



STRESS LESS

6 WAYS TO PRACTICE EXERCISE MEDITATION

Positively train your body and your mind

BEFORE WORKOUT

1. Define your “why”

Be specific on why you are choosing to workout and what you hope to think or feel after your workout.

2. Avoid Distractions

Turn off your phone notifications, close the door, do whatever you need to do to get rid of the noise around you.

DURING WORKOUT

3. Be Attentive

Tune into your body and how it feels as you move throughout the workout.

4. Breath Deeply

It can be easy to hold our breath - especially during challenging exercises. Try your best to use your breathing as a tool to guide you.

5. Exercise Kindness

Give yourself positive affirmations while you workout. Examples: I am good enough, I can get through this, I am stronger than I was yesterday.

6. Stay persistent

It's easy to let our thoughts control our actions - but your body is very capable of great things and can surprise you if you let it.



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