



September 2021

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Personal Trainer & Dream Maker



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*“then run faster”*

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*This is the text I received from my coed daughter as we both got ready to run the TCS Dash to the Finish 5k in 2013. She was in the head of pack corral, and I was in the back. I told her I wasn't happy being at the end and this is what she said. Little did we both know that those three words would drive such a change in our lives. I started my health revolution that year and kept on going. Follow along for all the fun and stories plus some great wellness tips!*

## WAKE UP!

Feeling at the end of your battle rope? Tired of starting and stopping all those crazy food fads?

I have been there and I want to help you avoid the pitfalls I have found along the way.

To get you started here is the [STRONGBYSTRAND](#) Guide for Success

- Currently in the mindset for change ( I can see it in the horizon!)
- Have a goal in mind. ( virtual 5K, or Friday Zoom happy hours)
- Willing to carve time out for YOU ( because you deserve it )
- Willing to be my new best friend (thats the accountability part)

### **Knowledgeable Coach**

There are hundreds of coaches out there on Instagram today. I strive to be a knowledge coach, to set myself apart and to provide you with the best training possible. I've read dozens of books, hundreds of peer-reviewed research articles. I study physiology, anatomy, sports psychology, communication, storytelling and other topics, because I believe the best coach is able to train the athlete (yes YOU) both physically and mentally and I encourage you to ask me questions – one of my goals is to expand your knowledge of wellness as well!

### **Guidance through the Ups and Downs of Life**

Life happens: illness, injury, busy weeks at work, the inevitable winter weather or hot summer ( or hot flashes) .

I take the guesswork out of how to adapt training to life. If you miss a couple weeks due to illness or injury, I adjust your plan because the goal is the same: to find the optimal balance between training and life.

I love coaching. I love working with people to achieve their goals, no matter what those goals are. And I would love to work with you.

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*Ready, set, GO*

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## Healthy Meals

### **Food in the mail is awesome.**

Meal kits are a great way to take the hassle out of making dinner. I have tried them all and my favorite is [Green Chef](#). They have a menu for everyone. My tip is to go with three nights a week. That gives you the flexibility to still support local restaurants or have wine and popcorn! Yes, even a health coach like me has the occasional nachos and wine spritzer dinner.

## Self-Care

### **Thank you for being you.**

This month, I want you to do one thing every day, look at yourself in the mirror.

Look at yourself directly in the eyes and hold the gaze for three deep breaths.

It's different than looking at your face, look at you.

It will be hard at first, but I promise there will be a powerful shift for you by the end of the month

## Exercise

### **If you are doing it right, it should not feel like work!**

You do not need a full thirty-day plan to get the most out of training.

Try a fitness break as your first step back into physical activity.

Once you have taken a regular break schedule, then you can move into a more regimented routine.

It's a "try before you buy" approach.

Here are a few examples of Fitness breaks:

1. 10-minute walk after dropping off the garbage
2. 30 squats while waiting on hold
3. One minute plank when you get out of bed
4. Dance for a full commercial break

Remember any activity is good activity. Your body is made to move!

Tag me @strongbystrand and let me know how your month is going or email me at

[phyllis@strongbystrand.com](mailto:phyllis@strongbystrand.com)

Cheerfully yours,

Coach Phyllis

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