



## *Secrets to Starting a Successful Mind/Body Fitness Routine*

A mind/body workout routine combines the health of physical exercise with the healing benefits of mental fitness, in order to interconnect the body and mind and create balance in our bodies. Many studies show that there is a direct correlation between how our bodies physically feel and what we think about ourselves, which means that exercise should ideally be something that makes us feel better as a whole. What better way to achieve that than to train our bodies and minds at the same time?

1. Choose a mindful activity to incorporate into your current exercise routine. Focus on ones that include an awareness of movement and force you to concentrate on your breathing. Yoga, tai chi, Nia, martial arts, and stretching or balancing exercises are all great choices.
2. Take your exercise practice outdoors to reconnect with nature. It's an excellent way to increase your energy and put your mind at ease. You will also get the extra benefit of sun exposure, which creates vitamin D3 that can help you sleep better at night, boost your endorphin levels, and improve immunity.
3. If you are short on time, but still want a mind/body experience, concentrate on just one mindful activity that lends itself to a more rigorous routine. Many studios offer hot yoga or more intense Pilates classes that will work out your mind and body.
4. Add a sauna or steam session to the end of a strong workout and practice your meditation and deep breathing while in there. Saunas also help flush toxins from your body and can aid in relaxation after a vigorous workout.
5. Engage in an exercise that requires both mental and physical strength, such as rock climbing, kickboxing, or tennis. All of these activities will challenge both your body and your brain at the same time.
6. Pick an activity that allows you the freedom and solidarity to get your Zen on without worry of being distracted by another person. Swimming, hiking, and biking are all perfect choices for this.
7. There are many free apps designed for relaxation and calming purposes. Instead of zoning out on the TV during your next treadmill or elliptical session, try downloading a few relaxation apps to your phone and listening to them instead.