



A Mindfulness Boost to Exercise

We all know working out is an important key to our physical health. But if we take the time to use our mind as well as our bodies while we exercise, we can get even bigger gains and get even closer to becoming our best selves!

Success in finding a solution will encourage your mind to take on bigger challenges.

Try these out to make your miles really count:



Go alone sometimes.

Group exercise classes or training with a friend can be fun, but try training solo sometimes to achieve a productive mindset.

1...2...3...
1...2...3...

Start by letting your mind clear.

Focus on the rhythm of what you're doing or try counting to yourself with each breath. 1...2...3...1...2...3...



Think big without limits.

Create an image of how you want to be and then work backward to create a roadmap of how you are going to get there. Keep breaking down the process until you have clear goals you can accomplish today.

iSWIM iBIKE iRUN



iDANCE iHIKE iPLAY

iWALK Challenge - August 27 - October 1, 2018

Rally your co-workers, friends or family members and join the 6 week iWALK Challenge. Participants are encouraged to get moving with daily step tracking and will receive weekly motivational newsletters including workout ideas and local trails to try. Team up or participate individually to track your progress, set goals, compete for the most steps and create healthy habits. Participants, teams and organizations have chances to win awards and prizes.

To register your business or as an individual please visit www.stjosephhealth.org/challenges.

Need a Physician?

Call St. Joseph Health's Physician Referral Line at (877) 449-DOCS or go to StJosephHealthMedicalGroup.org.