



Worksite Wellness Conference

October 8

*Join us on Zoom
9 a.m. – 2 p.m.*



Mindfulness, Movement and Nutrition for Mental Wellness and Resilience



**STRONGER U
ACADEMY**

Fitness that Works

How to get fit and stay fit, anytime, anywhere!

Presented by Sean Foy, MA
STRONGER U ACADEMY



Doreen



4 Strategies

4 Simple Moves

7 Days



A group of cyclists is riding across a bridge at sunset. The scene is captured from a rear perspective, showing the cyclists in silhouette against the bright, low sun. The bridge has a white metal railing and a blue-painted deck. The cyclists are wearing dark clothing and helmets. The overall mood is serene and active.

Exercise...

What do you think of?



“Wah-Wah-Wah”?

“Blah-
Blah-
Blah!”



Kids/Family

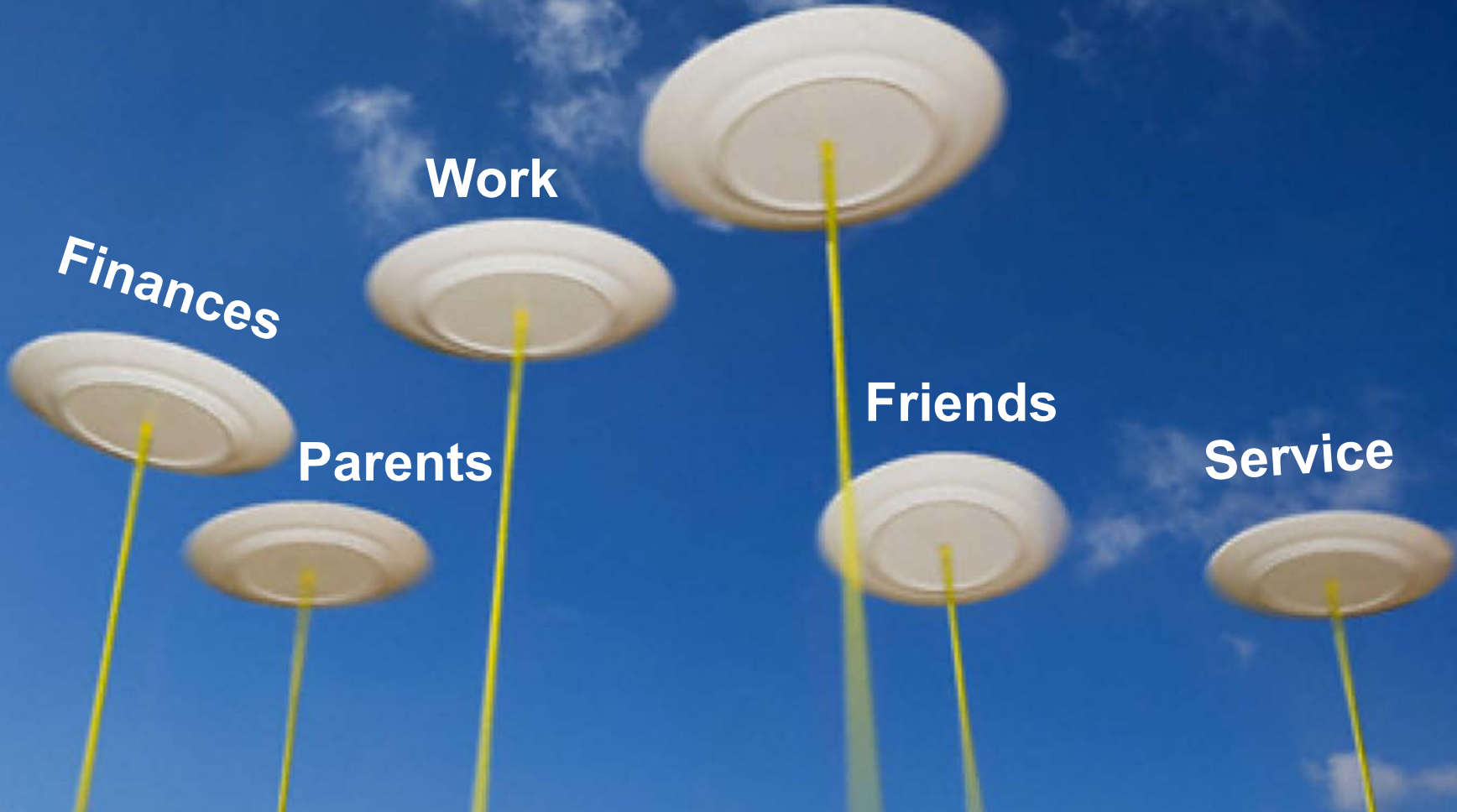
Work

Finances

Friends

Parents

Service





Burst

Total Body

Workout

10 Minute-4321 Burst Training



- 4** Minutes: HEAT
- 3** Minutes: Resistance Training
- 2** Minutes: Core
- 1** Minute: Deep Breathing/Stretch



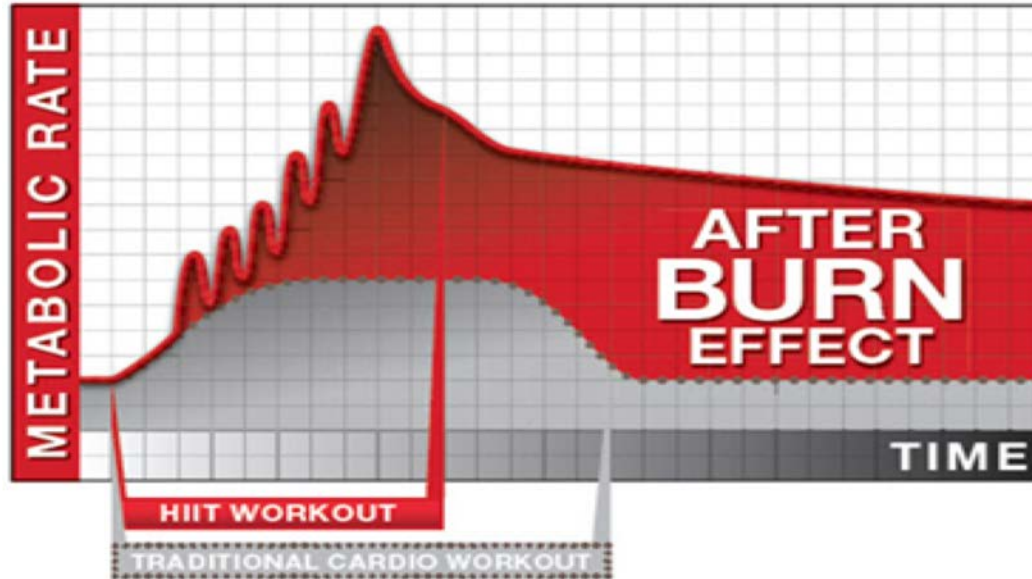
Burst 4-3-2-1 Formula

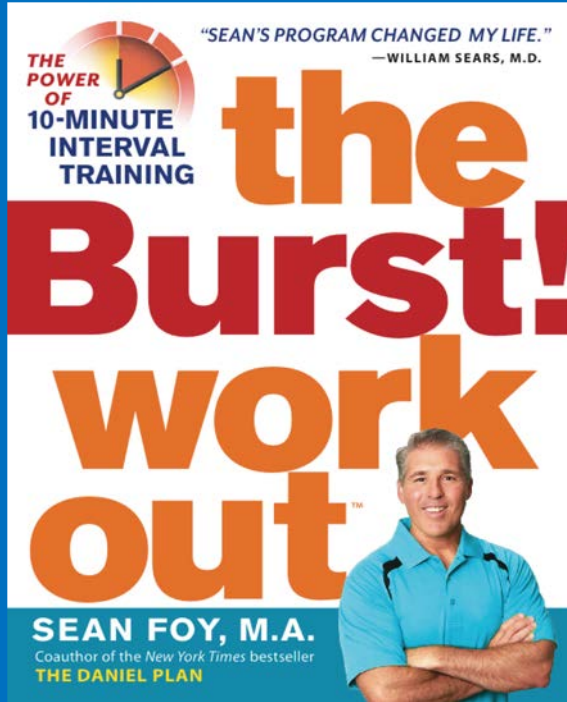
4 Minutes of

HEAT

High Energy Aerobic Training

4 Minute Burst Moves





STRONGER U
ACADEMY

Burst

4-3-2-1 Formula

3 Minutes of Resistance Training



Burst

4-3-2-1 Formula

2 Minutes of Core





Burst: 4-3-2-1 Formula

1 Minute of Deep Breathing & Stretching

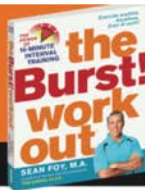
10 Minute-4321 Burst Training



- 4** Minutes: HEAT
- 3** Minutes: Resistance Training
- 2** Minutes: Core
- 1** Minute: Deep Breathing/Stretch

the Burst! workout

Get fit in 10 minutes a day! • 90 illustrated exercises • Three four-week programs **workman**



LEVEL 1 • WORKOUT 2

4 minutes | High-Energy Aerobic Training

To start your workout, you will alternate 30 seconds of Marching in Place with 30 seconds of Air Boxing, for a total of 4 minutes of H.E.A.T. As you get warmed up, try to make your movements faster. During the last 30 seconds of Air Boxing, go all out! A great cardiovascular exercise, Air Boxing works not only your heart but also your upper and lower

body, strengthening and toning your shoulders, arms, legs and core. To make this exercise less or more demanding, read more about it in *The Burst! Workout*.



Air Boxing and Marching in Place
Alternate 30 seconds of moderate Marching in Place with 30 seconds of rapid Air Boxing. Step up that pattern for 4 minutes. See *The Burst! Workout* for full instructions.

LEVEL 1 • WORKOUT 2

3 minutes | Resistance Exercise

This group of three exercises will tone and train your chest, shoulders, arms, core, legs and butt—all in just 3 minutes! First, you'll perform the Chair Squat, completing the squatting motion with the aid of a chair. The next exercise, the Knee Push-Up, transforms the standard push-up exercise into a challenging but manageable movement

you can perform anytime, anywhere. Then, you'll complete a great "butt-lifting" exercise that also strengthens your lower body: the Forward Lunge. Remember to move quickly from one exercise to the next to enhance your workout experience. To make these exercises either easier or more challenging, see *The Burst! Workout*.



Chair Squat
Perform as many Chair Squats as you can in 1 minute.



Knee Push-Up
Perform as many Knee Push-Ups as you can in 1 minute.



Forward Lunge
Perform as many Forward Lunges as you can in 1 minute, alternating legs.

LEVEL 1 • WORKOUT 2

2 minutes | Core-Strengthening Exercises

Here are two highly effective abdominal exercises that will tone and strengthen your core muscles and at the same time protect your lower back. The first exercise, the Reaching Ab Crunch, involves lying on the floor and tightening your abdominal muscles as you reach for your knees and raise your shoulders off the ground. The stationary Knee Plank is a great,

no-sweat way to strengthen and tone your core, hips, chest, shoulders and arms—and you can do it anywhere! To make these exercises either easier or more challenging, see *The Burst! Workout*.



Reaching Ab Crunch
Perform as many Reaching Ab Crunches as you can in 1 minute.



Knee Plank
Hold the Knee Plank as long as you can, for up to 1 minute.

LEVEL 1 • WORKOUT 2

1 minute | Stretching and Deep Breathing

If you were to ask 10 people what area of their body causes them the greatest tension or pain, chances are most of them would say their back. Often lower back pain is due to tight hamstrings, inflexible hip muscles and weak core muscles. Here are two stretching exercises you can perform while seated at work or on a park bench; they're great for your lower

back, hamstrings, hip muscles and the fronts of your legs. The Chair Hamstring Stretch targets your lower back, hamstrings and calf muscles. The Chair Thigh Stretch helps to stretch your hips and thigh muscles. Remember to breathe deeply and move slowly. To make these movements less or more challenging, see *The Burst! Workout*.



Chair Hamstring Stretch
Hold the Chair Hamstring Stretch for up to 15 seconds per leg.



Chair Thigh Stretch
Hold the Chair Thigh Stretch for up to 15 seconds per leg.

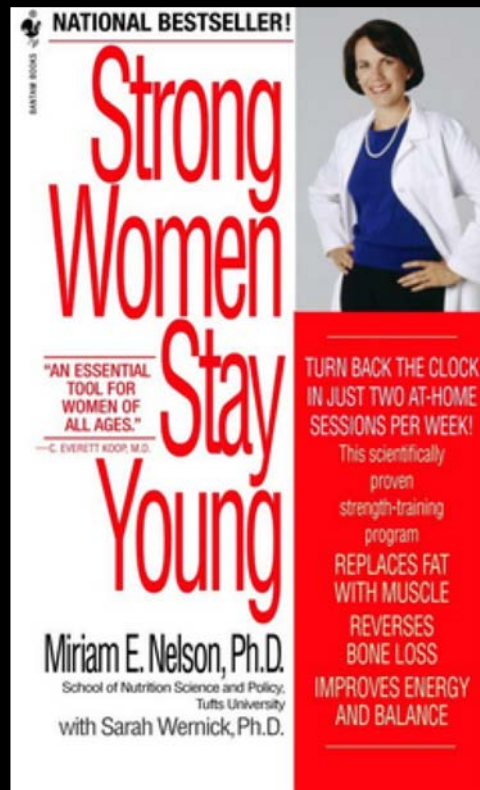
4 minutes

3 minutes

2 minutes

1 minute

STRONG WOMEN STAY YOUNG



“

Studies have shown unequivocally that **strength training** is a **fountain of youth**.

-Miriam Nelson, PhD

”

“

There's no doubt that a woman of any age -- whether she's 45, 65 or 95 -- can really **turn back the biological clock** with strength training.

-Miriam Nelson, PhD

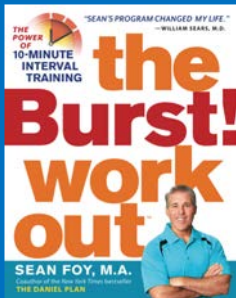
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Fitness That Works™

Obe



From 1 to 10 to More!



What Accelerates the aging process?



Sedentary...
21 Hours per day



Researchers Know

What Accelerates the aging process?



Researchers Know

What Accelerates the aging process?

Flexibility ↓

Cardiovascular Fitness ↓

Coordination & Strength ↓

Bone Density ↓

Body Composition ↓



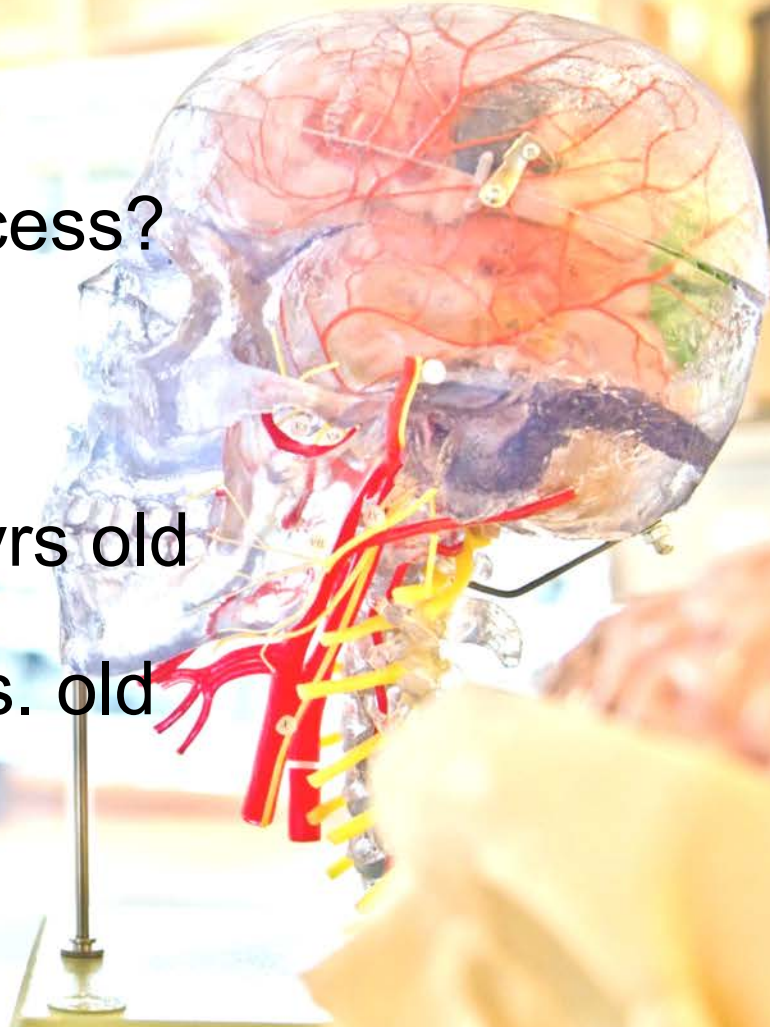
Researchers Know

What Accelerates the aging process?

Metabolism ↓ 2-5%

Balance/NMC ↓ 20% 30-70yrs old

Functional Fitness ↓ > 45 yrs. old



Medical Evidence Researchers Know: Moving Less Sitting More









Symptoms: Overload/Overtraining

1. Fatigued, lack of energy
2. Muscular soreness
3. General Aches and pains
(Muscles/Joints)
4. Headaches
5. Decreased motivation
6. Decreased performance
7. Decreased Intensity
8. Increased injuries
9. Increased irritability
10. Insomnia





The Reason Why....

Loss of muscle

=

Loss of Health



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Step #1:

Make Fitness
Simple



Increase Self-Efficacy

A little exercise....

is better than no exercise!



the Burst! workout

Get fit in 10 minutes a day! • 90 illustrated exercises • Three four-week programs **workman**



LEVEL 1 • WORKOUT 1

4 minutes | High-Energy Aerobic Training

H.E.A.T. is all about working up a sweat. During this exercise, you'll alternate 30 seconds of moderate Chair Jogging with 30 seconds of fast Chair Jogging for a total of 4 minutes. As you get warmed up, try to "jog" faster. During the last 30 seconds, push

yourself! Chair Jogging elevates your heart rate and strengthens your heart, shoulders, arms, legs and core without placing undue strain on your joints. To make this exercise either easier or more challenging, see the directions in *The Burst! Workout*.



Chair Jogging
Alternate 30 seconds of moderate Chair Jogging with 30 seconds of fast Chair Jogging. Kneel up that pattern for 4 minutes.

LEVEL 1 • WORKOUT 1

5 minutes | Resistance Exercise

The combination of these three exercises works the muscles of your upper and lower body. You will perform each exercise for 1 minute. Stationary Wall Squats can be done anywhere there's a wall and are excellent for working your legs, butt and core. Wall Push-Ups have the same benefits as the classic push-up, strengthening your chest, shoulders, arms

and core—without having to get down on the floor. The Stationary Lunge is my favorite lower-body exercise. It is highly beneficial for your legs and butt. Many different exercises are based on this versatile movement. For complete instructions or to make these exercises either easier or more challenging, see *The Burst! Workout*.



Stationary Wall Squat
Hold the Stationary Wall Squat position as long as you can, for up to 1 minute.

Wall Push-Up
Perform as many Wall Push-Ups as you can in 1 minute.

Stationary Lunge
Hold the Stationary Lunge position as long as you can, up to 30 seconds per leg.

LEVEL 1 • WORKOUT 1

2 minutes | Core-Strengthening Exercises

All you need for these two exercises is a sturdy chair (or bench). By performing these exercises together, you work your shoulders, arms, abs, hips, lower back and the sides of your waist—plus you'll get a nice lower back stretch. When performing the Chair Plank, you lean on the chair and try to keep your

body straight as a board. During the Chair Side Bend, you sit in the chair and bend to your side, tightening your abdominal muscles. To make these exercises either easier or more challenging, see *The Burst! Workout*.



Chair Plank
Hold the Chair Plank position as long as you can, for up to 1 minute.

Chair Side Bend
Perform as many Chair Side Bends (alternating sides) as you can, for up to 1 minute.

LEVEL 1 • WORKOUT 1

1 minute | Stretching and Deep Breathing

To conclude your 4+3+2+1 exercise session, here are two simple, effective stretches that will loosen up your muscles, increase your flexibility, relieve any kinks and help prevent muscle stiffness after your vigorous workout. The Chair Forward Bend is the next best thing to a massage for your upper and lower back, while the Chair Spinal Twist also works

the muscles at the sides of your waist. Remember not to bounce or overstretch—this will not make the exercises more effective—and be sure to breathe deeply throughout to relieve tension and oxygenate your cells. To make these movements less or more challenging, see *The Burst! Workout*.



Chair Forward Bend
Hold the Chair Forward Bend for up to 30 seconds.

Chair Spinal Twist
Hold the Chair Spinal Twist for up to 15 seconds per side.

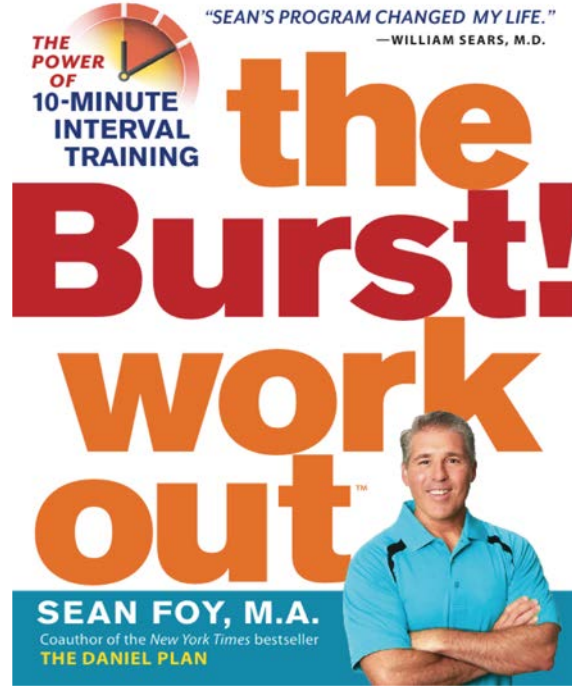
4 minutes

5 minutes

2 minutes

1 minute

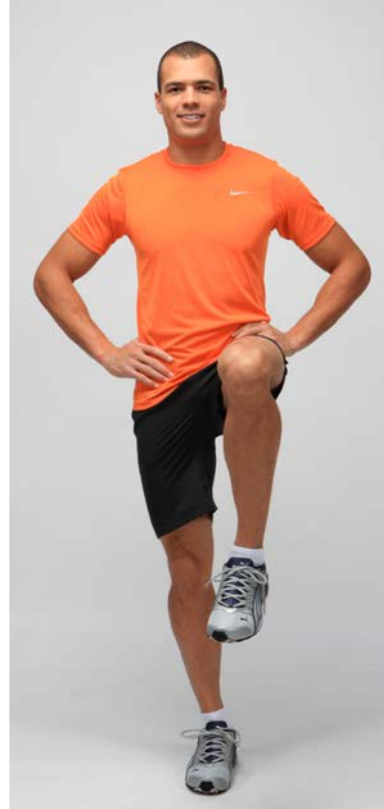
Sit for 60-Burst for One



Anchor Habit-Burst for One



+



Move #1: Balance



Researchers Now Know Why



Balance Time

4 seconds

5 seconds

7 seconds

8 seconds

9 seconds

12 seconds

16 seconds

22 seconds

28 seconds

Balance-Real Age

70 years

65 years

60 years

55 years

50 years

45 years

40 years

30-35 years

25-30 years

Fitness that Works

Strategy #2 Make Fitness Personal



What is the best exercise for you?

The ONE you will do!



Three Questions:

1. What do I enjoy?

2. What makes me smile?

3. What do I look forward to?



Move #2: “Jump”



motion =

emotion

Mental/Emotional Benefits of Exercise

1. Reduces stress and improves ability to cope
2. Releases good feeling brain chemicals
3. Decreases depression
4. Decreases tension and worry
5. Improve cognitive functioning; new brain cells

Mental/Emotional Benefits of Exercise

6. Reduces anxiety and panic attacks
7. Helps manage anger/feelings of hostility
8. Enhances relaxation
9. Keeps brain young; - Dementia/Alzheimer's
10. Boosts mood; + joy, happiness & wellbeing

A wooden framing square is positioned diagonally across the frame. The square is made of light-colored wood and has a ruler scale engraved on one of its arms. The ruler shows markings from 0 to 10 inches. The square is resting on a white surface, possibly a piece of paper or a table. The text is overlaid on the left side of the square.

Fitness that Works

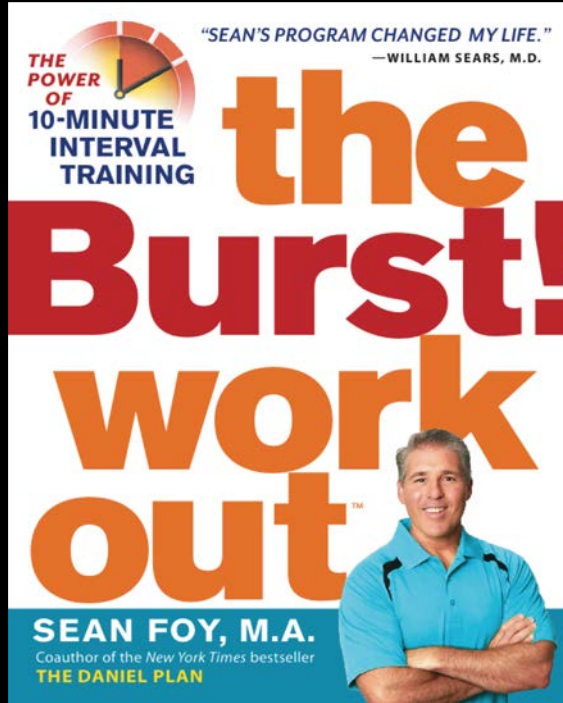
Strategy #3

Make Fitness Purposeful

Sitting down writing about the dangers of **Sitting disease**



Move #3 Squat



“If you could instantly change ONE THING about your health and fitness what would it be?”

Why?



“What would you do with your newfound fitness,
health & wellbeing?”

Why?



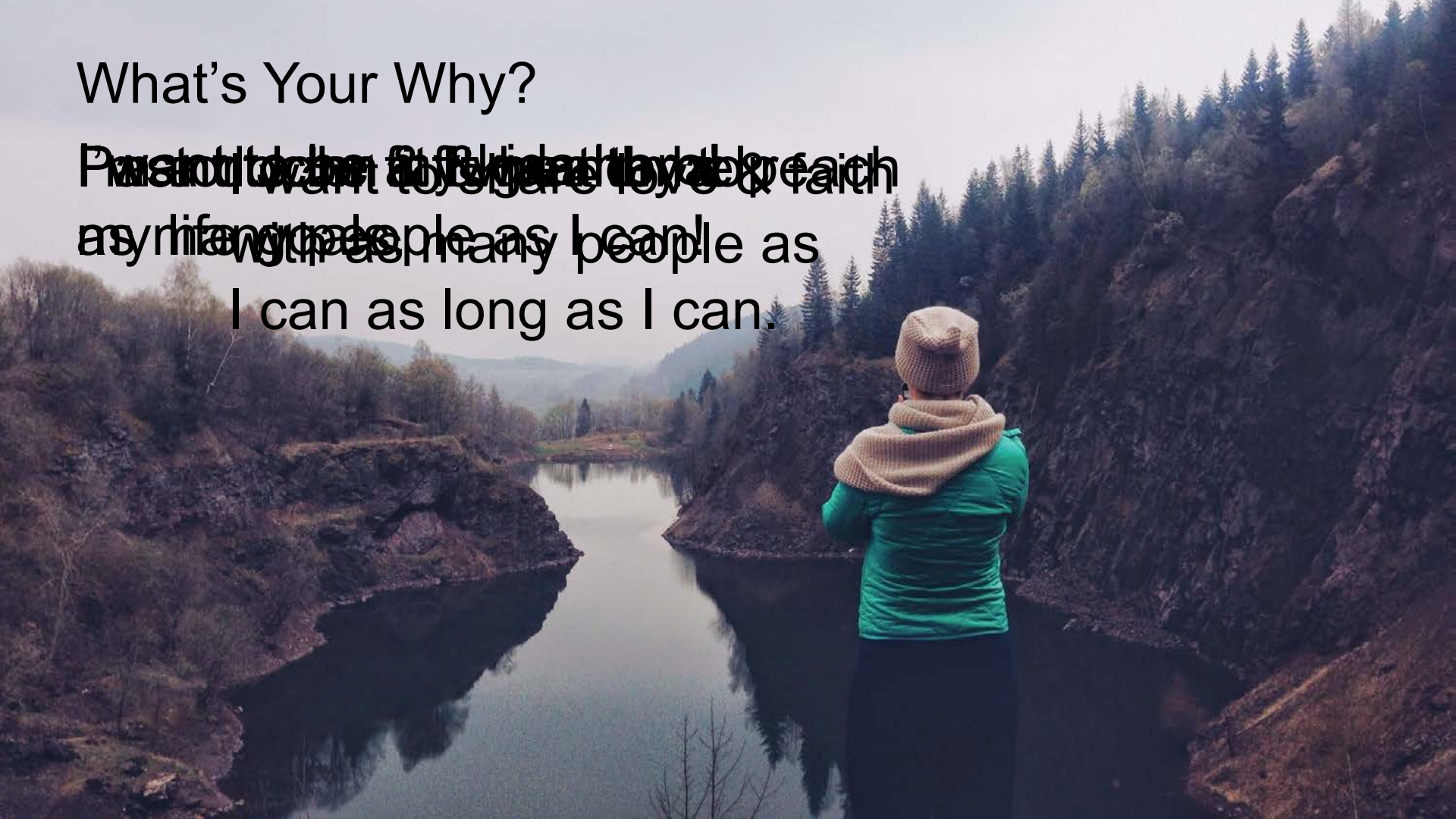
“What’s ONE THING I can do, that I am not doing now, that if I did it on a regular basis I know it would make a significant difference in my health and fitness?”

Why?



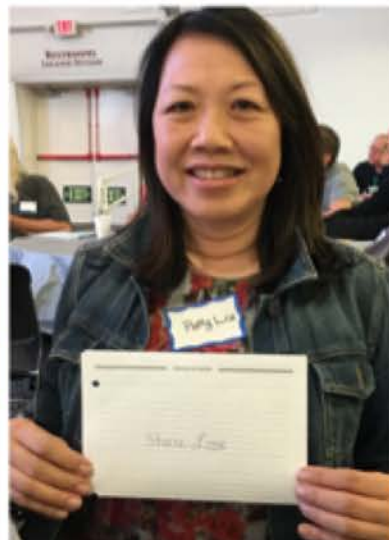
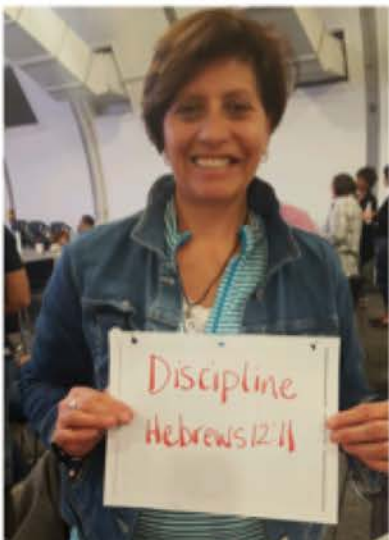
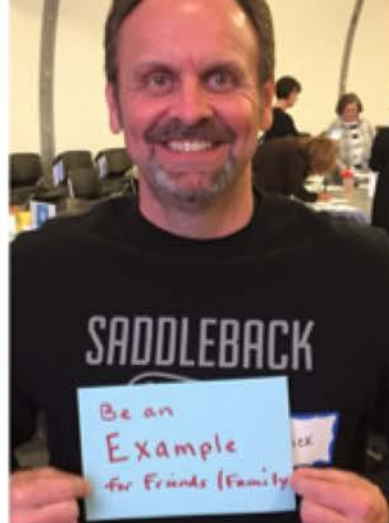
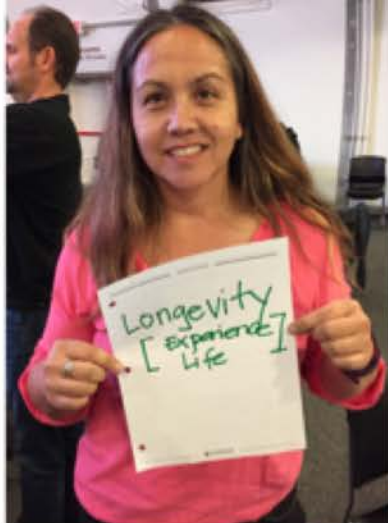
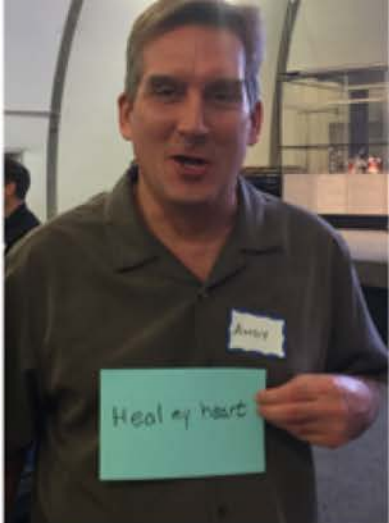
What's Your Why?

I want to be as fulfilled as I can be
I want to give love & faith
as much as I can
I want to help as many people as
I can as long as I can.



What's your Why?

- One Word
- One Phrase
- One Sentence
- One Paragraph





Fitness that Works

Strategy #4

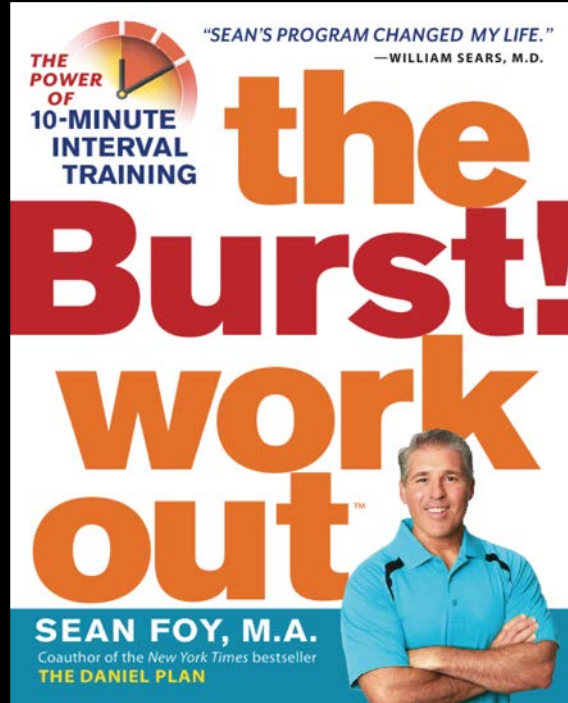
Make Fitness Connected

Strategy #4

Buddy System



Move #4 Lunge

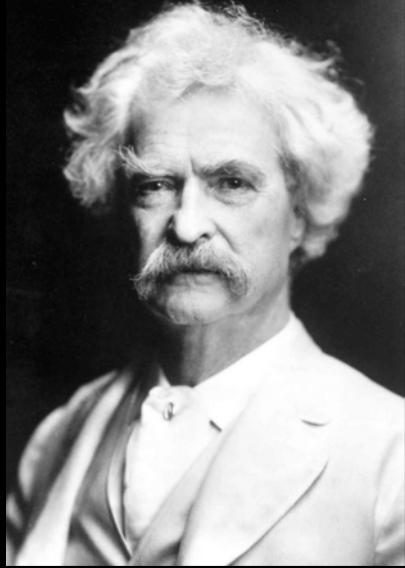


Doreen









“The two most important days in your life are the day you are born and the day you find out why.”

-Mark Twain

the **Burst!** workout

Get fit in 10 minutes a day! • 90 illustrated exercises • Three four-week programs **workman**



LEVEL 1 • WORKOUT 2

4 minutes | High-Energy Aerobic Training

To start your workout, you will alternate 30 seconds of Marching in Place with 30 seconds of Air Boxing, for a total of 4 minutes of H.E.A.T. As you get warmed up, try to make your movements faster. During the last 30 seconds of Air Boxing, go all out! A great cardiovascular exercise, Air Boxing works not only your heart but also your upper and lower

body, strengthening and toning your shoulders, arms, legs and core. To make this exercise less or more demanding, read more about it in *The Burst! Workout*.



Air Boxing and Marching in Place

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4 minutes

LEVEL 1 • WORKOUT 2

3 minutes | Resistance Exercise

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Chair Squat

Perform as many Chair Squats as you can in 1 minute.

Knee Push-Up

Perform as many Knee Push-Ups as you can in 1 minute.

Forward Lunge

Perform as many Forward Lunges as you can in 1 minute, alternating legs.

3 minutes

LEVEL 1 • WORKOUT 2

2 minutes | Core-Strengthening Exercises

Here are two highly effective abdominal exercises that will tone and strengthen your core muscles and at the same time protect your lower back. The first exercise, the Reaching Ab Crunch, involves lying on the floor and tightening your abdominal muscles as you reach for your knees and raise your shoulders off the ground. The stationary Knee Plank is a great,

no-sweat way to strengthen and tone your core, hips, chest, shoulders and arms—and you can do it anywhere! To make these exercises either easier or more challenging, see *The Burst! Workout*.



Reaching Ab Crunch

Perform as many Reaching Ab Crunches as you can in 1 minute.



Knee Plank

Hold the Knee Plank as long as you can, for up to 1 minute.

2 minutes

LEVEL 1 • WORKOUT 2

1 minute | Stretching and Deep Breathing

If you were to ask 10 people what area of their body causes them the greatest tension or pain, chances are most of them would say their back. Often lower back pain is due to tight hamstrings, inflexible hip muscles and weak core muscles. Here are two stretching exercises you can perform while seated at work or on a park bench; they're great for your lower

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Chair Hamstring Stretch

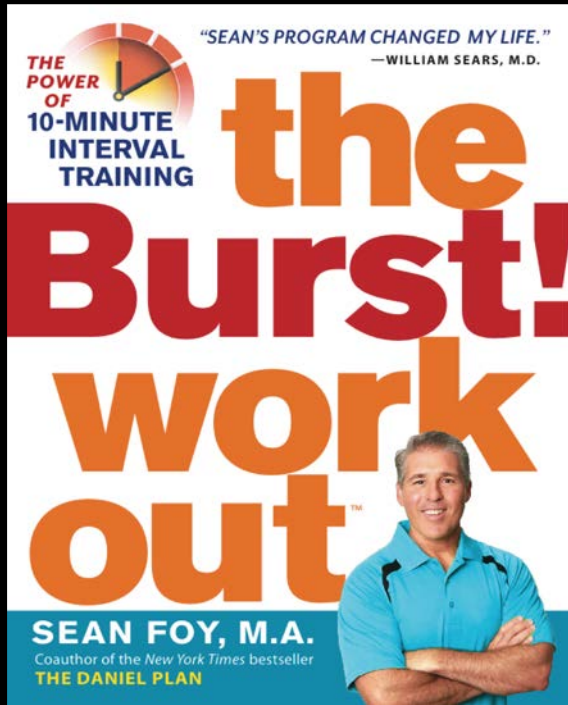
Hold the Chair Hamstring Stretch for up to 15 seconds per leg.



Chair Thigh Stretch

Hold the Chair Thigh Stretch for up to 15 seconds per leg.

1 minute



1. Make fitness Simple
2. Make fitness Personal
3. Make fitness Meaningful
4. Make Fitness Connected





STRONGER U ACADEMY

www.StrongerUAcadamy.com

sean@personallyfit.com

Thank You