

Hello!!!

Hello Warriors and welcome to this month's challenge - Mindful March where we will be encouraging you to incorporate mindfulness tips and movements into your daily life and workouts. With the many proven health benefits mindfulness can bring to our daily lives, it makes sense that combining mindfulness with other healthy pursuits could further elevate our sense of well-being. In fact, the research is starting to support this. In a 2016 [study](#) a combination of meditation and aerobic exercise was shown to reduce symptoms of depression by almost 40 percent. Too often working out is done in between activities or after a busy day which means you might already be in a state of stress before you work out, which for some can increase feelings of stress. So, for this week's challenge we encourage you to bring your body to a state of calm before engaging in physical activity.

This week spend some time bringing yourself to a neutral state by doing a quick [breathing](#) exercise or [meditation](#) before you begin your workout. Then, once you start your workout really listen to your body; your breathing, postures, and senses. Another mindful movement tip is to use your breath as a guide during your workout. Mouth breathing is related to stress, so try to focus on breathing through your nose to increase calm in the body. Lastly, try releasing yourself from daily pressures while listening to your body and most importantly, enjoy your workout!

If you have questions, please email the moderator of this challenge at emily.yeates@pehp.org.