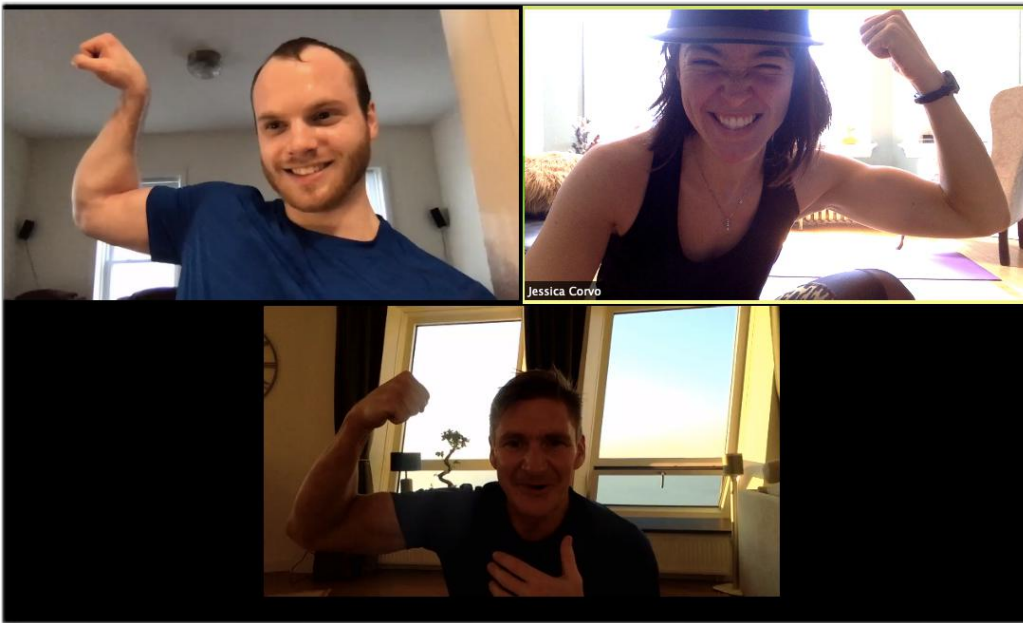


# Stronger Together

Weekly Health tips from your favourite Resilience Coach



## The WORLD is your playground

The sun is out, you're ready to workout, you need fresh air...

Pause. Confident to say 9 weeks of social distancing has encouraged an appreciation of simple pleasures. A local park is a gym? Neighbourhood streets help you measure distance for a run? Household activities can be mini workouts? Maintaining an active lifestyle is essential for health. One of my favourite mantras is MOVEMENT IS MEDICINE. This week I challenge you to turn everyday activities into a mini workout. Especially if you have been struggling to consistently join a 30-min virtual class. The Universe provides creative ways to support (& encourage) health! Step by step! YOU Got This!



### WALK

Squeeze your glutes & swing those arms. Welcome to the world of power walking!



### SLEEP

Left side improves circulation, boosts digestion & filters out waste!



### MUSIC

Google the effect of music on brain waves. HERTZ don't hurt, they heal.



### HIIT / Circuit

Strong30 is a test of core stability & mental focus. Circuits push your physical limits.



### CORE on the mat

Intense ab/back exercises targeting muscles you didn't know existed. \*shoes optional\*



### KIDS Bootcamp

games, follow the leader, pillow exercises & a competition!

## Movement is Medicine

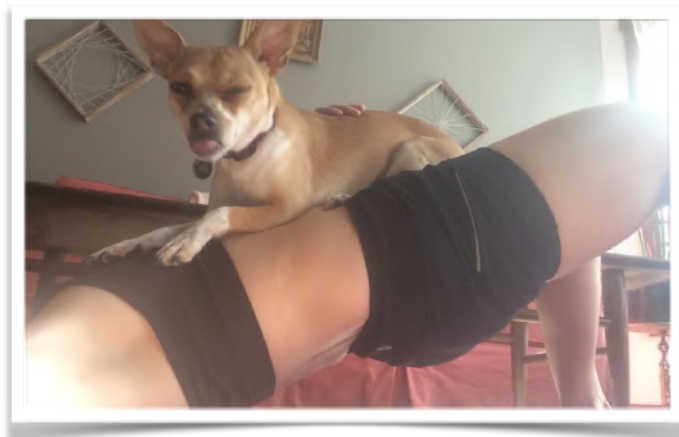
### A fresh view on everyday activities!

**Stairs:** Stairs are awesome for your glutes (and CORE). Climb 2-steps at a time. The increased range of motion forces you to focus on both your hamstrings & quads. **Protip:** make sure you squeeze those glutes and push-up through your heel on each step! Intention is everything!

**Watching TV:** Core-POWER! Commercial breaks are approximately 2 mins. Ideal to hold a plank! Or roll on your back for a bridge. Engage the core to support the back. **Protip:** for news, each time a reporter references corona, add a plank-punch/hip thrust. Strengthen your core in style!

**Bathroom:** Calves. Whilst pooping, take an opportunity to do calf raises. Notice when you activate your calves, you auto correct and sit-up straighter. This is a sneaky way to engage your core. 2-in-1 workout! **Protip:** when brushing your teeth, stand with your back against a wall (or door) and do a Wall Angel. Useful to raise awareness on correct posture & strengthen your back!

\*Protip: All strength starts from the core. Focus on your core *then* your secondary muscle group.



## Dear Warriors,

I admire your consistency and dedication towards your health goals! How are you? Appreciating children are out of school & companies are slowly starting to open up, it is a challenge to prioritise self-care. I hope this week's tips inspire you to view the world as your playground. Each time I open my eyes, I see opportunities to test my strength, agility & power. Subtle is significant. Calm the mind and recognise the unbelievable simple pleasures from the Universe! Get outside, safely. Let the sun kiss your cheeks. May the wind be at your back. Let the birds sing for you! You know I am cheering as well! Thanks for being part of the tribe! I'm so proud of you!! xo Jess #SpreadLove

*(PS: Support your back, Do a Wall Angel!)*

## WACKY WARRIOR - FUNNY MOMENT OF THE WEEK

Holistic health takes time to implement. Join class, manage stress, get sleep and sizzle sizzle (aka eat real food)! Do everything, consistently. Easy? Not always. If it's fun, it becomes part of the healthy habits. This recipe was shared in newsletter (vol 2). 'Sizzle sizzle' is my favourite way to get people excited about cooking! This Warrior was so excited and shared her 'sizzle sizzle' moment with me! "Vegetable soup for days!" I LOVE LOVE LOVE becoming part of my Warrior's world!! Truly humbled (and proud)!! Looks YUMMY!

\*I encourage you to take pictures of our workout or practicing your favourite moves! Send your favourite wacky warrior moments to [jessica.m.corvo@gmail.com](mailto:jessica.m.corvo@gmail.com)

