Awareness Training

Starter Guide!

Making a Plan, Foundational Fitness Truths, and Frequently Asked Questions

Becoming Aware

Wherever you're starting from, I'm glad you're here.

Awareness Training was created to help you slow down, tune in, and reconnect with your body—not just to move better, but to feel better.

Most people focus on MORE—More diets, more stretching, more exercise, more podcasts, more techniques, more...more...more....

I'm here to tell you that more isn't better,

Better is Better.

Here, we focus on the small things that move the needle in big ways.

Simple habits. Body Awareness. Clear goals.

This guide is your starting point.

No pressure. No perfection. Just progress through presence.

Your story is unique—but if you're reading this, there's a good chance something inside you is ready for change.

Maybe you're here because your body hurts and you're tired of just "pushing through."

Maybe you've tried workouts that left you sore, overwhelmed, or even injured.

Maybe you're finally realizing that feeling better matters more than just looking a certain way.

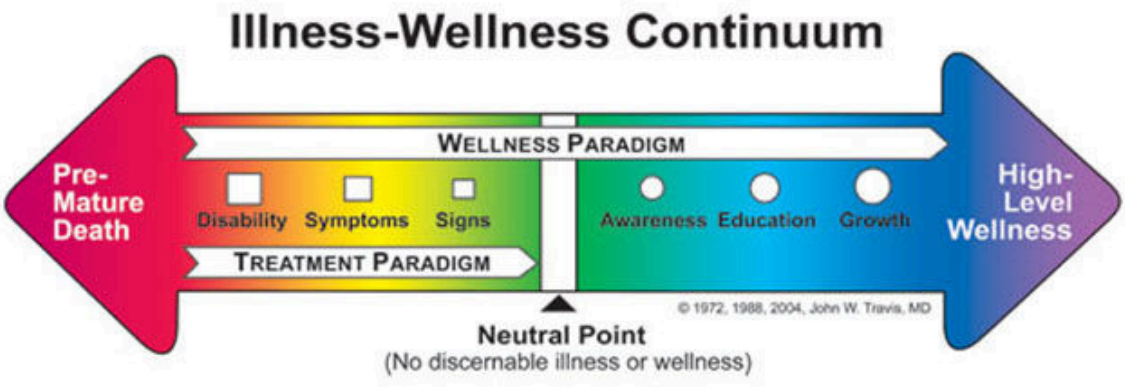
Maybe you've been told it's just "getting older," but deep down, you know you deserve more than that.

Whatever brought you here, know this:
You don't need to be perfect. You just need to be present.

This work is about awareness—not punishment.
It's about building a better relationship with your body, one small shift at a time.

The journey begins by paying attention.

Let's move forward—together.



Most people think health is black and white: you're either unfit or you're fine.

But real wellness exists on a spectrum—and it's always moving.

The Illness-Wellness Continuum reminds us that health isn't just about avoiding disease. It's about moving intentionally toward greater energy, awareness, and resilience.

That's what this training is about.
It's not about fixing you—because you're not broken.
It's about helping you notice what your body is telling you... and giving you the tools to respond.
Through focused awareness, intentional movement, and gentle shifts in daily habits, you'll move toward the wellness side of the spectrum—one step at a time.

This isn't a quick fix.

It's a return to self.

Foundational Truth #1: Movement isn't punishment

It's a language your body uses to communicate. We've been taught to move for calories, for aesthetics, or to "fix" something.

But real transformation starts when you shift from moving to burn... to moving to learn.

Your body is always giving you signals—through tension, posture, breath, and alignment.

The goal isn't to force it into shapes. It's to listen, respond, and build trust.

Awareness-based movement isn't about doing more. It's about doing better—with attention, precision, and intention.

This kind of movement leads to strength, healing, and freedom.

It's not just exercise. It's how we reconnect with ourselves.

Movement We Love

To Get in the Best Shape of Your Life

Resistance Training 2-3x a Week	Lifting weights helps build and maintain muscle, which supports joint health, improves posture, and boosts metabolism—even at rest. In everyday life, this means being able to pick up your kids without straining your back, carry groceries with ease, or get up from the floor without effort. Strength isn't just for the gym—it's for real life.
Walking (Most Days of the Week)	Walking is one of the simplest ways to support heart health, improve circulation, and reduce stress. Just 20–30 minutes a day can lift your mood, clear your mind, and support weight management. Think of it as moving meditation—whether you're walking the dog, taking a post-dinner stroll, or parking a little farther on purpose.
ELDOA or Stretch-Based Movement (3–5x per week)	Targeted stretching like ELDOA creates space in your joints, improves posture, and supports spinal health. It's especially helpful for those with back pain or tight hips from long hours sitting. You'll notice the benefits when reaching overhead, turning your head while driving, or simply standing taller with less effort.
Cardio Training (2–3x per week)	Cardio training strengthens your heart, supports healthy circulation, and increases your overall vitality. Whether it's walking briskly, dancing, or biking, regular cardiovascular movement helps you stay energized and capable. Everyday tasks become easier. As we age, staying active through cardio is one of the most powerful ways to protect your health and independence.
Fun Movement (As Often As You Like – All Movement Counts!)	Not every movement needs to be planned or structured. Whether you're dancing in the kitchen, playing pickleball with friends, or gardening in the yard—these all count too. When you move because it's fun, not just for a result, staying consistent becomes effortless. The best kind of exercise? The one you look forward to doing again tomorrow

Getting Started

Better Results by with these Workout Essentials

Dumbbells

Price Range: $15–$100+

Dumbbells are versatile and effective for strength training, allowing you to target specific muscle groups. They come in various weights, making them suitable for beginners through advanced users.

Resistance Bands

Price Range: $10–$40

Resistance bands provide an excellent way to improve strength and flexibility without heavy equipment. They're lightweight, portable, and perfect for full-body workouts, from strengthening the legs to toning the arms. They also allow for variable resistance, offering a gentle progression for injury recovery or rehabilitation.

Suspension Trainer

Price Range: $40- 100

A suspension trainer uses your body weight and gravity to perform a variety of exercises targeting strength, flexibility, and stability. It’s incredibly versatile and can be used for full-body workouts that engage multiple muscle groups at once. It’s easy to set up and can be used indoors or outdoors, making it a great addition to any home gym.

Yoga Mat

Price Range: $10-$40

A good yoga mat provides a stable, non-slip surface for stretching and floor-based exercises. It helps support your joints and enhances comfort and safety.

Kettlebell

Price Range: $30–$120+

Kettlebells are great for dynamic strength exercises that engage multiple muscle groups at once. Their unique shape allows for swinging movements, making them ideal for improving both strength and cardiovascular fitness. Regular kettlebell workouts can enhance your posture, balance, and coordination, plus they’re excellent for functional movements like lifting, squatting, and twisting.

Bodyweight

Price Range: Free!

Sometimes, the best equipment is the one you’ve already got—your body! Using your own weight for resistance training is one of the most effective and accessible ways to get stronger and more fit. Plus, bodyweight exercises are perfect for when you're short on time, space, or equipment. No gym membership, no equipment costs, just pure power and potential. Whether you're traveling, at home, or at the park, you’ve got everything you need to build strength wherever you are.

Foundational Truth #2: Build a Healthy Relationship with Food

Food is more than fuel for our bodies; it’s intertwined with emotions, social experiences, and memories.

In our busy, modern world, many of us have developed complicated or unhealthy relationships with food.

Whether it's restrictive dieting, emotional eating, or guilt surrounding food choices, these patterns can affect not only our physical health but our mental and emotional well-being.

At our core, we believe in building a healthy relationship with food, one that allows you to enjoy meals without guilt, understand your body’s true hunger cues, and nourish your body without feeling deprived.

This philosophy is central to how we approach health and wellness: it’s not about restriction or perfection, but about fostering a sustainable lifestyle.

1. Food Should Nourish, Not Deprive

The way we approach food matters as much as what we eat.

Restrictive diets that cut out entire food groups often lead to feelings of deprivation, making it harder to maintain long-term.

Instead, focus on eating foods that nourish your body—foods that make you feel energized and satisfied.

When we nourish ourselves with balanced meals, we're not just feeding our bodies; we're feeding our spirit and mind, allowing us to live with more energy, joy, and focus.

How we do it:

- Embrace whole foods like fruits, vegetables, lean proteins, and healthy fats.
- Enjoy the foods you love in moderation—no guilt, just balance.
- Cultivate mindfulness around food, appreciating the experience of eating.

2. Let Go of All-or-Nothing Thinking

It’s easy to fall into the trap of "all or nothing" thinking, where one slip-up turns into a full-blown food relapse.

This all-or-nothing mindset can set you up for failure and frustration.

We believe in a middle ground—small, sustainable changes that allow for both flexibility and consistency.

Life isn’t perfect, and neither is your diet. We don’t aim for perfection; we aim for progress.
How we do it:

- Shift from “good vs. bad” food to simply focusing on what’s best for your body.
- Enjoy treats and indulgences without shame—they're part of a balanced life.
- Understand that food is a long-term journey, not a quick fix.

3. Focus on Progress, Not Perfection

When it comes to nutrition, it's easy to get caught up in perfectionism.

But that mindset can lead to frustration and burnout.

Building a healthy relationship with food is about gradual progress—taking small, consistent steps toward making better choices that support your goals.

How we do it:

- Celebrate the wins—no matter how small.
- Remind yourself that one meal doesn't define your overall health.
- Focus on the long-term benefits of your choices, not just immediate results.

Foundational Truth #3: Your Mindset is Contagious

The way you think and approach challenges doesn't just affect you—it impacts everyone around you.

Whether you realize it or not, your mindset is a powerful force that can influence your family, friends, coworkers, and even those near you.

When you cultivate a positive, growth-oriented mindset, it creates a ripple effect that extends far beyond your own progress.

Bouncing Back from Setbacks

Setbacks are normal in any fitness journey. Maybe you miss a workout, don't eat the healthiest meal, or deal with an injury. How you handle these moments is key. If you think setbacks are failures, it can be easy to feel discouraged. But with the right mindset, you can see these moments as learning experiences.

Showing this mindset to others helps them see that it's okay to make mistakes. What matters is not giving up.

Find Your Dream Team

Achieving your health and fitness goals doesn't have to be a solo journey.

In fact, the support you get along the way can lift you to new heights.

Your "dream team" is made up of the people who encourage, challenge, and guide you toward success—whether they're your workout buddies, a coach, or even family and friends who understand your journey.

Building Habits You Can Stick With

It's about creating habits that work for you, not trying to fit into someone else's idea of what's "right."

If you enjoy cooking healthy meals, then focus on that. If you love a specific type of workout, prioritize it.

By sticking to what feels good for you and making those habits a part of your routine, you'll see progress without the pressure to do everything perfectly.

Keep it simple.

Just the Facts

Why Positive Thinking Rocks

Mindset and Exercise Consistency:
Studies show that individuals with a growth mindset, who believe they can improve with effort, are 3 times more likely to stick with their exercise routines over the long term compared to those with a fixed mindset. (Source: Journal of Sport & Exercise Psychology)

Positive Mindset and Mental Health:
A study found that individuals who maintain a positive mindset and focus on their health and fitness goals experience a 34% improvement in mental well-being, as regular physical activity and positive thinking are linked to lower stress and anxiety. (Source: Journal of Positive Psychology, 2018)

Life Changing Habits

Goal Setting	Sleep Hygiene
Setting clear, achievable goals gives you direction and purpose. By breaking down big goals into smaller, manageable tasks, you create a roadmap that helps you stay motivated and focused on your health and fitness journey.	Prioritize getting adequate, quality sleep. Establishing a consistent sleep schedule and creating a restful environment supports physical recovery, mental clarity, and overall well-being.
Breath-Work	**Socialize**
Use he power of your breath to reduce stress, increase focus, and improve overall well-being. Simple breathwork practices can calm the mind and support better physical health by activating the body's relaxation response.	Connecting with others boosts your mental health, enhances motivation, and provides support on your fitness journey. Whether it's working out with a friend or joining a fitness group, socializing can make your journey more enjoyable and sustainable.
Journaling	**Practice Gratitude**
Writing down your thoughts, experiences, and progress can help clarify your goals and emotions. Journaling also promotes mindfulness, enabling you to track your journey and reflect on your growth over time.	Cultivating a mindset of gratitude helps shift your focus toward the positive aspects of your life, improving mental well-being and resilience. Regularly acknowledging what you're grateful for fosters a sense of contentment and helps you stay motivated toward your goals.

Making the Plan Work for You

5-Ways to get started today

Track your progress.

- Keep a journal of your workouts, meals, and how you feel. Whether it's noting how many reps you're doing or tracking your mood, seeing your improvements over time builds confidence and motivates you to keep going.

Simplify your routine.

- Make things as easy as possible. Prep your meals ahead of time, set out your gym clothes the night before, or use a workout template to avoid decision fatigue. The more you remove obstacles, the more likely you'll stay consistent.

Find joy in movement.

- Exercise doesn't have to feel like a chore. Whether it's a yoga session, a walk in the park, or a fun fitness class, choose activities you enjoy. When exercise feels fun, it's easier to stick with it.

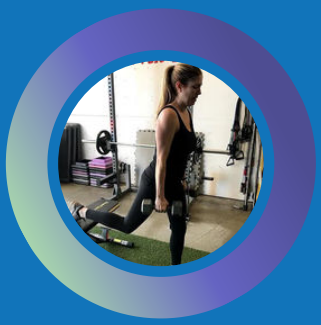
Have a plan for the unexpected.

- Life isn't always predictable, and sometimes things won't go as planned. Have an alternative ready—whether it's a quick bodyweight workout or an emergency snack. This keeps you from feeling defeated when life gets in the way.

Make it a non-negotiable.

- If you miss a workout or make an unhealthy choice, don't dwell on it. Just get back at it the next day. It's about consistency, not perfection, so treat every day as a fresh start.

Different Goals . Same Committment



Thinking about it now, without my training, I don't think I'd be able to carry my son. When you have a son who is bolting out of the store with a candy bar in his hand, to catch him you have to be in pretty good shape!

-Kristine

I no longer wanted to be friends with myself! I knew that once I retired, I could just rest, give up being active and put my body out to pasture like they do an old horse. Three months later, I am waking up excited every day to see what I can do, physically.

-Sharon

As a mother of 3 kids, ages, life can be pretty busy and chaotic. I used to workout at the gym 5-6 days a week but was never to able to reach my desired weight goal. I now see bigger picture and the importance of healthier food choices and how it can really make an impact on your body and how you feel.

-Kristina

Each of these stories began with someone just like you: someone with a unique goal, their own challenges, and a desire to feel better in their body.

Whether you're here to lose weight, reduce pain, gain strength, or simply feel more confident, your path is valid.

We all start in different places, and that’s exactly why our approach is personal—because your goals should fit you.

You're not too late, too far gone, or too out of shape.

You're right on time.

Frequently Asked Questions About Training with Me

1. What makes your training different from other personal training approaches or gyms?
My approach combines functional movement, postural alignment, and body awareness to help you move better and feel better—not just during workouts, but in everyday life. Sessions are customized to your unique needs, with a focus on joint health, mobility, strength, and mindful connection to your body.

2. Will this help with pain or old injuries?
Many clients come to me with chronic pain, past injuries, or joint stiffness. While I don't diagnose or treat medical conditions, I use techniques that support alignment, decompress the spine and joints, and build muscular support around weaker areas. Many people find relief and improved movement over time.

3.What can I expect in a typical session?
Each session blends targeted exercises, breathing, and postural work tailored to your body's current state. You may be introduced to ELDOA stretches, mobility drills, or strength movements with a strong emphasis on awareness. The goal is to help you feel more balanced, mobile, and in tune with how you move.

4. How often should I train with you?
This depends on your goals, lifestyle, and current fitness level. Some clients start with once a week, others train 2–3 times. We'll create a plan that feels sustainable and aligned with your energy, goals, and budget.

5. What results should I expect?
You can expect better posture, improved mobility, more body awareness, and often less daily pain or tightness. Many clients also feel stronger and more confident in their bodies. Progress isn't always measured in weight loss or reps—but in how you feel and move through life.

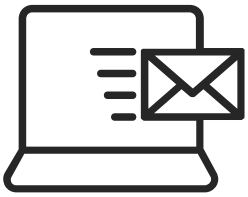
6. Will you give me a workout plan to follow on my own?
Yes! Depending on your goals, I can create personalized program for you between sessions. These are simple, supportive exercises to reinforce what we do together and build consistency.

7. How long are the sessions?
Most sessions are 50–60 minutes. This gives us time to warm up properly, focus on your movement goals, and end with intentional breathing or stretching so you leave feeling aligned and refreshed.

8. Do you offer virtual sessions?
Yes, I do! Virtual sessions are a great option if you travel often or live outside the area. I'll guide you through personalized workouts or awareness training using whatever space and tools you have at home.

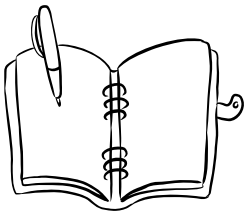
Resource Page

Other Ways I can help you



Join My Growing Fitness Newsletter

Want to stay motivated and on top of your fitness game? My newsletter is packed with actionable tips, exciting fitness challenges, and behind-the-scenes updates. It's your go-to resource for all things health and wellness—plus, a little fun along the way. Sign up today and let's crush your goals together!



How to Start a Food Journal

Begin the path to mindful eating with my free guide to food journaling, designed to help you focus on nourishment instead of numbers. Learn how to create a healthy, sustainable relationship with food, one that celebrates balance and mindfulness. Put an end to restrictive tracking and hello to a more intuitive, positive approach to fueling your body.

Do You Want Additional Support? Connect with me for a FREE 30 Call and I'll help you break through roadblocks so that you can love the way you look and feel.

Book an Awareness Call

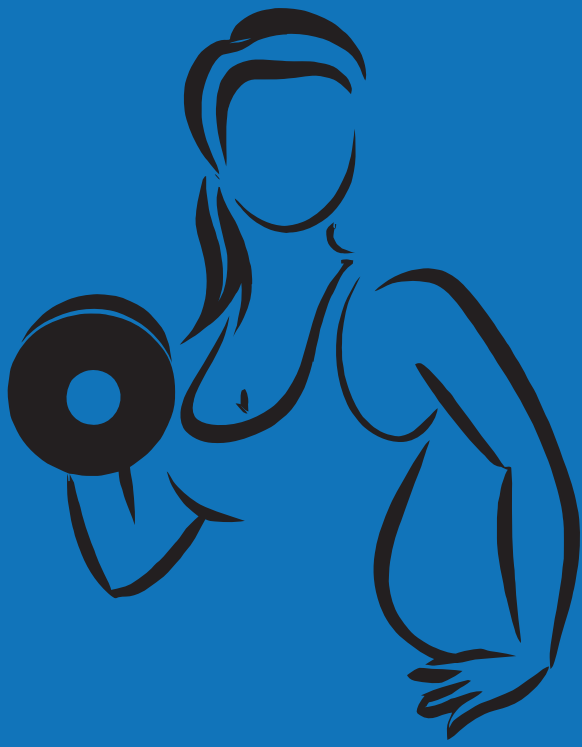
If you're unsure where to start or just need a little encouragement, don’t hesitate to reach out.

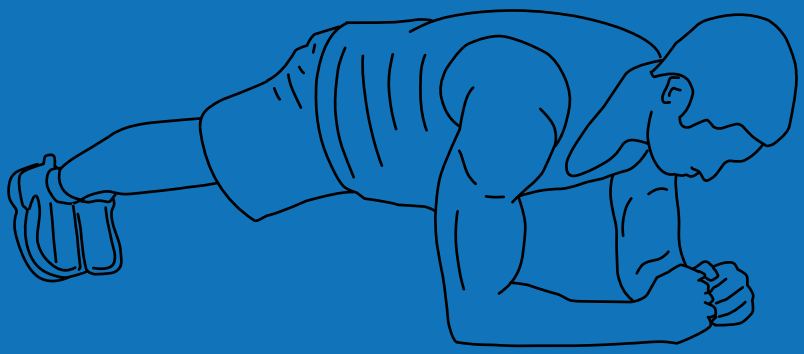
You’re not alone on this journey and you never have to be.

Let’s figure it out together.

Want to see if we’d be a good fit?

Fill out this free awareness form





AWARENESS TRAINING

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