

MOM'S SURVIVAL KIT

Are you feeling worn down, overwhelmed and like you are ready to hire someone to take care of everything for you?

Are you on track to meet all of your health goals for this year, or are you counting the days until January so you can start again?

Are you ready to use the next month to become a better version of you?

The next few pages are full of tips and tricks to help you finish out this year feeling

- Full of Energy
- Accomplishment > Overwhelm
- Success > Stress
- Able to Manage your Health and Fitness Goals

Get ready to become a bass-ass Catalyst Woman! Turn the page to access these tools and tips!



1. MAKE A LIST AND CHECK IT TWICE

Did you know that we remember things better when we write them down? This is a great reason to keep a list - even if you never go back to check it!

Taking the time to put a plan in action - on paper - is a great way to stop and think about everything you need to do, go over it calmly, and develop a strategy to tackle even the largest of tasks and busiest of days. Phones and laptops help manage the schedule but there is something about a good old-fashioned "to do" list that can keep you organized from now until next New Year's Day. Tape the list to the bathroom mirror or above your desk so you can refer back to it as much as you need.

2. TAKE A DEEP BREATH

Thank me later for this one. Breathing has numerous benefits, including helping to slow the sympathetic (fight or flight) nervous system. A deep diaphragmatic breath can also help the muscles of the low back, abdomen and pelvis relax.

Stopping to breathe, even for 5 minutes, is a way to reset and recharge in the middle of the day. Or, try using an app



(I like like Headspace) for 5-10 minutes each morning before things get hectic.

3. MOVE

20-30 minutes of moderate activity is recommended on "most" days of the week to maintain heart health. With work, school, kids' activities and other commitments, this can seem impossible. One solution is to find 5 or 10 minutes twice each day to do SOMETHING.

Some examples include:

- squat from your desk chair

- walk up and down the stairs in your home or office

- walk the parking lot on your lunch break

- wall or desk push ups

- play on the playground with your kids

- stretch your neck and shoulders while waiting in carpool

It is not necessary to do all the minutes at once, so feel free to split it up throughout the day. There is more benefit to doing something, no matter how small, than skipping exercise altogether because you do not have 20-30 minutes to commit in one block.



4. STAY FUELED AND HYDRATED

With lots of distractions at home and in the office, sticking to a nutrition plan can be the greatest challenge. Taking time to breathe, and to move, may combat stress-related eating and also help regulate your energy levels so that you do not feel urges to eat sugary snacks.

Drink at least 8 glasses of water a day. Keep a water bottle nearby at all times - in the car, at your desk, on playdates and other errands. A bonus to drinking more water is that you will feel full and this may prevent overeating.

Eat a protein-packed breakfast. Consuming 20-30g of protein at breakfast can keep you feeling full all morning long.

Load up on veggies first - when you are at a party or holiday meal, start with a salad. Let the vegetables fill your stomach so there is less room for less nutritious foods later.

Allow yourself to indulge. Use the 90/10 rule: 90% of what you consume should be lean protein, fruits, vegetables and whole grains. 10% may be a treat, such as dessert, alcohol, or the cheese plate. Life is meant to be enjoyed and it is absolutely ok to enjoy less healthy foods in moderation.

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As you get started, remember these four tips:

MAKE A LIST

TAKE A DEEP BREATH

MOVE

STAY FUELED AND HYDRATED

However, do not forget that lift is meant for fun, family and laughter. Use this survival kit as a guide, and not as a black and white "must do" list. If life gets in the way today, get a good night's sleep and start over tomorrow. Give yourself permission for life to be busy and chaotic. Do what you can to keep it in check.

YOU ARE NOT IN THIS ALONE! The entire community of Catalyst Physical Therapy is here to support you. Join our conversation on Facebook or Instagram and let us know you are here. The best way to succeed in any goal is through accountability. We are here to help!

Remember:
#MomsMatter



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