

COACH LESLIE's AUGUST TIPS for HEALTH and FITNESS

Topic: CREATING CHANGE

Tips for Creating Change

We all want to live a healthy, quality life but sometimes have a hard time creating change and taking action steps forward toward our goals. Did you know it takes 21-30 days of doing something every day to make it a habit? We usually try to create change, then fail and give up. Well do you want to know how to make great CHANGES in your life? PICK 1 CHANGE. 1 CHANGE! And do that for 30 days and then you will see how easy it becomes. After that becomes part of your life, pick 1 more small change and make that happen.

Here are some examples of 1 change you can do daily:

- Exercise for 30 minutes.
- Don't drink any sodas or limit to one a day (if you're consuming more now).
- Go to bed 30 minutes earlier.
- Take a 20-30 minute nap.
- Don't eat in front of the television.
- Slow down while eating and put the fork down in between bites.
- Chew your food longer.
- Journal for 15 minutes a day to minimize stress.
- Give someone a compliment and hug.
- Meditate or deep breathe for 5-10 minutes.
- Eat one more fruit than you usually do.
- Eat one more veggie than you usually do.
- Drink one more glass of water than you usually do.
- Laugh more often.
- Smile more often.



Exercise of the Month: Body Weight Goodmornings

- **How to Perform the Goodmornings and Avoid Injury:**
 - Position feet shoulder width apart with hands behind head.
 - Slight bend in knees.
 - Push back hips until upper torso is parallel to floor.
 - Maintain flat back posture.
 - Pulling shoulder blades toward each other.
 - Holding chest up and out, and maintaining a long spine.
 - Return up to start position in the same manner you came down.
 - **Note:** This exercise should be felt in the hamstrings, not the low back.
- **Muscles Worked:**
 - Gluteus Maximus and Medius: “the butt”
 - Hamstrings: “back of the legs above knees”
- **How Many and Where:**
 - Start off with 10-15 Repetitions and do 2-3 Sets
 - Rest :30 seconds in between sets
 - Can do this anywhere!

