

Life is messy. Forget about cleaning it up.

B KINETIC FITNESS

BUILDING A POWERFUL BODY AND LIFE
ONE REP AT A TIME

Well hello, stranger!

As you may or may not have heard, I recently moved from Nashville to Austin. It was such a last minute thing that all I had time to do was pack and plan, pack and plan. And drive 13+ hours with two scared little orange kitties. Very little in the way of fitness --- my own or the B Kinetic community's. :-)

But it's all good. I'm back and ready to ramp things up again.

That said...

Moving sucks. I say this from vast experience. My husband Tom and I have done 4 moves in the past 5 years alone. We are now living in our 5th city in almost 10 years of marriage. Nope, neither of us is in the military. Our moves have been career-based, going where the opportunities lie in order to improve our quality of life and financial situation.



It has been far from easy. Packing up a lifetime's worth of stuff and uprooting your life, leaving behind friends, family, and familiarity is one of the most stressful things you can do. And even positive life changes like moving can still elicit a lot of stress --- physical, mental, and emotional. You are still put through the wringer and struggle to hang on to a sense of normalcy and equilibrium.

We all experience times like these at various points in our lives. No one is immune to life changes, whether it's moving, marriage, divorce, having a child, taking a new job, or dealing with a major illness.

It's how we roll with these punches that determines how we come out on the other side. Throwing healthy habits out the window and going mindlessly from meal to meal, day to day, leaves us with a few extra pounds and a frazzled state of mind when we are finally able to come up for air. Not only are we still recovering from that stressful period, but we are even less equipped to deal with it now. Our fitness has suffered, our physique is stressing us out, and we feel so overwhelmed and on the verge of meltdown that we Just. Can't. Deal.

That's why it's absolutely critical that we take the time for self-care and do it in the appropriate way for optimal effect. I wanted to share my best tips and tricks

with you that I've honed over the years and particularly during this most recent move, but the resulting amount of content was too much for just one email so I've cut it down into manageable pieces. I'll be sharing each of the following four parts over the next week with you via email --- Mindset & Expectations, Nutrition, Exercise, and Stress & Energy Management.



Now let's get started with Mindset & Expectations.

First of all, you need to remember that although fat loss *is* still possible during times of high stress and time constraints, the key to success (and sanity!) is to actually take the pressure off of yourself to make it happen. Let it be a bonus, not a requirement. If you're obsessing about your physique, then you're adding unnecessary stress to an already trying time. And we know that stress is a big enemy of fat loss due to its effects on our hormonal balance, sleep quality, and energy levels.

Commit to simply taking things day by day and practicing self-compassion along the way. Avoid letting the Perfectionist Monster take over. Perfection is an illusion

even on the best of days, and even more so during stressful situations. But consistently doing your best (and this will look different each day based on a variety of factors) will help you not only survive this period, but maybe even thrive despite it.

This is not to say that this is the time to try for big PRs (personal records) or to sling around heavy shit. Nor is it optimal to go balls-to-the-wall with fast-paced metabolic conditioning circuits and HIIT cardio.

The theme we're going for here is **balance**. Balancing energy expenditure and energy renewal, stress and relaxation. Acknowledge what you can realistically do each day and build in times of restoration to counteract the stress overload. Contrary to popular belief, we can't just GO GO GO and expect good things to happen. We *will* break down at some point, and we're just gambling that that breaking point won't come during a critical moment. Why do we push ourselves so hard like it's some badge of honor? Even when it goes against our own best interests?

I've done my fair share of pushing too far past my limits. But I've learned over the past few years through both mistakes and successes what works best for me to stay sane and healthy through the curveballs that life throws. I know how hard I can push myself and when to back off. I know how to read my body's signals in order to navigate the rough waters without biting anyone's head off (mostly!). I'll be sharing these tips in the coming days to help you get through the tough times with your sanity and physique intact.

As we close this discussion, here are a few key questions to ask yourself before you're thrown into the thick of things:

What does my body need most right now? Is it sleep? More veggies or

protein? A light workout or leisure walk? Ignore the part of your brain that is screaming about all the things you *should* be doing and instead focus on what will make your body feel good.

What will make me feel good (physically, mentally, and emotionally)?

What will only make me feel worse?

What kind of obstacles tend to come up for me during times like these?

What can I do to navigate them in the easiest and simplest way possible that still serves me and my goals?

This process requires some introspection work but is worth it in the end. It's very tempting to try to simply grind it out, to be in crisis-reaction mode, and then wake up one day not recognizing the face and body reflected back to us in the mirror. To not recognize the life that's been laid out over the past few weeks or months.

Instead of constantly feeling frazzled and run down, what would it feel like to maintain a sense of equilibrium and control? To come out on the other side stronger and ready to take on whatever comes next? To get back to your normal self in a matter of days instead of weeks or months (or never)?

I want to help you with every aspect of this process. Keep your eye out for my next email in this series, on Nutrition and dealing with a lack of time and motivation when it comes to eating healthy. Because a healthy body and life starts on the inside.

Be good to yourself,
Becky

Meet Becky

My love of fitness runs deep. I've been a personal trainer for the past 7 years and a gym rat and athlete for even longer. Along with my extensive knowledge of physiology and nutrition, I use my practical experience working with women just like you to bridge the gap between education and implementation.



I work closely with clients to find an individualized approach to optimal health and fitness that works for life. I don't prescribe to the train of thought that in order to be healthy and fit you need to spend hours in the gym and kitchen, being a slave to your goals. Your program should complement your lifestyle, preferences, goals, and psychological tendencies. You are unique, so your program should be too.

My passion is helping women find the strength inside and out to live the kind of life they desire, to find joy in movement, and to feel like they can take on the world.

You can connect with me on my website at bkinetic.com or on [Instagram](#), [Twitter](#), and [Facebook](#).