

The BrainFit Workout ™ 2018 Notes Workshop Overview

Rachel L Holmes

- * Emotional health - fitness Instructors - the hustle, the stress, social media, education.
- * Stress is stealing our lives and our happiness.
- * Meditation and mindfulness can be whatever you want it to be.
- * Stress and Sleep
- * Stress and Nutrition
- * Stress and behaviour
- * Daily chip, chip, chip

The time is right to create a new style of group fitness classes.

The 5 Second Rule and how we can use this to change and disrupt thinking.

Simple Idea. Powerful Results.

“The moment you feel yourself hesitate (when you know you should do something) start counting backward 5-4-3-2-1, then GO. The Rule is a proven, form of metacognition. When you use it, you shift mental gears, interrupt your habit of overthinking and awaken your pre-frontal cortex – making change easy. The rule acts as a “starting ritual” that breaks bad habits and triggers positive new behaviour change”

Mel Robbins The 5 Second Rule

BrainFit Workout ™ is a 30 minute flowing conditioning/ Fitness Pilates workout designed to engage the mind, body and soul.

Why BrainFit and Why Now

There is nothing quite like exercising and moving in a group. Feeling the power of like minded individuals all coming together to share energy and positivity in an amazing experience.

The BrainFit Workout ™ fuses simple repetitive movement sequences and Fitness Pilates patterns to fantastic music movement behind affirmations gives them increased power and meaning.

Rewire the brain and step into your power.

The human brain contains approximately 100 billion brain cells, and each one of these communicates with up to 10,000 other brain cells via connections known as synapses.

Every aspect of our cognition, such as thinking and remembering, is supported by specialised groups of connected brain cells called neural networks. But the connections that make up our brain networks are not static; they are changing all the time.

The more two brain cells communicate with one another, the stronger the connections between them become. And so, with each new experience and each remembered event or fact, the brain slightly rewires its physical structure. This process is called neuroplasticity.

One of the most astonishing features of mindfulness meditation is that you can see its profoundly positive effects actually changing the brain. Recent scientific advances allow us to see the parts of the brain associated with such positive emotions as happiness, empathy and compassion becoming stronger and more active as people meditate. The new science of brain imaging means that we can watch as critical networks in the brain become activated, almost as if they were glowing and humming with renewed life, and, as they do so, unhappiness, anxiety and stress begin to dissolve leaving a profound sense of reinvigoration. And you don't need to spend years meditating to see the benefits. Every minute counts. Research has shown that committing yourself to daily practice over a period of eight weeks is sufficient for you to see the benefits for yourself.

Self Sabotage

Critical and Negative Self Talk.

How to address it and

New Positive Thought Patterns are Created.

The constant dialogue we have going on in our mind

What Is Stress Doing To Us?

It is making us sick and tired mentally and physically.

Chronic daily stress is:

- * Zapping our energy
- * Causing inflammation
- * Contributing to hormone decline.
- * Making us depressed and anxious
- * Making us unhappy and sad.
- * Not allowing us to live our true potential

What is negative self chat doing to us:

- * Eroding confidence and self esteem
- * Paralysing us into not taking action.
- * Limiting us.
- * Boring us
- * Playing small

You have the power to change this and influence your participants to do the same.

Take care of the mental self chat and use exercise to give positive affirmation power and strength.

How can mindfulness and meditation help you and your classes?

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What Is an Affirmation

How affirmations work - reprogramming the brain.

Add action, movement and music.

All our beliefs are stored in the subconscious mind.

The Brain Does Not Distinguish Between What Is Real, Made Up, Imagined And Fantasy.

In order to change your beliefs and create a new reality, you have to retrain your subconscious mind with thoughts of your desire.

But not just think it and say it but feel it and believe it.

I'd love to connect with you on social media

Insta

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Kick Start Fat loss

Fitness Pilates1

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