 minute, then stop and repeat 3 times.



Wall Workout Routine

Exercise # 6: Leg Kickouts

Purpose: Engages your glutes and lower back muscles in a safe walking-type manner.

Directions: Keep your legs straight while performing a sweeping type motion with your foot angled outward. Picture *Herman Munster* walking in the TV series “*The Munsters*” and you’ll be good to go!

For beginners, perform for 15 seconds, then stop and repeat 3 times. For intermediate, perform for 30 seconds, then stop and repeat 3 times. For more advanced exercisers, perform for up to 1 minute, then stop and repeat 3 times.



Wall Workout Routine

Exercise # 7: Wall Push-Ups and Torso Rotation

Purpose: Coordinates and engages multiple upper and lower body movements and the muscles of the legs, glutes, arms, torso and upper/lower back.

Directions: Place your hands flat against a wall at chest height, shoulder width apart with elbows raised. Pull and rotate one arm back in a rowing motion, while kicking your leg (on the same side) in a straight, angled, sweeping position of the foot.

For beginners, perform 15 reps on each side, then stop and repeat 3 times. For intermediate, perform 30 reps, then stop and repeat 3 times. For more advanced, perform up to 60 reps on each side, then stop and repeat 3 times.



Wall Workout Routine

Exercise # 8: Wall Squats

Purpose: Strengthens your legs and glutes without added pressure on your knees and back.

Directions: Press your back against a wall and slightly bend your legs only to the point where your *knees stay behind your toes*. You can try two different versions of wall squats: one with your feet pointing straight and one with your feet turned outward at a 45 degree angle.

For beginners, perform each version for 15 seconds, then stop and repeat 3 times. For intermediate, perform each version for 30 seconds, then stop and repeat 3 times. For more advanced exercisers, perform each version for up to 1 minute, then stop and repeat 3 times.



Core & Back Exercise Routine

Exercise # 9: Chair Single Leg Raises

Purpose: My #1 client favorite for strengthening your abdominal muscles & obliques without compromising your neck and back.

Directions: Use a study chair with a raised back placed on a non-skid surface. The key is to lean back and sit closer to the edge of the chair while keeping your lower back straight. Start by crossing your arms across your chest.

Once you start to feel your abdominal muscles tighten or 'activate,' stop and raise your leg up to about 90 degrees and hold for 15 seconds for beginners, 30 seconds for intermediate, and up to 1 minute for advanced. Experiment with different variations by elevating your arms and turning side to side (shown in the accompanying images).



Core & Back Exercise Routine

Exercise # 10: Wall Presses

Purpose: Strengthens and tones the back of your upper arms.

Directions: The key is to place ONLY your hands (palms and fingers) against the wall – nothing else, while leaning back against the wall with the weight of your body.

For beginners, perform for 15 seconds, then stop and repeat 3 times. For intermediate, perform for 30 seconds, then stop and repeat 3 times. For more advanced, perform for up to 1 minute, then stop and repeat 3 times.



Core & Back Exercise Routine

Exercise # 11: Wall Knee Raises

Purpose: Great finisher exercise that uses every muscle at the same time, combines all previous exercises, and adds a balance component.

Directions: Start by placing your back against the wall. Then bend your arms and push your elbows into the wall, while raising your leg about 90 degrees. The key is to tighten and 'recruit' your abdominal muscles while you're holding your leg in place and pushing your elbows into the wall.

For beginners, perform for 15 seconds, then stop and repeat 3 times. For intermediate, perform for 30 seconds, then stop and repeat 3 times. For more advanced exercisers, perform for up to 1 minute, then stop and repeat 3 times.



Next Steps

Each of these stretches and exercises takes practice and daily dedication. In return, you will start to see small changes in the way that you carry yourself throughout the day. Your muscles will fatigue less. Your joints will feel less stiff. And you'll start changing your mindset from one of *having to exercise* to *wanting to exercise*.

I believe in the power of movement as a form of medicine. I also believe that exercise has the power to unite and bring people together from all walks of life, as a form of positive reinforcement and a communal sense of accomplishment.

You may have heard the expression, "*health and fitness is a journey, not a destination.*" I believe there's a lot of truth to that statement. Similarly, like most things in life, when you take that first step forward, things slowly begin to take shape, literally and figuratively.

Here's a snapshot of what I've learned over the past 25 years working with thousands of people from all walks of life, ages, personalities, and physical capabilities: *everyone needs to engage in small 'self-healing' activities each day to achieve 'in the moment' optimal wellness.*

I would like to thank you for taking the time to go through this Guide, and for taking an active interest in your physical health and wellbeing.

Next Steps

I'll leave you with this passage from my book *Soul Trainer*: "While fitness is a choice, it's one of the most impactful and life changing activities you can turn to when you feel as though you have no choices left." To learn more about *Soul Trainer* and to purchase a copy, **click here**.

Special Bonus: Just for downloading this Guide, I invite you to schedule a complimentary 30-minute video or phone consultation with me, where we'll go through the Guide together and discuss how to turn your health and fitness into a priority and a way of life. To take advantage of this limited time offer, click below to schedule a time on my calendar.

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Yours In Health,

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