| | 1 |
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| CULTIVATE A MOVEMENT | |
| PRACTICE | |
| Video Four | |
| © RDN Academy 2017 | |
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| PRINCIPLE #9: EXERCISE- | |
| FEEL THE DIFFERENCE | |
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| MOVEMENT VS EXERCISE | | |
| motimization and an arrangement | | |
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| | 4 | |
| CULTIVATE A MOVEMENT PRACTICE | 4 | |
| ➤ There's no perfect "workout" | 4 | |
| There's no perfect "workout"We are sitting more and more | 4 | |
| There's no perfect "workout" We are sitting more and more We are moving our bodies in meaningful ways less and less | 4 | |
| There's no perfect "workout" We are sitting more and more We are moving our bodies in meaningful ways less and | 4 | |
| There's no perfect "workout" We are sitting more and more We are moving our bodies in meaningful ways less and less Clients berate themselves over exercise, just like they | 4 | |
| There's no perfect "workout" We are sitting more and more We are moving our bodies in meaningful ways less and less Clients berate themselves over exercise, just like they | 4 | |
| There's no perfect "workout" We are sitting more and more We are moving our bodies in meaningful ways less and less Clients berate themselves over exercise, just like they do "their diet" | 4 | |
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| There's no perfect "workout" We are sitting more and more We are moving our bodies in meaningful ways less and less Clients berate themselves over exercise, just like they do "their diet" | 4 | |

BARRIERS TO EXERCISE

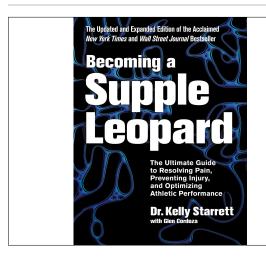
- ➤ Think exercise has to be a long session
- ➤ Think exercise must involve lots of sweating
- ➤ Think they just haven't found THE exercise program that was meant for them

5

6

- ➤ Feel too embarrassed over their body to go to the gym
- ➤ Actual pain or injury

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BREAKING THROUGH EXERCISE BARRIERS

WHAT COMES FIRST

- ➤ Intuitive eating, then exercise
- ➤ Maintain (if able) current movement practice
- ➤ Research: It's more difficult to cement a habit, if you are trying to modify too much at once

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| EXERCISE ANTHROPOLOGY | | |
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| | 10 | |
| FOCUS: HOW IT FEELS | 10 | |
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| | 10 | |
| ➤ Stress level ➤ Energy level | 10 | |
| Stress level Energy level General sense of well-being | 10 | |
| Stress level Energy level General sense of well-being Sense of empowerment | 10 | |
| Stress level Energy level General sense of well-being | 10 | |
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| DECOUPLE WEIGHT LOSS AND MOVEMENT | | |
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| | 12 | |
| FOCUS: EXERCISE AS SELF CARE Increased bone strength Increased stress tolerance Decreased blood pressure Reduced risk for chronic diseases Increased heart and lung strength Helps maintain lean body mass Improved satiety cues and appetite regulation Improved mood | | |
| Improved learning and memory Prevents or delays cognitive decline associated with aging Cultivate a Movement Practice I Video Four | | |

| | 13 | |
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| "IT'S NOT WORTH IT" | | |
| "IT'S NOT WORTH IT" TRAP | | |
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| NO TIME MINDSET | 14 | |
| ➤ "How can you make movement a priority?" | 14 | |
| "How can you make movement a priority?" Evaluate priorities Life chronically over-scheduled | 14 | |
| "How can you make movement a priority?" Evaluate priorities | 14 | |
| "How can you make movement a priority?" Evaluate priorities Life chronically over-scheduled | 14 | |
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| "How can you make movement a priority?" Evaluate priorities Life chronically over-scheduled | 14 | |
| "How can you make movement a priority?" Evaluate priorities Life chronically over-scheduled What's the price? What can be shifted or dropped? | 14 | |
| "How can you make movement a priority?" Evaluate priorities Life chronically over-scheduled What's the price? What can be shifted or dropped? | 14 | |

CULTIVATE A MOVEMENT PRACTICE

- ➤ Increase activity on a daily basis
- ➤ Find enjoyable activities
- ➤ Partner up?
- ➤ Start slowly
- ➤ Put it on the calendar

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