

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.