



LIVE FIT-Be Aware: Mindful Practices

By: Pierre Zimmerman, One Roof Saratoga

The practice of intentional, nonjudgmental awareness of moment to moment experience has been practiced for thousands of years in a variety of forms to cultivate well-being and peace of mind. In our present busy and information loaded life it allows us to balance “the human doing” and the “human being.”

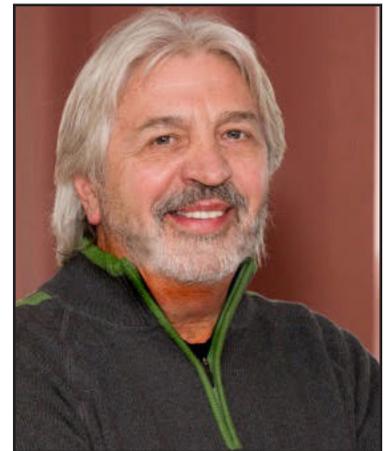
Cultivating attention, being aware of our internal landscape, with repetition creates states of mind that change brain function and structure in response to experience. It is called plasticity.

Focus on the breath which is the thread between the body, mind and heart as well as “being with” sensations, thoughts and feelings in any given moment, without manipulating them or becoming hijacked by them, is healing. Many people will say: “I am anxious” for instance, not being able to distinguish the experiencing of situational anxiety from the totality of who they are.

Meditation practices, restorative yoga, embodiment through body relaxation, reflections on habitual responses to external and internal stressors show long term beneficial changes in a variety of health problems and maladaptive behaviors. Ample research has shown improvement in balancing your attention span, emotional self-regulation, increased stability, clarity, and immune function strengthening

The ability to develop discernment and dropping judgment is a crucial step in dismantling our minds from ruminating and intrusive thoughts, repetitive destructive emotions, impulsive and addictive thoughts and behaviors.

The internal form of attunement through practice and curiosity for how we experience any moment and impermanence is a loving way to befriend ourselves and others. Mindful communication skills help people become more assertive, meet their needs through wholesome strategies and improve empathy, loving kindness for them self and non-referential compassion for other’s suffering. Reflective practices led by trained leaders who have meditated for many years serve others in integrating their brain, mind-sight, relationships and inter-connectedness with the vital pulse of life which builds resilience.



THANK YOU TO OUR
#HEALTHYSARATOGA SPONSORS AS WE LOOK
TO ENSURE SARATOGA COUNTY IS ONE OF THE
HEALTHIEST PLACES TO LIVE AND WORK.



BlueShield
of Northeastern New York

EAT FIT- Eating Mindfully

By: Charissa Sutliff, Saratoga Regional YMCA

There are many ways to practice mindfulness with eating! You can be more mindful of WHAT you are eating, WHY you are eating, HOW MUCH you are eating, and HOW you eat!

Find out what and why you are eating by asking yourself what am I about to eat, and why. Hunger obviously is one reason why you are about to eat, but also do your meal and food choices have a role in a purpose or goal in other areas of your life. You could ask yourself if the food is nutrient dense or not, or if this will help you reach a fitness goal. There might be a social reason for going out to eat, so in that instance you are looking forward to spending time with your friends and family, however you could go out with a plan to order a salad with a protein source and dressing on the side.

One of the best nutrition tips for eating mindfully I have ever heard was to put your fork down between each bite. This will help you to eat slower, encourage savoring and enjoying your meal, rather than eating as fast as you can.

Choosing proper portion sizes is also a good practice about how much you are eating. A simple and easy measuring tool for portion sizes is to use your hand! Protein like chicken, beef, or fish should be the size of your palm. One serving of vegetables should be the size of your fist. One serving of carbs (think potato, rice, pasta) is a cupped hand. One serving of fat is the size of your thumb (think oils, nuts, dressings).

You can also be more mindful of your eating habits and choices by using a food journal or even a smartphone app like My Fitness Pal to track your food. These methods are used to bring your awareness to your food choices and help you to see how these choices impact your overall health and can help you to be more aware of choosing more nutrient dense foods.



GET FIT- Mindfulness in Motion

By Justin Wolfer, Rise Yoga Movement and Arts Center

When most people think of meditation they often envision a quiet and peaceful human being sitting still. While that is certainly one way to approach meditation I have found this same self-discovery in mindfully moving and working with the body.

You see, meditation or insight can be found in everything we do. Nothing needs to change in your life except that we begin to pay closer attention to what we are doing in the present moment and how it is affecting us.

A physical practice is the perfect way to learn about our bodies and our mind. We can learn what is working and what needs to be let go of. Awareness is an essential component of personal growth. It develops the tools that we need to grow in specific ways. In the case of a physical practice, we must learn what our body needs to function better whether it be strength, flexibility or general movement. As you move or exercise your body can you sense how it's moving? Are there any areas of tension, weakness or resistance? How does your body feel right now? Try to be free from judgement. This is the easiest way to enter into the moment and become one with your body and mind.

This is where I believe we can learn and achieve our deepest goals for ourselves. Take your training to the next level by being mindful whilst working with yourself.

