# *Re-Imagine Your Relationship with Fitness*

YOUR GUIDE TO A NEW
MINDSET AROUND MOVEMENT

**AN EMBIA FIT WORKBOOK**

# *Introduction*

***Why should you re-imagine your relationship with fitness?***

We are bombarded by social media, advertisements, diet culture, etc. overloading us with messages that smaller is better, fat=unhealthy, and we need to shrink ourselves to be worthy. With all of these messages, it can be very difficult to heal our relationships with fitness and to engage in movement for things other than punishment and food compensation.

***BUT you don't have to go on this journey alone!***

I know what it's like to struggle with my relationship with my mind and body, having dealt with an eating disorder, obsessively working out, and different body image struggles. I also now know how refreshing and energizing it can be to find happiness from movement, and I could not be more excited to share what I've learned in this crazy journey with you.

Please work through the following steps in whatever order and timeframe you need, and know that this journey does not need to be linear. Ebbs and flows in our thinking & behaviors are normal-And you can always reach out if you need any additional support. I'm here for you!

*XOXO*

Angelina, Founder of Embia Fit

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# Awareness

When we build awareness that there is more to fitness than calorie burn, weight loss, fat loss, and other physical outcomes, we are able to open our eyes and spark curiosity that we can benefit from non-appearance-related victories.

2

# Reflect on your WHY

Ask yourself WHY you workout. What is the motivation behind diving into your movement opportunities?

If you want to lose weight, reflect on your reasons for this goal-what are the outcomes you anticipate to happen if you do lose weight?
Are there other reasons for moving besides physical "results?"

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# Free your mind from All-or-Nothing mentality

Intense workouts are FINE, but they are not better or worse than more gentle movement, just different. A week of zero intentional workouts is not worse than a week of daily workouts. Breaks can serve us. A workout's duration and intensity does not determine if it is “worth it.” All movement and rest can serve a purpose.

# *Reflection Page*

## *Ask yourself WHY you workout.*

If you want to lose weight, or have always moved with the intentions of smaller measurements/clothing sizes, take a moment to spark some curiosity and dive into other reasons behind why you workout. Make a list of all of the movement activities you participate in and WHY you do them.

## Do you notice any trends in your WHY's for moving?

# *Anti-All or Nothing*

*How do you feel if you miss a workout?*

*Imagine you haven't worked out for multiple days-How do you feel? Is it harder to start back up again?*

*Do you ever make value-based judgements on yourself based on your activity level?*

Can you think of any movement opportunities you enjoy that aren't traditional "workouts?"
*How do they make you feel?*

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# Movement Variety

You have the choice and ability to move in any way you want to move. Walking, yoga, kickboxing, running around the yard with your kids, resting, etc.
You can give yourself permission to move in whatever way makes you feel alive, one form of movement is no better than another.

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# Remove the judgement

Take away the judgement about your movement choices. Stop making comparisons.
Just because your friend did a bootcamp class, someone you follow on social media ran a marathon, or your sibling goes to Zumba does not mean you need to do what they do.
We are all different people and can enjoy different movement at different times, regardless of how many calories are expended in comparison to another movement format.

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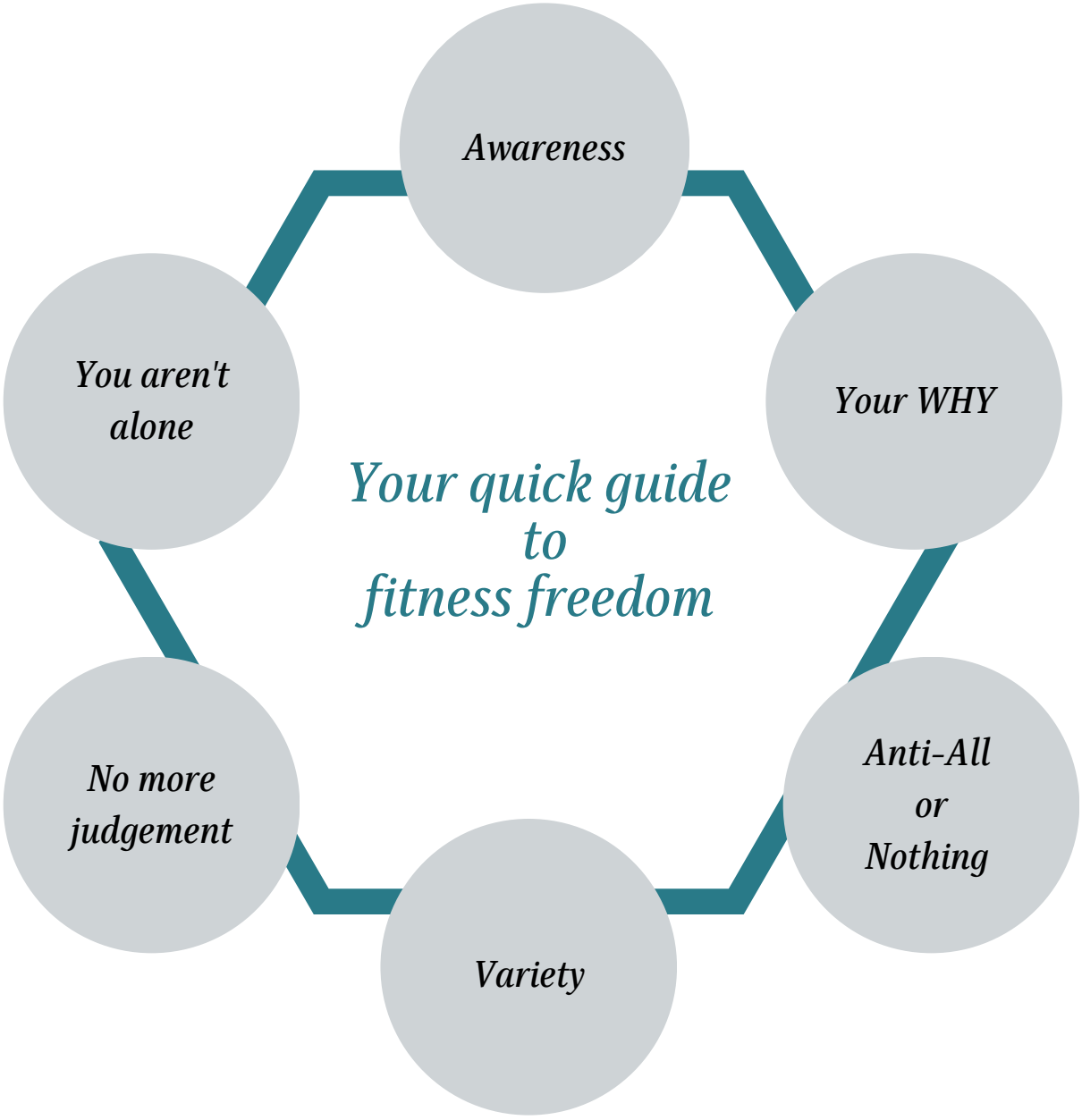
# Reach out if you need help

You are not alone in the journey towards peace between your mind, your body, and the movement opportunities you choose.
Check out page 6 for contact information to stay in touch & connect.

# *Finding Fitness Freedom*

*This journey is hard.* ***Extremely hard.*** *We live in a world immersed in diet culture-Extreme exercise is glamorized. Achieving physical "results" sells. However, this guide can help fight off the ideas diet culture screams so loudly at us. Return to this quick guide whenever the negative body image thoughts arise* ***(Tip: Snap a screenshot or take a pic of it as an even quicker reference).***

*Giving yourself grace and compassion in this mindset shift is key-The journey isn't meant to be perfect.*



# *Let's keep connecting!*

Re-Imagining your relationship with fitness shouldn't stop here.
Let's stay in touch and keep this much-needed dialogue going as we work to heal and find peace in our relationship with fitness.

***Nest step:*** **Click HERE** for your free week of body neutral classes and experience the other side of fitness.

*xoxo*
ANGELINA