Motivate Your Movement: Gratitude

Thanksgiving is close, so what better time to pause for a moment and focus on all the blessings that you may be grateful for? Further, think about a few things that you’re really thankful for today. There are many things you should be thankful for, such as good health, vitality, and new capabilities. We sometimes need reminders of all these things to be grateful for in our daily lives. So now I ask you, when is the last time you thanked your body for allowing you to finish your recent workouts? How do you remain grateful to your body while working to improve it?

Working out is not always the easiest thing to do, so take a moment to appreciate your body's ability to move. It is important to remember that you are healthy enough to workout, that you can get up every day and push your limits, and know you are strong enough to work your muscles. Bring yourself back to a recent workout where you were physically pushing your limits. Remember the effort you created to empower your body to keep moving. Focus on your heart pounding as you continue to push yourself through your workout. Feel the sweat dripping down your face. Think about how loud your lungs and muscles were screaming for you to stop, asking you why you were still pushing through. How did you feel after completing your workout? What was your main reason that brought you to your workout finish line?

Motivating your Movement around the Holidays:
For many, the holiday season means planning and taking care of others. However, this leaves little time for taking care of yourself. It is important that we continue to be grateful to our bodies for how they can move and what they can do, amid the craziness of the holiday season. Be kind to yourself—it's okay to miss a workout. If you are able to make some time to squeeze in a short workout, try this Turkey Burner workout with family and friends during the holiday to burn off some of those Thanksgiving treats.

Turkey Burner Workout: Perform each exercise for the allotted amount of repetitions; feel free to increase/decrease the given reps. Give yourself 15-20 seconds recovery between each movement. Repeat the circuit 2-3 times.

Appetizers: (Repeat 2-3x)
10 Jumping Jacks
10 Bodyweight Squats
10 Push-Ups
20 Mountain Climbers (total)

Entree: (Repeat 2-3x)
10 Walking Lunges (Each leg)
15 **Crunches**
10 **Jump Squats**
10 **Inchworms**

**Sides: (Repeat 2-3x)**
30 **High Knees** (total)
10 **V-Ups**
20 Jumping Jacks
10 **Supermans**

**Desserts: (Repeat 2-3x)**
10 **Burpees**
20 **Plank Shoulder Taps** (total)
10 **Tricep Dips**
20 **Bicycle Crunches** (total)

Enjoy your Thanksgiving Break!