

WOMEN LEADING CHANGE  
**FEMpower**



# STAYING CONNECTED

Week Three - Movement



[www.ronidavis.com](http://www.ronidavis.com)



# DAILY MOVEMENT AS A HABIT

Most people have come to associate exercise as a chore or a punishment required for "fixing" weight gain. We create all kinds of expectations over how much we're supposed to be doing, how much it's supposed to suck ...and it becomes something we avoid. This is a huge part of why it's so hard to make exercise a habit for most people. Rather than viewing it as movement that makes them feel better, and improves their life, it's something to dread.

Which makes it super hard to "motivate" ourselves to do.

But if we approach it differently, we can change everything. If we look at it simply as movement that makes our body feel better and our lives easier, and if we consider the way our brains create habits, in the process, we can learn to add daily movement into our lives easily.

Our brains create habits by associating certain rewards with certain triggers so keep that in mind as you try to build your movement habits. You need a trigger and a reward. This means if you tie some movement into something you're already doing every day (do a few squats while standing at the kitchen sink or do some stretches when you get out of bed) AND if you get a small reward afterwards, it will become a habit that much easier.

The reward can be something external - or simply a mindful awareness of how much better you feel when you do a little movement along with a big pat on your own back.

Now for some movement options for you to consider trying...

## Option 1: Walking, obviously.

Few things are better for mind and body than a little walking, preferably outdoors. If your body craves a little bit of movement, consider how a short mindful walk would make you feel. Whenever you notice your brain coming up with all the reasons why you shouldn't or can't (it's great at excuses) remember that 1) you don't have to believe it, 2) you can look for solutions to those excuses if you want to and 3) ask yourself how you will feel if you just step outside and walk for 5 minutes. That's it. Even just to the end of your driveway. ANYTHING. The goal isn't to make it feel like punishment so make it SUPER, SUPER easy.

*THE REWARD: When you get back, you have two options. 1) crap on yourself for not going far enough or doing enough which is NO kind of reward & will reinforce negative feelings around exercise OR 2) be PROUD of yourself for doing SOMETHING. Pat yourself on the back and just let yourself FEEL GOOD. Only one of those options will result in you feeling good and helping to solidify the habit. Can you guess which one?;) AND, give yourself a small reward. Perhaps a small piece of your favorite chocolate... it doesn't have to be anything big, but just a special treat that your brain begins to associate with walking.*

# DAILY MOVEMENT AS A HABIT

## Option 2: Stretching/Yoga

Again, only a few minutes is needed. If when you do your body scan you notice feeling tight, achy, sore or immobile choose a video from the options below to suit whatever you're feeling. I'm adding some of my favorite videos, of varying lengths, for the main areas that most people have the most pain and stiffness. These are all beginner friendly and fairly easy. (Important: don't forget your rewards when you're done. Pat yourself on the back and give yourself a little treat!)

Neck/Shoulders/Upper Back:

7 mins: <https://www.youtube.com/watch?v=c6baVS5cCxQ>

14 mins: <https://www.youtube.com/watch?v=YQpUijp5oOQ&t=10s>

15 mins: <https://www.youtube.com/watch?v=Dj92KhklFGo>

19 mins: <https://www.youtube.com/watch?v=Vlo5yzWM7po>

31 mins: <https://www.youtube.com/watch?v=yAEjRyEIKok&t=1s>

Stiff/sore hips or lower back (sciatica/SI joint):

7 mins: [https://www.youtube.com/watch?v=L\\_sOX7FaEHE](https://www.youtube.com/watch?v=L_sOX7FaEHE)

8 mins: [https://www.youtube.com/watch?v=W\\_vYdNClgCA](https://www.youtube.com/watch?v=W_vYdNClgCA)

15 mins: <https://www.youtube.com/watch?v=yQLEvU1IruU>

17 mins: <https://www.youtube.com/watch?v=ynN4jtASYCo&t=99s>

32 mins: <https://www.youtube.com/watch?v=pyFNz8zjSdw&t=2s>

For more on cultivating mindfulness & CBT strategies for mental health and building movement habits for physical health, don't miss my 8 week online course : [Mindful Movement](#) - it's FREE for a limited time only.

# RESOURCES

## FREE EBOOK

Dive even deeper into understanding the weight and food struggle, why it's not your fault and how to break free with Why'd I Eat That?

To grab your copy, visit:

[www.ronidavis.com/whydieatthat](http://www.ronidavis.com/whydieatthat)



Free 8 week MBCT course for promoting mind-body wellness - [www.ronidavis.com/mindful-movement](http://www.ronidavis.com/mindful-movement)

It's All In Your Head Podcast - [www.ronidavis.com/podcast](http://www.ronidavis.com/podcast)

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