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“then run faster”

This is the text I received from my coed daughter as we both got ready to run the TCS Dash to the Finish 5k in 2013. .She was in the head of pack corral and I was in the back. I told her I wasn't happy being at the end and this is what she said. Little did we both know that those three words would drive such a change in our lives. I started my health revolution that year and kept on going. Follow along for all the fun and stories plus some great wellness tips!

WAKE UP!

As we all start to wake up from our Covid hibernation, it will take endurance to commute again, planning for healthy meals after a day out of the house and scheduling for the self-care we need to make space for. How can we get ready??



Continue to page two for tips to get started and let me know how it goes.

Ready, set, GO

Healthy Meals

Food in the mail is awesome.

Meal kits are a great way to take the hassle out of making dinner. I have tried them all and my favorite is [Green Chef](#). They have a menu for everyone. My tip is to go with three nights a week. That gives you the flexibility to still support local restaurants or have wine and popcorn! Yes, even a health coach like me has the occasional nachos and wine spritzer dinner.

Self Care

Thank you for being you.

This month, I want you to do one thing every day, look at yourself in the mirror.

Look at yourself directly in the eyes and hold the gaze for three deep breaths.

It's different than looking at your face, look at you.

It will be hard at first, but I promise there will be a powerful shift for you by the end of the month

Exercise

If you are doing it right, it should not feel like work!

You do not need a full thirty-day plan to get the most out of training.

Try a fitness break as your first step back into physical activity.

Once you have taken a regular break schedule, then you can move into a more regimented routine.

It's a "try before you buy" approach.

Here are a few examples of Fitness breaks:

1. 10-minute walk after dropping off the garbage
2. 30 squats while waiting on hold
3. One minute plank when you get out of bed
4. Dance for a full commercial break

Remember any activity is good activity. Your body is made to move!

Tag me @strongbystrand and let me know how your month is going or email me at

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Cheerfully yours,

Coach Phyllis
