

MON	MON	MON	MON
TUE	TUE	TUE	TUE
WED	WED	WED	WED
THU	THU	THU	THU
FRI	FRI	FRI	FRI
SAT	SAT	SAT	SAT
SUN	SUN	SUN	SUN

## SUGGESTIONS & TIPS

### FOR THE MONTH

1. Plan out your exercise and your mindfulness activities weekly
2. Before each exercise fill in how you are feeling, eg tired, irritated, energised, happy, calm
3. After each exercise fill in how you feel. eg energised, happy, calm, tired
4. At the end of each week reflect on how your week has been after incorporating these exercises/mindful practices in to your week. Repeat reflection at the end of each month.
5. Make adjustments to suit your life commitments, and your energy levels.

### FOCUS AREAS

**If you are tired, try some more yin type exercise**

**If your body needs to move, do more yang type energy**

**Keep a regular mindfulness routine in between exercise**

**Reflect on how each exercise or mindful practice made your body and mind feel & adapt accordingly.**

**Keep on track of your health by planning out your exercise for your body and your mind.**

We like to **balance between yin and yang activities** that support healthy, regular movement and calming the mind, without depleting too much of our vital energy stores.

**Examples of Yin style movement** to calm our mind & gently nourish our body - Walking, yin yoga, Qigong, low impact pilates

**Examples of Mindfulness Practice (considered Yin)-**  
Meditation, Breathwork, Qigong, Yoga

**Examples of Yang style movement** - Running, cardio, vinyasa yoga, condition training, F45, cardio pilates, tennis

### FIND THE BALANCE

**for a healthy body & a calm mind**

If we do too much yang energy, we deplete our yin energy, and if we do too too little yang energy our energy stagnates.

**CHOOSE MOVEMENT YOU ENJOY &  
THAT YOU WILL CONTINUE TO SHOW UP FOR.**

**JUST REMEMBER: PROGRESS OVER PERFECTION.**

**LISTEN TO YOUR BODY AND YOUR MIND & NOURISH  
THEM WITH WHAT FEELS RIGHT TO YOU.**



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