44th Annual National Wellness Conference
Theme: “The Key to Thriving”
Sept 30th – Oct 2nd

Thriving in Physical Fitness—Incorporating Healthy Recovery and Mindset Strategies
By Dana Bender, MS, NBC-HWC, CWWS, ACSM, E-RYT, ACE

Three Learning Objectives:

1. Participants will learn about the importance of rest and recovery in an exercise program.
2. Participants will explore their own motivation and mindset about exercise and rest.
3. Participants will leave the session with practical strategies that they can utilize to improve both recovery and mindset.

Session Outline:

EXOS FOUR PILLARS OF PERFORMANCE:

a. Movement
b. Nutrition
c. Recovery
d. Mindset

REST & RECOVERY AS A CRITICAL PHASE IN THE EXERCISE ADAPTATION CYCLE:

AVOIDING OVERTRAINING:
ACSM RECOMMENDATIONS:

RECOVERY AND REGENERATION:

MINDSET IN EXERCISE:

INTRINSIC & EXTFINSIC MOTIVATION/SELF-DETERMINATION THEORY:

THE NEGATIVE SIDE OF MINDSET – INNER CRITIC:
PRACTICAL SOLUTIONS:

a. Improving Mindset -

b. Mindfulness Principles -

c. Self-compassion -

Additional Session Notes:
**Session References:**


