

Mind Bites

Mindful Workout



You can practice mindfulness anywhere, at anytime, completely at your own discretion.

Research has shown that mindful workouts can reduce stress, anxiety, depression and improve your overall health.

A personal story



Mark Sutton
Animal Health Officer
APHA (Animal and
Plant Health Agency)

As a member of the gym, I focussed on the wrong thing. I was too hard on myself and I wanted quick results.

A mindful workout has really benefited me. I became fitter whilst becoming more aware of myself and my body, increased my energy levels, reduced my stress levels and felt more relaxed.

Share your story by emailing:
MeadenFamily18@gmail.com

Mindful Workout tips



Focus: To practice mindful exercise, don't listen to your music, use your phone, read, or watch TV. Be fully present to where you are at that moment.



Be self-aware: Monitor your breathing. Use it to challenge yourself more or go easy on yourself.



Don't multitask: Your workout will suffer if you do and mindfulness is not possible when you multitask.



Understand yourself: Don't be hard on yourself about where you want to be or how you were in the past. You can't develop if you don't start from your current position.



Allow yourself time: Don't rush. Spend time training both your body and your mind. Slow progress is better than no progress!

Useful links

- [NHS and Mindfulness](#)
- [Headspace - Mindful workout](#)
- [Mindful – Mindful exercise](#)

Give us feedback [here](#).