

Positive Steps

Creating a new habit means committing to doing something differently and sticking to it for several weeks.

Try creating an exercise log similar to the one given below over the next week and reflect on how you feel at the end of it.

DAY	Lifestyle Exercises (e.g. Walking, Climbing Stairs)	Aerobic Exercises (e.g. Dance, Running, Cycling)	Strength and Flexibility Training (e.g. Weights, Yoga, Pilates, Tai Chi)	Inactivity (e.g. Watching TV, Spending Time At The Computer/ At The Desk)	Demands On 'Me' That Day	How I Felt
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

- ◆ Which forms of exercise do you do the most of? Which forms do you do the least of?
- ◆ How does different types of exercise/or lack of it affect your ability to be effective?
- ◆ Think of at least one way that you can build more regular physical activity into your life.
- ◆ How will you combat your exercise resistors? Who can you ask to support you and/or join you?



In fact, just spending 20 minutes walking outdoors has proved to lead to more expansive and flexible thinking, which are core attributes of a resilient mindset.

Find An Exercise Routine That Works For You

To create a new habit in your life that is sustainable, try to find physical activities that are connected to something you enjoy and at best, are passionate about! That way, you are much more likely to incorporate it into your lifestyle. But what is important is to vary the exercise you do regularly or on a weekly basis.

- ◆ Add some form of lifestyle exercise into your life every day. This could be a simple walk in the park, a walk to work or even taking the stairs instead of the elevators.
- ◆ Focus on strength and flexibility exercises once or twice a week.

This could include *yoga*, Pilates, stretching or weight based exercises.

- ◆ Make sure to do at least 150 minutes of aerobic exercise on a weekly basis.

Footnote

Did you know that the brain makes over 1,000,000,000,000,000 calculations per second?

That's a seriously heavy workload! We all know that physical exercise is directly linked to how well our brain functions. So, what's stopping you from taking some positive steps to increase your physical and mental resilience?



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