



week

Three

How I Feel Record

Each week score how you feel out of 10 for each of the following points. 1 is the lowest and 10 is the highest.

Week 1

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:

Total:

Week 2

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:

Total:

Week 3

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:

Total:

Week 4

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:

Total:

Week 5

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:

Total:

Week 6

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:

Total:

Week 7

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:

Total:

Week 8

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:

Total:



Week 9

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:
Total:

Week 10

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:
Total:

Week 11

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:
Total:

Week 12

I feel confident:
I feel optimistic:
I feel in control:
I'm worth the effort:
I can do this:
Total:



Reframe and Find Joy in Movement

Reframe and Find Joy in Movement

Fundamentally, exercise is something that we do for our health, to give us some headspace, celebrate our bodies, live a long and healthy life, and lay down firm foundations to protect our muscles, bones, and joints when we're older.

But the reality is that sometimes it can be hard to focus on the positives, even if you're someone who regularly exercises, let alone if exercise is something new to you.

So many people still view exercise as something punishing to be endured, rather than something beneficial to be enjoyed. Here's how to reframe it and reap the benefits of movement.

Why do we see movement as something to be endured?

- Not having an upbringing where exercise is part of your life.
- Because you have so many demands on your time that other activities take priority.
- Exercise is often portrayed as hardcore gym sessions or running marathons – something that can seem unobtainable for many.
- The use of phrases like 'no pain, no gain' perpetuates the idea that exercise should be hard.
- Exercise can feel like an exclusive club that you must already be fit to join.

Remember, Exercise is just moving and there are so many ways to add more movement into your life.

- Use the stairs whenever possible.
- Track your activity.
- Get outside for a walk.
- Set an alarm to remind yourself to stand up and move around. Getting up every 20 – 30 min to do a few stretches or walk around the house or office can make an enormous difference.
- Stand up every time you're on your phone calling, messaging, or checking social media.



Of course, being more active takes effort. It's so easy to come home from work and plop yourself on the couch to relax and unwind. However, if you've been sitting for most of the day, think about joining an evening group or catch-up class on Harley Street at Home. This commitment to having somewhere to go and do something, will help get you off the couch at night and feel better before going to bed.

Often people are embarrassed about their current level of fitness. They feel pressure to show up with a certain level of skill or strength, or to look a certain way. But please don't be. I promise you that no one is going to judge you and showing up is the only thing you really need to worry about. Our instructors will take care of everything else and make you feel welcome, and help you participate in the classes at a level that suits where you're at NOW.

So, how can you reframe exercise - in the short term - into something that's beneficial (and dare I say, even enjoyable), rather than just something else on your 'to do' list?

You already know the long-term benefits of exercise but knowing exercise will benefit you in the years to come isn't enough. Because if you don't get something - no matter how small - out of every single walk, run or class you take, you won't keep doing it.

How can you achieve this?

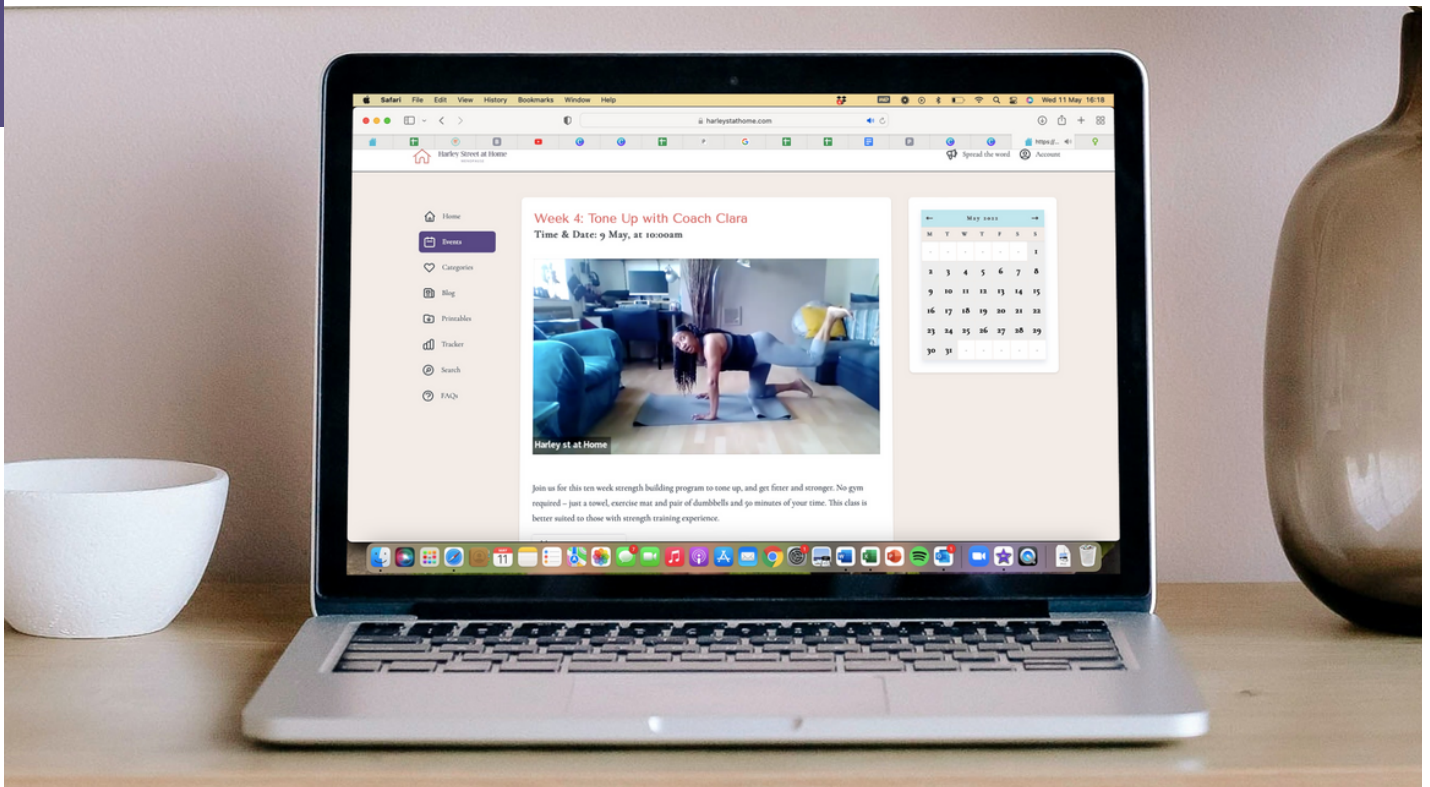
- Set clear goals for every exercise session so you can concentrate on your actions and avoid distractions
- Listen to your body and how you're feeling
- Make sure you're working at the right level for YOU. If you're not being challenged, you'll become bored and quit. Similarly, don't go too hard, too soon: if you go too far beyond your skill level, you'll also become frustrated and, again, avoid exercise. If something's too hard, ask your Harley Street at Home instructor how you can modify it - you won't be the first person to ask, and they'll be more than happy to help

To exercise regularly for the rest of your life, you need to start focusing on the intrinsic rewards of the activity itself. Do this and you'll gradually find yourself moving more because you want to, not because you must. And that's HUGE!



How can you Reframe Exercise?

- Let your workout serve you. You don't need to show up to a Harley Street at Home class thinking you have to do a certain number of reps or lift a certain weight. Allow yourself to build up slowly and focus on what you can do at that moment.
- What is it you're looking for? Social connection or solitude? Focus or distraction? Fun or competition? Give this some thought then you can look through the offerings and find a class that you value – and will stick with. Make a start with activities that you like and can feel a sense of achievement from to create a positive relationship with exercise.
- While your body may feel some degree of discomfort when you start exercising if you haven't done so for a while, this isn't to say that you need to feel awful. Give yourself permission to stop if you're still not feeling like it after around 10 minutes or so. Most people will find the energy to carry on when they start. If you don't, maybe it's not the right thing for you to be doing on that day and consider trying something else – maybe something more restorative perhaps?



To conclude...

- Have you tried a Harley Street at Home class yet?
- Which one?
- What did you get out of it?
- Is there anything you can do to get more enjoyment out of it next time?
- Try to find three moments of joy in your daily movement and share it in the Facebook group.