

Get Moving

A BEGINNER'S GUIDE TO EXERCISE FOR MENTAL WELLNESS



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THE BENEFITS OF EXERCISE

Welcome to your journey towards a healthier and more active lifestyle! In this e-book, we will explore the basics of exercise, its benefits, and how you can incorporate simple workouts into your daily routine. Whether you're a beginner or looking to get back into fitness, this guide is here to support and motivate you.

Exercise isn't just about getting fit; it has a profound impact on your overall well-being. Regular physical activity can:

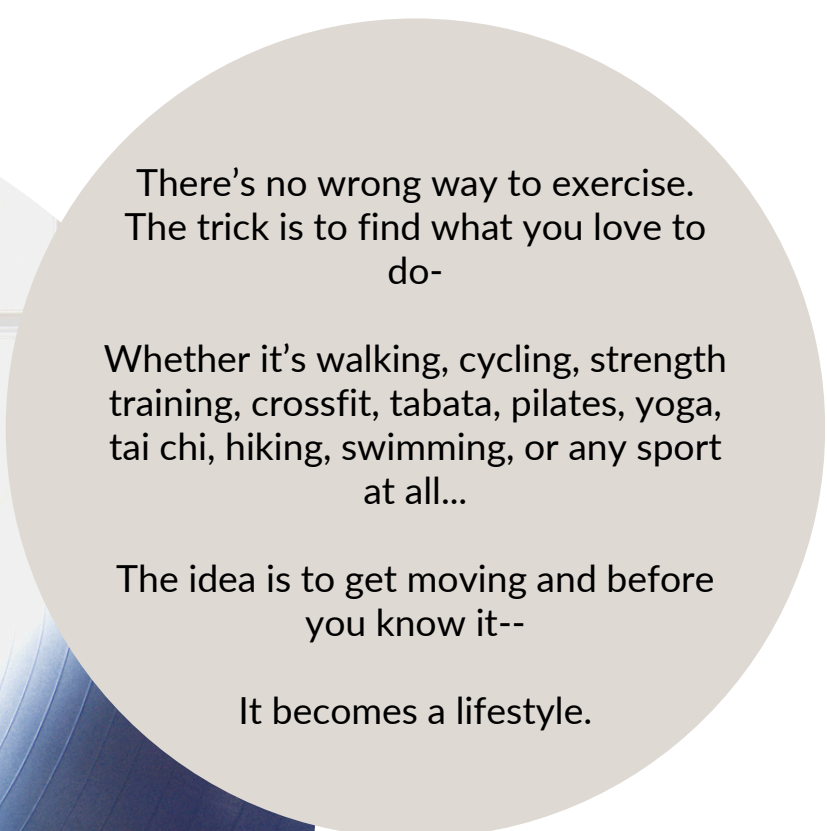
- Improve your mood and mental health
- Boost your energy levels
- Enhance your sleep quality
- Strengthen your muscles and bones
- Reduce the risk of chronic diseases

BENEFITS OF EXERCISE

But I think the benefits of exercise go even beyond these things and right into our self-beliefs, self-efficacy and the any perceived limitations we may have unknowingly adopted through life.

Exercise teaches us how to thrive in discomfort, to overcome stress and adversity and to meet an edge of ourselves we can't reach through other avenues in our life.

It's one of those things that just changes a person-- you can tell when someone is very physically, emotionally and mentally healthy and how everything aligns-- Each part of our lives equaling to a whole with no facet left un-nurtured.



There's no wrong way to exercise.
The trick is to find what you love to do-

Whether it's walking, cycling, strength training, crossfit, tabata, pilates, yoga, tai chi, hiking, swimming, or any sport at all...

The idea is to get moving and before you know it--

It becomes a lifestyle.

PRECAUTIONS

Safety and Precautions

Your safety is important. Here are some tips to exercise safely:

- Warm up before and cool down after your workouts.
- Stay hydrated and listen to your body.
- If you have any medical conditions, consult with your doctor before starting a new exercise routine.
- Wear appropriate workout gear and footwear.

Consult with your practitioner as needed



GETTING STARTED

Getting started with exercise doesn't have to be daunting. Here are some beginner-friendly workout plans you can try:

- **Walking:** Start with a 20-minute walk each day, gradually increasing the time and intensity.
- **Bodyweight Exercises:** Simple exercises like squats, lunges, and push-ups can be done anywhere.
- **Yoga:** Gentle yoga routines can help improve flexibility and reduce stress.

GETTING STARTED

Get creative fitting in activity where you can too-

Whether it's a quick neighborhood walk

Opt for the stairs, walking, cycling where you can

Get active when meeting up with friends (ex. try a new hiking or walking trail, visit a park or try a new sport together.

Move your body daily even if it's a 5 minute workout, walk around the block or stretching session.

Here is a 20 minute beginner workout to be performed two to three times a week alongside a daily activity like walking, yoga, stretching etc.

BEGINNER CIRCUIT

FULL BODY STRENGTH SESSION

2-3x a week





WARM-UP

1. Jog in Place - 1 minute
2. Jumping Jacks - 1 minute
3. Arm Circles - 1 minute
4. Hip Circles - 1 minute
5. Dynamic Stretching - 1 minute

WORKOUT



Bodyweight Squats

3 sets of 10 reps

- Stand with feet shoulder-width apart.
- Lower your body as if you're sitting in a chair.
- Keep your back straight and knees behind your toes.
Return to standing position.

WORKOUT

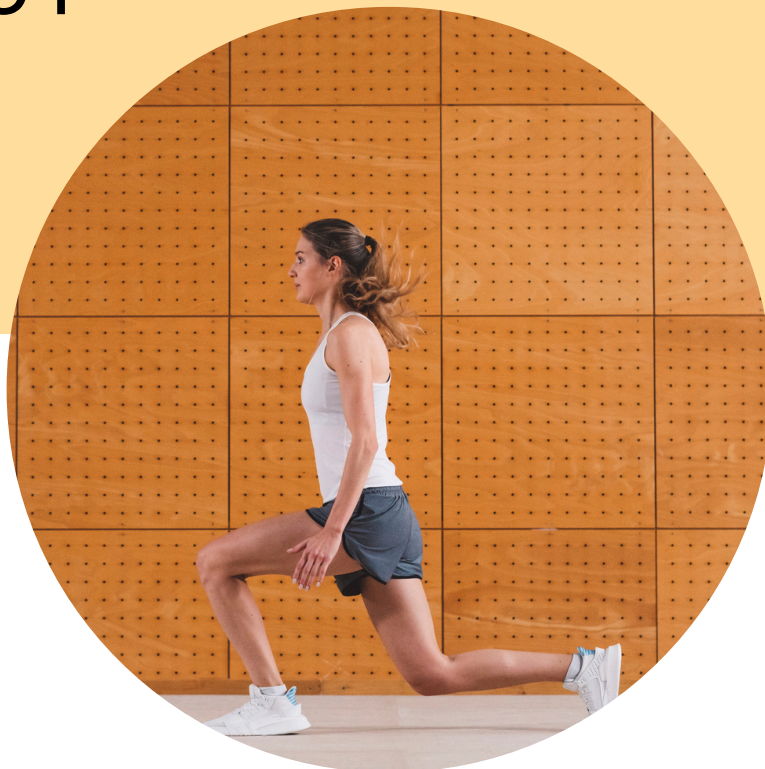


Push-Ups

3 sets of 10 reps

- Start in a plank position with hands under your shoulders.
- Lower your body until your chest nearly touches the floor.
- Push back up to the starting position.
- Modify by doing push-ups on your knees if needed.

WORKOUT



Lunges

3 sets of 10 reps

- Stand with feet hip-width apart.
- Step forward with one leg and lower your body until both knees are at 90-degree angles.
- Push back up to the starting position.
- Alternate legs.



Plank

3 sets of 30 seconds

- Start in a forearm plank position.
- Keep your body in a straight line from head to heels.
- Engage your core and hold the position.
- Modify by doing this on your knees if needed.

WORKOUT



Glute Bridges

3 sets of 10 reps

- Lie on your back with knees bent and feet flat on the floor.
- Lift your hips towards the ceiling, squeezing your glutes.
- Lower back down to the starting position.

COOL DOWN

Hamstring Stretch - 1 minute (30 seconds each leg)

Quadriceps Stretch - 1 minute (30 seconds each leg)

Chest Stretch - 1 minute

Shoulder Stretch - 1 minute (30 seconds each arm)

Deep Breathing - 1 minute



Hamstring Stretch- 30 seconds each leg





Quadriceps Stretch- 30 seconds each leg





Chest Stretch - 1 minute





Shoulder Stretch - 1 minute





Deep Breathing- 1 minute



RECOVERY

1

WHOLE FOOD
NUTRITION

2

REST - AIM
FOR 8 HOURS
OF SLEEP

3

STRETCH &
LIGHT
ACTIVITY

4

KEEP PROTEIN
ON HAND

5

PLAN YOUR
NEXT
SESSION

6

PAT
YOURSELF
ON THE
BACK

CONCLUSION

This simple and efficient beginner full-body workout is a fantastic foundation for your proprioception, stabilizing muscles, and form for future exercises. When done consistently, the results speak for themselves.

No matter how much I progress as an athlete, I always find myself feeling my best when I return to basics and strengthen major muscle groups, just like we did here.

Remember, exercise is not just about physical strength, but also about boosting mental wellness. By incorporating these foundational exercises into your routine, you're setting yourself up for success in various exercise settings and promoting overall well-being.

Keep moving, stay consistent, and embrace the journey. Your mind and body will thank you.

-ADRIANA LAPUSNIAK

ABOUT THE AUTHOR

ADRIANA LAPUSNIAK

Adriana is a dedicated Holistic Coach for Neurodivergents, a passionate Kids Rock Climbing Instructor, an insightful Wellness Researcher and Writer, and the founder of Adriana Alternative. Based in Vancouver, BC, Adriana has turned her personal journey with ADHD and autism into a mission to help others. Before discovering she was autistic, Adriana embarked on a holistic lifestyle transformation, trying to "heal" and "fix" herself. While this journey improved her well-being, it wasn't until she learned she had been autistic all along that everything became clear. This realization helped her understand her sensory overwhelm, dismantle shame, and discover her true self beneath years of masking.

Adriana's unique approach to wellness is shaped by her personal experiences and struggles with late diagnosis. She focuses on personalized health solutions, encouraging others to embrace their authentic selves and find joy in movement, mindfulness, and nourishment. Her work is grounded in empathy and understanding, offering practical and relatable advice.

Adriana aims to build a strong online community where individuals can relate, share, and grow together, making the world a kinder, safer, and more enjoyable place for everyone.

