



Be Well Bistro

Come Here to Feed Your Inner Soul!



Be Well Bistro Movement (Essentials)

CORE BASICS

We all know the basic goals of movement: Cardio, Strengthening, Flexibility, and Balance. These are always a core part of a program.

Here we learn about some different movement goals that add value to your everyday workout routine, keeping it fun, interesting, playful and powerful.

Nancy's Plan to keep it fresh:

Do It Different
Try Something New
Try Something Old
Just Get up and Stretch
Get out of the box
Nature -- play in the woods
Make a Game of it
Set a Goal

Plaful

Learn something new
Let the kid in you play outside
Listen to your inner child - what does she want to do
Get Creative

Portable

Take it where you go.
Lose the dependence on machine
Creative use of body weight, furnishings, outdoors, ropes, hoops, and water

Powerful

Look for things that make you feel good. Jumping up, reaching upward, dancing, skipping, roller skating or blading, riding a bike --- whatever you end up choose, let yourself enjoy the mastery of a skill and you will enhance your self esteem while you build body strength

Flexible

The body needs fluidity. The mind needs and craves less rigidity too. Yoga, Pilates, Walking, Swimming, Dancing -- all serve to keep you fluid