

IT'S TIME TO **GET FIT** EMOTIONALLY AND MENTALLY

with the best

GROW YOUR HEART EXERCISES



for endurance

"These heart exercises will make you feel better so you can do better. They will also help your body heal and grow!" Coach Ruby 🐾

SERATONIN

MOOD STABILIZER TO KEEP YOU MOTIVATED

- Take a nap
- Get some sunshine
- Go on a walk
- Talk with a friend
- Be in nature
- Meditate on things that make you happy
- Drink water
- Engage your senses. Smell, see, or touch something nice

OXITOCIN

KEEPS US FEELING THE LOVE, FOR OURSELVES AND OTHERS

- Practice good hygiene
- Look at yourself in the mirror and notice the positive
- Give or get a 20 second hug
- Hold hands
- Face to face conversation with eye contact

DOPAMINE

THE REWARD HORMONE- A LITTLE GOES A LONG WAY

Replenish the dopamine in your body by:

- Eating the right kind of food like chicken, almonds, apples, avocados, bananas or green leafy vegetables,

Get the dopamine rush by

- Eating something you love
- Finishing a task or project
- Listening to music
- Eating Chocolate
- Laughing

ENDORPHINES

NATURAL PAIN KILLERS

- Spend time with animals
- Look at cute pictures of babies or baby animals
- Daydream
- Create something
- Take a bath

NERVOUS SYSTEM REGULATION

SO YOUR NERVES AREN'T CALLING THE SHOTS

- Do the box breathing exercise (5 seconds in, 5 seconds hold, 5 seconds out, 5 seconds hold)
- Do the five senses grounding exercise: Notice five things you can see, four things you can feel, three things you can hear, two things you can smell, one thing you can taste
- Stand barefoot outside



TRAIN YOUR BRAIN EXERCISES

for strength

GAIN MORE BRAIN POWER

You don't want to live your life just responding to your survival brain do you? Of course not!

Access more parts of your brain with these exercises.

- Memorize poems, favorite quotes, songs and sayings.
- Do brain games like crosswords, sudoku, riddles or complete a puzzle.
- Listen to learn something. Ask questions.
- Take time before responding. Consider options.
- Tell the truth to yourself and others
- Determine to find an answer, don't quit till you do.

USE YOUR BRAIN POWER FOR GOOD

You have brainpower, and you're getting more all the time! Now use it to do good for yourself and others!

- Change ALL "I couldn't" statements to "I chose because" statements.
- Take your self-talk in a positive direction, focusing on past achievements and future goals.
- Express gratitude.
- Listen, empathize with, or validate another person's experience or perspective.

"Our brains will tell us what to do based completely on survival because it's first job is to keep us alive, safe and sound.. The second job of our brain is to process information it's learning, but YOU have to tell it how! These brain exercises will help you practice telling your brain what to learn and how to process information to achieve your full potential."

Coach Ranger



Learn more about the Grow Your Heart/Train Your Brain fitness program for your inner self!



NO MORE EXCUSES!



HIT YOUR EMOTIONAL AND MENTAL

FITNESS TARGET *for inner peace and safety*

SURRENDER

the things you can't control

The laws of nature
Other people's feelings
Other people's actions
How others perceive you
Whether or not someone likes you
The results of your actions or choices
Other people's decisions
World events
Opinions of others
The weather
Your past
The truth or facts
The desires of others

*Pro Tips for surrender from me, "Heart" Coach Ruby. It's hard to let things go and it often doesn't happen naturally. Here are a few GYH (grow your heart) exercises to help:

1. Meditate on your personal value, your purpose and your strengths.
2. Do grounding exercises to keep you in control of yourself.
3. Practice faith and trust that the things you know to be true will carry you through.

You can find these and more exercises in the GYHTB Workout Manual. 



FOCUS

on the things you CAN control

What you think about
How you spend your time
Who you spend time with

Your reactions
Your attitude
Skills you're using
What you're learning

Your own choices
What you believe
Your core values
What you'll do now

*Pro Tips for focusing from me, "Brain" Coach Ranger.

One way I've learned to "fixate" on the right things is by training my brain to get stronger overall. The stronger my brain is the more ability I'll have to make it think and do things that meet my goals. Instead of just being dependent on others (who I can't control), or following my feelings, or staying in my comfort zone, I have more options. Memorizing helpful quotes, taking risks and taking more time or slowing down helped me increase my brainpower. 



Learn more about the Grow Your Heart/Train Your Brain fitness program for your inner self!



NO MORE EXCUSES!



Keep track of your feelings and needs

I feel



I need

