

The Winter Rest & Refresh .1



Coaching Corner Sheets



Welcome to Your Winter Rest & Refresh!

Making the next 2 weeks of programming truly yours:

The next two weeks are yours to explore what your body needs, when it needs it. Even though I have provided movement practices for most (or all) days of the next two weeks, this Winter Rest & Refresh isn't about strict schedules or must-do movements – it's an invitation to listen to your body and respond with kindness, especially during this unique time of year when your energy might be pulled in many directions.

Think of the workouts provided as gentle suggestions, like having a friend say "Hey, want to try this with me?" Some days you might say yes, other days you might have something else in mind, and sometimes – perhaps after a big family gathering or holiday event – you might just need rest. All of these choices are valid and valuable.

Here's how to make this program work for you:

- Feel free to modify any movement to suit your body's needs
- Mix and match elements from different workouts
- Skip what doesn't serve you, especially when holiday activities are demanding
- Add movements that feel good
- Rest when you need to – social gatherings count as energy expense!
- Move more when you want to

Remember: You're not "breaking" or "failing" at your programming by modifying it or choosing rest instead. You're actually doing exactly what these two weeks of movement practices were designed for – tuning in to your body's wisdom and responding with care. Success isn't measured by how closely you follow the plan – it's measured by how well you listen to and honor your body's needs.

For the next two weeks especially, try to tune into and practice giving yourself plenty of compassion and grace; as much as you would give anyone else you dearly love.

The Winter Rest & Refresh .2



Coaching Corner Sheets



Moving with the Season's Wisdom

Understanding winter's natural invitation to rest:

In Northern climates, winter isn't just a season – it's a profound shift in our environment that calls for an equally significant shift in how we care for ourselves. Just as the natural world slows its rhythms and turns inward during these darker months, our bodies carry an ancient wisdom that asks us to do the same.

The winter season, particularly in northern regions, invites us into a different relationship with movement and rest. This isn't about stopping all activity – rather, it's about matching our energy expenditure to the season's natural rhythm. When we resist this seasonal downshift, we often find ourselves struggling against our own body's wisdom.

Consider how nature demonstrates this wisdom:

- Bears don't feel guilty about their winter slowdown
- Trees don't apologize for dropping their leaves
- Seeds don't rush their dormant period
- Migratory birds don't question their need to change patterns
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These natural cycles remind us that periods of rest and restoration aren't just acceptable – they're essential. And during the winter holiday season, this natural call for rest overlaps with increased social demands, creating an even greater need for mindful energy management.

What Winter Asks of Us:

- Permission to move more slowly and deliberately
- Acceptance of longer rest periods
- Gentler, more nurturing forms of movement
- Recognition that holiday gatherings require energy
- Trust in our body's changing needs
- Patience with our shifting energy levels

In many wisdom traditions, the winter solstice is seen as a powerful time of reflection and renewal – not a time for pushing or striving. When we align our movement practices with this understanding, we're not just exercising – we're participating in an ancient cycle of renewal that our bodies inherently understand.

Remember: This program falls during one of the year's most significant seasonal transitions. By honoring both the season's call for rest and the holiday season's social demands, you're practicing a deep form of body wisdom that goes beyond any single workout or movement practice.

The Winter Rest & Refresh .3



Coaching Corner Sheets



Finding your "why" from within

Movement can be a source of joy, discovery, and connection with your body. But sometimes we lose touch with these aspects when movement becomes another "should" on our to-do list – and during the holidays, that list is often already overflowing!

In weight-inclusive fitness, we recognize that sustainable, joyful movement comes from listening to our own body's wisdom rather than following external rules about what our bodies "should" be doing. This internal compass – your body's own knowing – is far more reliable than any outside voice telling you how to move or why.

When we pause to check in with ourselves about movement, we're practicing something powerful: we're choosing to trust our own experience over external pressures and expectations. This is especially important during the holiday season, when messages about exercise and bodies can become particularly loud and insistent.

Take a moment to reflect:

- What types of movement make you feel energized and happy?
- When do you find yourself naturally wanting to move?
- What feelings arise in your body during different types of movement?
- How can you make movement more playful and less pressured?
- What does your body tell you it needs today?
- How might movement support (not compete with) your holiday activities?

These questions help us stay connected to our internal wisdom about movement. They remind us that we're not moving to meet external standards or expectations – we're moving because we're listening to our bodies' authentic needs and desires.

Remember: Movement doesn't have to look any particular way. Dancing at holiday gatherings, stretching while watching seasonal movies, or taking a gentle walk to see holiday lights all count as valid ways to move your body. What matters isn't how the movement looks from the outside, but how it feels to you from the inside.

Regular check-ins with yourself before and during movement help maintain this internal connection.

Ask yourself:

- Does this movement feel supportive right now?
- Am I moving from a place of self-trust or external pressure?
- What would make this movement more enjoyable?
- What would my body like to modify or change?

By staying connected to these internal cues, we build a more sustainable, joyful relationship with movement – one that comes from self-trust rather than external rules. This is the heart of weight-inclusive fitness: movement that honors your body's wisdom and supports your wellbeing in all seasons.

The Winter Rest & Refresh .4



Coaching Corner Sheets



Rediscovering Joyful Movement During the Holidays

The holiday season offers unique opportunities to reconnect with the principles of Joyful Movement – finding ways to move that bring us pleasure, purpose, and peace. Remember that Joyful Movement shows up in our lives in many different ways:

Through Play: The holidays naturally invite playful movement – dancing at gatherings, playing in the snow with family, or joining in seasonal activities (Anyone up for a game of “Throw, Throw Avocado!”?). These moments of spontaneous, fun movement are just as valuable as any structured exercise.

Through Intention: During this busy season, intentional movement might look different each day: perhaps it's following one of your personalized Winter Rest & Refresh workouts when it feels supportive, taking a gentle morning stretch before the day's festivities, enjoying a mindful walk to see holiday lights, or simply choosing to park further away for some fresh air. Your program workouts are here as a resource – a thoughtfully designed option for those moments when you're craving structured, intentional movement. Remember: consistency in small, enjoyable movements matters more than intensity, and you get to choose what intentional movement looks like each day.

Through Intuition: Your body knows what it needs – sometimes that's movement, sometimes that's rest. The holidays are a perfect time to practice listening to these cues. Maybe your body craves a stretch after a long car ride to visit family, or perhaps it needs rest after a busy day of celebrations.

Through Love: Movement can be an expression of care – both for ourselves and others. During the holidays, this might mean:

- Taking an evening walk with visiting relatives to catch up
- Gentle stretching to ease travel tension
- Playing actively with young family members
- Moving in ways that help us show up fully for those we love

As we transition into a new year, remember that Joyful Movement isn't about following rules – it's about discovering all the ways movement can enrich our lives and relationships. The holiday season, with its unique blend of celebration, connection, and reflection, offers countless opportunities to experience movement as a natural, joyful part of life.

The Winter Rest & Refresh .5



Coaching Corner Sheets



What Have You Discovered So Far?

As we near the end of our Winter Rest & Refresh, take a moment to reflect on what you've learned about yourself and your relationship with movement. This period of intentional attention to your body's needs and responses has likely revealed some valuable insights – insights that can help shape your future movement practices in ways that feel genuinely supportive and sustainable.

You might have discovered:

- Which movements make your body feel strong and capable
- Which movements you'd rather modify or skip entirely (goodbye, burpees?)
- What times of day your body feels most ready for movement
- Whether you prefer variety or consistency in your movement patterns
- What intensity levels feel most supportive for you right now

About Support Needs:

- If you thrive with body doubling or accountability partners
- Whether you prefer solo movement or group settings
- If you'd benefit from more detailed instruction in specific movements
- What kind of environment helps you show up for movement
- Whether you need more options for modifications

About Learning Styles:

- If you'd like more tutorials for specific skills
- Whether written or video instruction works better for you
- If you need more time to practice certain movements
- What cues help you understand movement patterns better
- Whether you prefer to learn new movements in real-time or through recorded content

Questions to Consider:

1. What would make movement feel more accessible and enjoyable for you?
2. Are there specific skills you'd like to develop or modify?
3. What kind of support would help you feel more confident in your movement practice?
4. Have you noticed patterns in when you feel most energized for movement?
5. What environments or settings help you feel most comfortable moving?

Remember: These insights are valuable! They help me tailor future programming to your specific needs and preferences. Whether you've discovered you never want to do another burpee or that you really need company to feel motivated – this is all important information that helps us create a more supportive, sustainable movement practice for you. Feel free to share any of these discoveries with me. I can:

- Create specific tutorials for movements you want to explore
- Provide modifications that feel better for your body
- Adjust programming to match your preferred intensity levels
- Suggest ways to build in accountability or body doubling
- Design workouts that align with your natural energy patterns

Your experiences and preferences matter. Let's use what you've learned during this Rest & Refresh to make your future movement practices even more supportive and enjoyable.

The Winter Rest & Refresh .6



Coaching Corner Sheets



Carrying Forward What Serves You

As our Winter Rest & Refresh comes to a close, remember that this hasn't been just more fitness programming – it's been an exploration of what movement means to you during a unique season of the year. You've practiced listening to your body, honoring its needs for both movement and rest, and discovering what truly feels supportive.

What you're taking with you might include:

- Permission to rest when your body asks for it
- New ways to think about movement that feel good in your body
- A deeper understanding of how seasons affect your energy and needs
- Recognition that social energy counts as energy expenditure
- Trust in your ability to know what your body needs
- Freedom to modify or skip movements that don't serve you
- Awareness that joyful movement can take many forms

The insights you've gained during these two weeks don't expire when the program ends. They're tools you can carry forward, using them whenever and however they serve you. Maybe you've discovered new favorite ways to move, or maybe you've learned that you need more support in certain areas – all of this information is valuable.

Your Movement Toolkit Now Includes:

- Recognition of your body's natural rhythms
- Permission to adjust intensity based on energy levels
- Understanding of what support you need for sustainable movement
- Awareness of how movement can fit naturally into your life
- Trust in your internal wisdom about what feels good

Remember: There's no need to make grand plans or commitments as this program ends. Instead, consider how you might continue to honor what you've learned about yourself and your relationship with movement. The wisdom you've gained about your body's needs and preferences is yours to keep and use in whatever way feels right for you.

I'm here to continue supporting your journey, whatever shape it takes. Whether you want to explore more structured movement, need specific modifications, or just want to chat about what you've discovered – my inbox is always open.

Thank you for sharing these two weeks of mindful movement exploration. Your willingness to listen to your body and honor its needs is something to celebrate. Here's to carrying forward what serves you, leaving behind what doesn't, and continuing to discover joy in movement on your own terms.