

Ten Tiny Tweaks to Increase Joy and Decrease OY in Ten Days



Bethanne Wellness
The Queen of More JOY & Less OY!

1. Eyes and girls front at all times (yes *those* girls; guys have girls too!)
2. Always imagine balancing your fav glass of vino (or other beverage of choice) on your head while that beanstalk (your spine) is traveling through your entire body and through the top of your head.
3. Always imagine holding a fragile egg between your shoulder blades while gently pushing the back of your head into an imaginary headrest. You can practice this in your car at a red light. Keep your chin off your chest as if you're holding a grapefruit there.
4. Bring the front of you to the back of you when you exhale—belly button to the spine as if you are hollowing your belly out (while of course maintaining posture tips 1,2, & 3.) You can apply this to moves such as the plank and my fav total body move: backwards lunge with back row. And of course you can apply it to any move you make in “life”—yes even sitting on your (fine young) assets.
5. Move sideways, backwards, diagonally and any other way your body is MEANT to move (aka *movemeant*) while maintaining posture tips 1 thru 4 and wake up your dozing assets and 650ish other G-d-given skeletal muscles. This way your joints (knees, hips, back, etc) don't take the brunt of the movement. Notice how you don't feel your knees when you step sideways. *Always be aware of your pinky toe being on the floor; this will help prevent “valgus collapse” (aka knees turning in) which is a HUGE reason for falls in older adults and an even HUGER culprit behind chronic knee pain.
6. Stand when you can sit, walk when you can stand. Use the stairs whenever you can to prevent and even cure *Noassatol* Disease. Your knees hurt BECAUSE they take the brunt of the movement rather than your (dozing) glutes. Wake them up! If you must sit, use posture tips 1 thru 4 and reward yourself with 5 minutes of moving for every 30 minutes of sitting.
7. Your less dominant arm should be able to do (almost) everything that your dominant arm does with practice. Your shoulder joint has more “things” attached to it than any other joint. If you don't use EVERY muscle around it in some way, your chance of injury greatly increases—so does your chance of acquiring “bat wing arms” and frozen shoulder! Straighten & pump your arms when you walk, sit and stand. Lift arms over your head, circle, rotate, even with a towel. Eat, brush teeth, use mouse (not the rodent) and use house keys with less dominant hand. *This is amazing for building new motor neurons (neurogenesis), strengthening your brain, and helping to prevent cognitive decline—now our #1fear!
8. *Practice squatties on your potty (and everywhere else!) Get up and down from any chair, couch, car or toilet hands and grunt free! It's the ultimate fitness test. Think heels down, assets fired—your best defense against *Noassitol* Disease, grab bars installed, and starring on the “I've fallen and I can't get up” commercial!
9. Start your day with a 10 minute “cawfee” walk and move all body parts in all directions, yes, in your home. This will greatly reduce the morning OY you woke up with and help pave your way to JOY!
10. Use a tennis ball against the wall to massage out that pain in the assets (*not* the one you're married to.) In less than 2 minutes, your back pain will be dramatically reduced.

Added bonus: Before bed take 10 minutes to write your “have to” “want to” list for tomorrow and the week. And no food or tech 2 hours before bedtime This will greatly improve your quality of sleep, decrease OY about everything you “have” to do—And it will be much easier to wake up early for your morning “cawfee” walk.

ACE Certified Fitness & Nutrition Professional
ACE Certified Behavior-Change Specialist
American Posture Institute Certified Ergonomist
Age Safe® America Certified Senior Safety Specialist™
30+ years experience moving assets (from chairs) and changing lives

Bethanne@moveyourassets.com
407.491.8107
www.BethanneWellness.com
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