

Hello Warriors!

Hope you are enjoying the many benefits of mindful movement this month! It's not uncommon for people to mistake mindfulness for traditional meditation. But mindfulness can also be as simple as paying attention to the present moment with acceptance, non-judgment and compassion. When incorporating elements of [mindfulness](#) to our workouts we can develop a stronger connection with our bodies, improve the quality of our workouts and get more satisfaction from our workouts by paying close attention to all the benefits we are experiencing when we move our bodies.

For this week, we challenge you to engage in mindful movement, by this we mean being completely present and aware of what you are doing (i.e. each part of your movement, your breathing, what muscles you are targeting, your purpose). Not only can you improve your physical results in this state, but you will be much more likely to enjoy what you are doing. Below are some mindful movement tips.

- When working out, only work out – no multitasking. Focus on your workout.
- Set the intention to breathe throughout each movement. Use your breath as an anchor for your mind to return to.
- Bring a mind-muscle awareness to the specific muscles you are targeting with each exercise. Feel the muscle engaging and firing throughout the entire range of motion.
- Check-in with your body and how the exercise feels. Listen to the messages your body is sending.

Are you new to Workout Warrior?

PEHP Wellness challenges are email-based and self-guided, which means YOU are in charge! The emails you receive are to keep you informed and to help motivate you.

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

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