

Mind-Body Activation Program Information Sheet

Mission:

We provide a coordinated approach that will support long-term improvements to your mental, physical and emotional well-being through targeting your individualized goals.

Coordinated Service Benefits:

- Personalized goals and strategies: Each 8-week program will be uniquely designed for you.
- Coordinated goals: The brain and body are fundamentally linked, we need to address both to achieve long-lasting results.
- Overlapping strategies: Psychology strategies will be used in Physical Training sessions.
- Frequent communication between disciplines to ensure best results.
- Tools and strategies will be provided to carry forward with confidence on your own after the 8-week program.
- Research indicates that it takes around 21 days to get comfortable with new routines and habits, we will stay with you for 56 days!

Who Is This For?

Individuals who desire to:

- | | |
|---------------------------|---|
| --Increased motivation | --Push fitness to the next level |
| --Lose weight | --Speed up progress with personal goals |
| --Increase mood or energy | --Increase daily performance |
| --Develop confidence | --Recover from injury |

8 week program:

Physical Training:	17 hours 40 minutes	(18, 40-minute sessions + 5 hours coordination/program development)
Psychology:	10 hours	(9, 1 hour sessions + 1 hour coordination)

Where?

Video sessions are held in the safety and comfort of your environments (e.g., home, gym, office) using the equipment and materials you have available.

BOOK NOW!



Email: mindbodyactivationprogram@gmail.com

Phone: 403-586-1754

Website: <https://aspiretomove.com/mind%2Fbody>



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Mind-Body Activation Program

Weekly Support

Commitment:

This program intentions are to develop new healthy behaviour habits and thinking patterns. This transformation requires a high level of commitment to your goals. Please see below the level of support being provided and time you will dedicate to benefit fully from this life-changing program.

WEEK	Sessions Per week	PSYCHOLOGY GOALS:	Sessions Per week	PHYSICAL TRAINING GOALS:
Intake	1	Goal setting with both the Physical Trainer and Therapist present.		
Week 1	1	Daily task management	2 (40 mins each)	Proper body mechanics/breathing patterns
Week 2	1	Address barriers to success (social/emotional/environmental/physical)	2 (40 mins each)	Pelvic/core placement
Week 3	1	Address barriers to success (social/emotional/environmental/physical)	2 (40 mins each)	Muscular endurance/toning/resistance bands
Week 4	1	Mind-body awareness	2 (40 mins each)	Myofascial Release
Week 5	1	Relaxation/Stress management	2 (40 mins each)	Strengthening and Conditioning Level 1 with functional movement patterns
Week 6	1	Build up motivation/resilience/persistence	2 (40 mins each)	Strengthening and Conditioning Level 2 with functional movement patterns
Week 7	1	Maintenance plans for future success	2 (40 mins each)	Strengthening and Conditioning Level 3 with functional movement patterns
Week 8	0	N/A	2 (40 mins each)	Strengthening and Conditioning Level 4 with functional movement patterns
Week 8	1	Celebration of successes and establish resources for on-going goals with both the Physical Trainer and Therapist present.		

Meet Our Team:



Sara Odersky
BHPED
Practicing Kinesiologist

With 8 years experience in strength and conditioning, Sara has trained Olympic athletes, individuals suffering from injuries, weight loss and clients looking for that extra push.



Jenny Duffield
Masters of
Counselling Psychology

With 20 years experience, Jenny works with people who feel "stuck." She uses CBT techniques to support individuals to achieve their goals by working through barriers and providing new tools for success.



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