3-Month Energy for Joy Health Plan

Encouraging COACH

Are you tired too much of the time? Does your energy level keep you from enjoying your life? Do you wish you could get out for fun in the evenings and weekends without dragging? This is your chance to gain energy and health. Each week we will make changes that help you create a vibrant life.

Some of these changes will take a little time, but the time you get by living life with energy is worth it. How much of the time have you spent zoning out in front of the TV, not feeling energetic enough to even get up? A few minutes a day is not a lot to give for a sense of joy, a bounce in your step and energy to play and live.

Before we start, I want you to pause for a moment. Take three, slow, deep breaths. Now picture in your head, you with an abundance of energy. How do you look? How do you feel? What are you doing? Visualize this picture while you take a shower or before you go to bed or before you read your lesson. This is your passion and motivation to move you forward. Let's begin.

Week 1 Let's Begin

Where Are You Now?

Get a check up with your doctor before starting. You probably have been procrastinating on get your annual physical anyway, right? Don't forget to record your health numbers and ask if he has any personal suggestions for gaining energy.

Starting Weight	Blood Pressure	Cholesterol

Exercise Resources

Exercise is one of the quickest ways to feel energetic. Thinking of how you will feel afterwards can help you over the hurdle of starting. Start slowly so you don't burn out right away. If you haven't been exercising start with 10-15 min a day. The most important part right now is creating the habit.

Weight Training Workouts:
http://www.simply-fit.com/workouts.htm
Walking Workouts:
http://www.in-motion.ca/walkingworkout/
Various Workouts:
http://exercise.about.com/cs/exerciseworkouts/a/workout_center.htm

Reward

What reward will you give yourself for completing all your workouts this week?

Some Ideas:

Reading time, music, e-mail break, crafting time, a new magazine, look at pictures, a cup of special tea, lighting candles and just watching them, a nap, time in nature, a spa bath, a foot massage, puzzles, extra quiet time, connecting with someone, time reading your gratitude list, a new journal, playing a computer game

My
Exercise Plan

Depending on how much exercise you routinely get right now, you will make up a schedule of 15 minutes to 1 hour of exercise 3-7 times a week.

Include
Cardio: walking, swimming, videos
Strength: weights, pilates, pushups
Flexibility: stretching, yoga

Sun .....
Mon .....
Tue .....
Wed .....
Thu .....
Fri .....
Sat .....

My
Exercise Successes

What I did for exercise this week