

# IT'S TIME TO GET EMOTIONALLY AND MENTALLY FIT

## GROW YOUR HEART EXERCISES


*with the best*

## TRAIN YOUR BRAIN 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 

*for strength*

### 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
- Listening to music
- Finishing a task or project
- 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

### 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 BRAINPOWER 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 



*Get the ultimate workout manual for all 200 heart and brain exercises!*

**NO MORE EXCUSES!**

