

COACH LESLIE'S SEPTEMBER TIPS for HEALTH and FITNESS

Topic: CREATING SUCCESS

3 STEP PLAN FOR SUCCESS:

- Visualize exactly what you want to experience in your life.
- Have absolute total faith you will experience it.
- Take consistent unwavering action to ensure you experience it.

VISION-FOCUS-ACTION:

- Vision is where you need to go. Where you want to go. What you plan to create. What is your goal? What is your intention that you want to create at the end of your season/month/year/life? Whether it is to win a championship or be the best at your profession, you must decide what you want to invest your time toward obtaining.
- Focus is the tools that will empower you to reach your vision or goal. It centers your energy and creates the best environment to take action toward your goal. Some tools for focus include staying in a grateful and positive mindset, repeating your affirmation in your head until it becomes your reality, recognizing your successes, and being proud that you are taking action to turn your dreams into your reality.
- Action is how you will accomplish your vision. What steps are you going to take today? Even one step, one action, will lead you forward. Recognize the critically important few actions that you must take, can commit to those few things every single day.



TO SUM IT UP:

- Paint a picture of what you want.
- Endeavor to live the life you're imagining.
- Move and act with confidence in advancement.

Exercise of the Month: Body Weight Woodchoppers

- **How to Perform the Woodchoppers and Avoid Injury:**
 - Start with arms overhead and hands clasped together.
 - Slightly bend knees (like a squat) and swing arms through legs.
 - Return to the starting position and rotate entire body to one side (be sure to turn foot to prevent twisting the knee).
 - Alternate sides.
 - **Note:** This exercise should be felt in the legs and sides, not the low back.
- **Muscles Worked:**
 - Gluteus Maximus and Medius: "the butt"
 - Obliques: "sides of the body, next to abdominals"
 - Erector Spinae: "back muscles around spine"
- **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!

