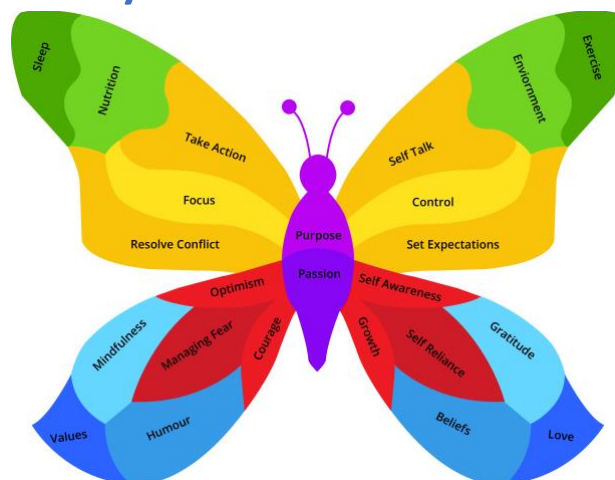


E.Q.I.e Emotional
Intelligence
By Transilient Coaching

Building a Resilient Mindset One Day at a Time

Module One Physical Resilience



Exercise Workbook

“Exercise in the morning before your brain figures out what you’re doing!!”

What we’ve learned about exercise is that it stimulates the chemicals in the brain that make us feel good. It also makes permanent changes in the neural structures in the brain, as long as we are consistent. It doesn’t really matter what exercise you do, or how intense it is – what’s important is that you stick with it.

Creating time and space for your body to move and breathe, has an impact for your physical self and you mind. You are also creating space for your mind to breathe. If you currently exercise regularly, keep it up! Don’t forget to change it up too – look for new ways to move, improve strength, flexibility and cardio. If you’re looking to start a new fitness activity – give some thought to the questions below.

Start small, don’t “fly and die” – starting off by doing loads and not being able to keep it consistent. Remember that’s the key. Take it easy at first and have fun!

Exercise:

Make a list of the physical exercises you’ve ever done.

Which ones did you really enjoy?

If you were to pick one activity that will improve your fitness what would it be?

Will you commit to it once a week?

Where/how will you participate?

When will you start?

Ideas for getting more exercise into your life.

1. Is there something you always wanted to try? Zumba, weightlifting, rowing, swimming.....
2. Is there something you did when you were younger that you really liked?
3. Is there a group nearby that you can join – cycling club, walking club, hiking club etc.
4. Is there someone who can help you – exercise with you, join a club with, coach you?
5. Consider what might hold you back and what you will do to ensure you meet your weekly commitment.
6. Don't do it unless you enjoy it otherwise you won't keep it up.
7. Set some gentle goals – first one is to commit one hour per week!