Well Fit- How to Increase Mindfulness and Engagement into your Fitness program
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Objectives:

- The participant will learn basic Mindfulness principles and what it means to be engaged while exploring how they can be utilized in physical activity.
- Participants will understand common ways that individuals can be mindful in their fitness program in order to enhance a fitness program and check for mindfulness.
- Participants will learn how to bring awareness to automatic thoughts about exercise, reconnect attendees to breath and mindfulness principles, and focus on attendees fully engaging in the experience of exercise.

Limited Research in the Field:

- Limited Research in studying the relationships between mindfulness and health promoting behaviors in healthy adults
- We need to ask ourselves, *how do we create conditions that foster the internalization of exercise behavior? How can we return people to an innate state discussed by Self Determination Theory?*

Taking a Wellness Approach:

- Incorporate Mindfulness Principles to Exercise
- Increase joy, flow, and optimal engagement in a fitness program
- Eliminate amotivation and negative automatic thoughts about oneself while exercising.
- We need to ask many questions: what does it mean to be Engaged? How does the concept of Flow relate to being engaged?? What does it mean to be Mindful?

What does engaged mean in the context of a Fitness program??

- More **attentive** and concentration to the physical activity chosen.
- Engaged in the **process** versus the outcome.
- Paying attention to **physiological signals**.
- Aware of **thoughts** occurring throughout the activity at hand.
- Having a state of mind that is characterized by **vigor, dedication** and **absorption**

Having a Mindfulness Mentality:

- Present moment awareness
- Principles of Mindfulness: Non Judgment, Patience, Beginners Mind, Trust, Non-striving, Acceptance
- Learn about barriers to reaching this mentality.
How to Avoid Barriers:

- Find an Engaged state + Flow while exercising.
- Utilization of Mindfulness principles
- Foster effective, responsive appraisals of ongoing events in a way that opposes habitual cognitive and psychological responses

Benefit to Worksite Programs:

- Need for this approach in worksite settings due to the various benefits.

References:


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