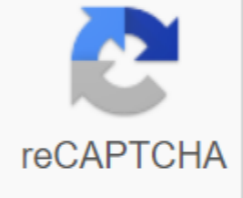




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The mirror workout

I was on a podcast with my friend Kari. She asked me a few questions that made me think. She asked how I was going to help my children have a positive and healthy image about their bodies. At the time of the question I had an 8-year-old boy and a 4-year-old girl. They are already in tune with the word skinny. (although it was never uttered in my house). Sis parades around the house with my bra wrapped around her tiny self and says she can't wait to be the same as me one day. I have these little eyes all the time. What am I going to show them about honoring their days with their bodies in a healthy way when the world will throw so many different messages its way? It was a big question and one I pondered after we talked. Last season of my life it was my profession to come along with people and teach them to show kindness to their bodies through exercise, what they eat, and what messages they allow to manifest in their minds. I've been in workout clothes all day since I've coached others in the morning and frankly I'm just too lazy to get out of my yoga pants, do you feel me right? The good old athleisure wear trend was my greatest friend. My kids will hear me talking and researching different workouts for the people I train, post videos, share food tips. It was my job to teach others how to live a lifestyle of health and wholeness. So I had to be very careful how I articulated things, and continue to tell them why we approach our health and our body as we do. For those of you who have children, you may be wondering what ways I can make a health and body image positive for my child. I've worked with so many women who come from families where negativity permeates all the bodies talking linked. They almost cringe when they hear people talking about getting in shape or staying healthy because it meant something completely different to them. It wasn't taught with a positive message, but it was something more painful and filled with stressful memories. Maybe they heard their mom talking to their girlfriends about how fat she was, or how she hated her legs in shorts. Maybe they saw their mom staring at themselves in the mirror with a frown or a look of disgust. These are all real stories. I'm sure you could add your own. But when they were little girls, all these women just saw their mom, with beautiful clothes and jewelry, bra or no bra, makeup or no makeup. They never saw the size, just their beautiful and perfect mom, one they couldn't wait to be like. They never noticed the cellulite that she stressed about or superfluous she felt she couldn't get it. And maybe you were part of a family where your parents or loved ones tried to give you good advice on how not to eat this or that, it would make you overweight, or you better watch out - everything in our family is gaining momentum if Just look at the cookies. Sometimes these things may seem useful, but before puberty or re-matured a girl can sting for a long time. I have worked with teenagers for 15 years and hear these stories often in adulthood. Many of you felt shame from others for the way your body looked and for those who felt this sting my heart breaks for your journey. Because it's a battle you face constantly - one I've seen won many times but fought hard - I want to wrap your arms around you and whisper you're worthy, every inch of you. For those of you who may have been those moms who were critical and didn't even realize it, you didn't spoil your baby for life. You can always get on the phone and say: I'm sorry if I made you feel like you weren't beautiful. You're beautiful, and I love you no matter what. Maybe it's a conversation that says: Help me as your mom to show yourself more kindness. There's still time. And for those of you who are new moms, maybe we can start writing a different story. Here are a few simple things that I try to be deliberate about with my kids when it comes to taking care of their bodies. Who knows, I'll probably screw them in some way or fashion, but I'll always let them know what I've tried, tried really hard to show them that their bodies are beautiful and designed to be celebrated no matter what. Be an example it's probably the toughest of all. One of my favorite lines: It's more caught than taught. Let your son or daughter know how important it is to eat properly and move your body. You don't even need to have a long drawn-out conversation about it, just let them see that you're doing it. Don't let them see you fear going to the gym or getting sweaty. Let them see that you have fun, look forward to it because it makes your body good. This keeps you active in and around for a long time. It's not about counting the calories or calories you burn. You are healthy, and caring for you is just an extension of love for your children. Practice Kindness Don't let our little ones hear us saying unkind things about ourselves. If it's too mean or negative to tell your best friend, don't tell yourself. One day our daughters will be our age and they may have heard us say that our hips were too big or we didn't like our tummy. Most likely, their body will look like ours at some point when they grow up. And if she knows that we didn't think some of our body parts were acceptable, she too would think that her hips were unacceptable. Let's teach our sons to talk about the female body, cherish and honor it, resist that conversation in the locker room that demeans women to a simple subject. Many times words just fly out of our mouths about ourselves. I know they have mine and I apologize and try better. Mom, you're a beautiful post-baby body and you're a baby. Don't be kind You look the way you want, be kind to yourself on every part of your journey. Let your little ones hear that you are kind to you. Tell your children what you like about your body, why you like your legs or arms, your tummy, your hair. I encourage us all next time our kids see us looking in the mirror to say from LOUD what we like about ourselves. (I've never done that, but I'm going this week.) Nothing like writing an article to hold you accountable. Exercise play My kids are still young enough that exercise is just to play with them. We're having fun. We swing on bars, we make handstands, we chase and run. We do crazy exercises. Moving our bodies is playful, joyful, like when we were kids and couldn't wait to go out for a break. Is all exercise fun? No... Do we need discipline to grind it out when we have goals to meet? Absolutely. But you know what? Most likely, my children will have coaches and practices that will help them understand the importance of consistency and discipline. They'll understand the hard work and see how it pays off. I will repeat these coaches thinking on tops of the mountains. There is a time and place for a hard work ethic. But once after their school or college glory days are long gone, it's time they don't have a coach and no organized sports, and they need to figure out why they'll still move that body. I want them to remember: I move my body because I can, it's a gift, it keeps me healthy, it's a continuation of self-love. That's what I do to honor my days. I want them to go back to the memory of when my son Holden and I are chasing the ladder of agility or skipping the rope, or when Sis and I rock the bars together and make wheels in the grass. So when they're 30-year-olds rather than looking at exercise reluctantly, they see it as an extension of their entire self. They see it in a positive light. So parents, try to make it fun, make it casual, go out and play themselves. You can just surprise yourself how much fun it really is! Related videos: This post comes from the TODAY Community Parenting Team, where all members can post and discuss parenting decisions. Find out more and join us! Because we're all in this together. Look around your house. Your mirrors are smeared with fingerprints, garbage make-up and who knows what else? Mirrors are an integral part of our home decor and our AM routine, but if you can't remember the last time you reached for Windex, the good news is that this is probably one of the fastest, easiest duties you can do. In fact, you should be on your way to a clean, strip-free mirror in less than two minutes per piece. The hardest part The mirrors end up with a clean that doesn't have endless streaks. While anyone can clean the mirror, there are a few tricks to finally eliminate these troublesome streaks and specks of the pile. If you're tired Semi-mirror that could never support an adequate selfie, here's how to finally get the job done right. Here's what you need to get started: Microfiber fabric (no paper towels or newspapers here) is your favorite window cleaner (or vinegar and water) Spray bottle Cotton pad or cotton balls Alcohol The good news about this job is that it's probably one of the fastest on your list. The most important step to cleaning mirrors is the right way of making sure you have the right supplies at hand. Newspapers will not clean your mirrors, and if you want to reduce lint and dirt, it is important to invest in good quality flat microfiber fabric. Microfibers will attract and trap dust while newspaper or paper towels can leave behind ink and fibers that lead to strips and stains. Next, grab a good quality store-bought window solution (natural if possible) or blend one part of vinegar and one piece of water for a home cleaner that's affordable and more efficient. No matter what type of cleaner you decide, make sure your spray bottle has the ability to mist and won't shoot just one flow of liquid. The bathroom mirror is prime for specks of toothpaste, spots of eyeshadow and other hard-to-remove stains. The secret is without strips of clean bottle of alcohol and cotton ball to attack these stains. Narrow on the gun that's easy to see. Before you spray the mirror down, soak the cotton swab with alcohol and scrub off any dirt. Work quickly (alcohol dries very quickly). This small extra step will result in a cleaner mirror in the end. When it comes to spraying down a mirror, less tends to be bigger. Excessively soaking the mirror with a windshield wiper will result in drips that take longer to remove and cause unsightly streaks. You can also spray the net directly on the microfiber rag, but keep in mind you'll probably have to reapply a few times if you take this route. Be sure to spray the cleaner from top to bottom evenly to make sure there is a light mist at all corners of the mirror. Fold the microfiber cloth in half to give yourself a cleaner surface. As you read the book, start in the top left corner and drag the rag into the right corner, ensuring that you touch the entire surface space. Continue down the mirror with a zigzag motion until you have wiped everything cleaner from the mirror. Do not leave the liquid to dry on its own - excess glass cleaner can easily lead to scuffing and streaks. Once you've cleaned every inch of the mirror, step back and check your work. Look at the mirror at a 45-degree angle so you can catch the light and check for scuffs or dirt. If you missed a stain or accidentally left behind any strips, the spray is lightweight Fog on the clean side of the rags and gently swipe and buff dry. Do this until every scuff is gone and you see a clear and clear reflection. Take a few extra minutes to leave your dust mirrors No strips will make your home cleaner, brighter and ready for guests. 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