

CREATING HEALTHY HABITS

Adult Movement Class at Tahawus - Part Art and Part Science

Some thoughts to help create your healthy habit, by Rebecca Kelly

Establishing the habit of exercise does not mean that it will suddenly become easy and you will breeze through. But when exercise does become a habit, it will feel like your day is more complete with your daily workout. You will feel pleased with yourself. You will consider it a normal part of your week. You may even be glad to put on your workout clothes, because you will enjoy the feeling when you commit to making *yourself* better.

BUT, it takes a while to actually form a habit. This means setting a workout schedule and going every time you are scheduled. (Some think that going to a gym or a class takes 3 months before it actually becomes automatic.) The single biggest factor in forming your habit is how good you are at sticking to it!

**According to most recent 2020 research published in Scientific American,
“active body, active brain, exercise keeps the mind sharp.”**

Focusing on ALL the benefits of exercise will help form your new habit. Notice if you will be sleeping better, have more energy, feel less stressed, and feel better about yourself. Exercise releases mood-boosting endorphins that make us feel great mentally and physically. Exercise has shown to combat stress, anxiety, depression, mental health, and even traumatic issues. (see RK's Dance for the Brain video: <https://vimeo.com/316295103>)

- Be realistic at first. "Start small." Commit to a set time - and stick to it. Tell a friend what you intend!
- Set out your clothing the night before. Pack your bag. The more steps you take ahead of time, the more likely you are to follow through.
- Don't focus on results. Make your goals centered around consistency, the enjoyment of the music, the view, where you are, who you are with, how you feel at the end of class. The results will follow, and you'll develop a successful exercise pattern in the process.
- FIND AT CLOUDSPLITTER DANCE STUDIO, a movement class you will thoroughly enjoy, a convenient, friendly, and affordable neighborhood program, DISCOVER a community of people; INVITE an accountability buddy to keep you to your goal.
- Having a sense of community is a huge benefit to the dance class. We social creatures enjoy and need human interaction to survive and thrive. Embrace the fellow dance class-goers and make a few new friends along the way!



**Dance for the Brain,
Review Copy, an
illustrated talk on the
benefits of dance by
choreographer, Rebecca
Kelly**
Choreographer and
Instructor, Rebecca Kelly
(Rebecca Kelly Ballet)
reflects on learning, keeping
flexible in more ways than
one.... dance and wellness -
at any age

