

RUN. JOG. HIKE. IGNITE

APRIL WORKOUT PROGRAM



WHY?

**TO HELP YOU FIND YOUR SPARK,
CHANGE YOUR PERSPECTIVE,
GENERATE ENDORPHINS,
BOOST YOUR IMMUNE SYSTEM,
AND MOST OF ALL,
TO FIND YOUR STRENGTH AND POWER
AND SHARE IT WITH
THE PEOPLE AROUND YOU.**

CUSTOM WORKOUTS FOR OUTDOORS OR TREADMILL! YOU PICK, WE DESIGN!
creative and fun, a personalized workout designed FOR a RUN, JOG, HIKE, WALK or a combo

1 WEEKLY PLAN • \$75 per week AS MANY WEEKS AS YOU WANT

- 3X 1 hour workouts per week
- 30 min zoom or facetime call to discuss goals and fitness to develop the workouts and locations! OR to use for gait analysis and running /hiking pattern tips
- 10 minute video routine -to do once per day for core maintenance and stretch

2 FIRST TIMERS SINGLE WORKOUT \$50 first customized session

- A personalized single 1 HOUR workout (run, jog, hike, walk)
- 30 min zoom or FaceTime call to set up our initial plan
- 10 minute video routine -to do once per day for core maintenance and stretch

3 CURRENT CLIENTS SINGLE WORKOUT \$15 per session

- A personalized single 1 HOUR workout (run, jog, hike, walk)

4 THE 10 MINUTER PLAN \$40 weekly session

A SMALLER COMMITMENT WITH BIG REWARDS.

This for you if you are in feeling unmotivated or too busy to make yourself move, breath, and exercise. This is a manageable jumpstart to your fitness and mental health

- 4 different customized 10 min workouts to chose from.
- Each day for 7 days, you chose one (repeating your 3 favorites)
- 30 min zoom or FaceTime call will give you the spark, purpose, motivation and accountability you need to get moving.

THE POWER OF 10

5 reasons to squeeze in a 10-minute run

- 1 A quick run can bring your mind into a meditative state. The brain settles into the rhythm of the footsteps, breath and awareness to help you connect to the POWER OF NOW. The present moment is where we tap into our most creative, and truest self, the place in which we are open to all possibilities.
- 2 A 10-minute run can click your brain into workout frequency and kicks the body in to a metabolic engine:
 - muscles connect, contract and lengthen
 - fascia becomes elastic
 - lungs and heart pump into action
 - the whole body syncs up with the mind
 - the lymph system is stimulated to flush out old stagnant energy and waste.
- 3 Your body will feel a renewed vitality
 - It only takes a moment to take a deep breath, gaze at your surrounding, remember what matters most, and let GRATITUDE flood in. When we are grateful, we approach life with a sense of abundance, and a positive attitude.
 - When we acknowledge all of the good things in our lives, we open up space to receive even more plenitude.
- 4 Our brain and body get the benefits of endorphins, dopamine and serotonin.
These are the "happy drugs" produced from exercise. By embracing gratitude and seeking a more creative perspective, you will be on a high for the rest of the day.
- 5 10 minutes can change your day- by intensifying the goodness in your life. A quick run can also help you solve sticky problems, and wash away any negative thoughts that could weigh you down.



we are grateful for you

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