



THE GAME OF CHANGE

5 daily exercises for women

Quick and easy to learn exercises that will help you balance your body and your mind.

NO TIME TO EXERCISE? I'VE GOT YOUR BACK (AND YOUR BODY!)



Women have to naturally multi-task, sometimes much more than men. I know that it's easy to get overwhelmed by all the roles you have to fulfill. Inevitably, exercise is usually the first thing that's sacrificed on the altar of other responsibilities.

No more! This guide will show you exercises that are quick to pick up, and will make a noticeable difference to you and your health.

IF YOU LIKE THIS GUIDE

Check out my book!

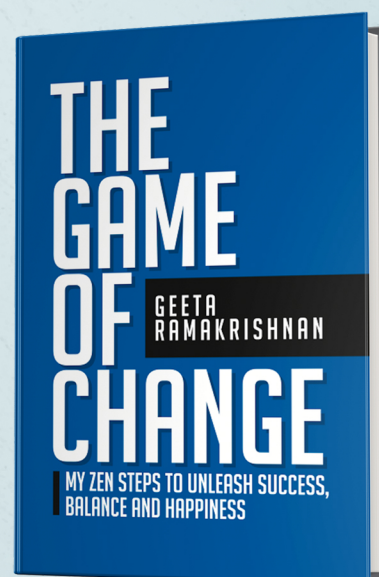
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1 SLOW DOWN AND BREATHE MINDFULLY

- + Focus on your breath.
- + Notice how you're breathing every now and again.
- + Notice how you're breathing every now and again. Is it too fast? Too slow?
- + Now, mindfully slow your pace of breathing.
- + Notice how it changes how you feel.

This makes you feel less stressed and more relaxed, even if for a moment, doesn't it? It's like a mini battery recharge!

Slow down during the day from time to time to centre yourself.



2 ACTIVELY FIX YOUR PHYSIOLOGY

- + Before you head into meetings, stand up straight.
- + Broaden your shoulders.
- + Add a smile to your face.
- + Even if you are stressed, tell yourself that you're feeling confident.
- + Notice how it changes how you feel.

The body sends a message to your brain that you are confident, even if you are feeling completely the opposite. Your brain will believe the “lie”!

Build a habit of telling yourself how you want to feel and watch that confidence showing up in meetings and everywhere else. Easy peasy!



3 GET SHORT ACTIVE BURSTS OF EXERCISE

- + If I'm short on time and can't do my evening exercise, I sometimes do 20 jumping jacks in the bathroom (on a safe, non-slip area).
- + Add more walks to your routine: to the coffee machine, to get water etc.
- + Stretch your legs at least 10 minutes before you have a meal.
- + Notice how this gives your brain the refresher break it needs.
- + Notice how stiff you were and how you needed this movement.

These short bursts of exercise will get your blood pumping and the positive effects will add up over time, even if it doesn't feel like it in the moment.

Until this becomes second nature to you, adding a reminder on the phone for these short exercise/walk breaks helps!



4 MAINTAIN A GRATITUDE JOURNAL

- + Journaling is a form of exercise too! It's too easy to forget mental health when we're busy focusing on our physical selves.
- + Every night, make a note of at least 5 opportunities you're grateful for.
- + These needn't be profound.
- + For instance: I'm grateful for the big smile my daughter gave me this morning, or I'm grateful for the hot coffee my colleague brought me at work today.
- + Just write what comes naturally to you.

Being in the feeling of gratitude sends good hormones to the brain to keep it in a more healthy, positive state.

Besides, thinking these good thoughts reminds us of how fortunate we really are and attracts more of that positivity!



5 DO THESE YOGA ASANAS

- + There are certain yoga poses beneficial during the monthly periods/cramps.
- + The bound angle pose, cat cow pose, Pavanmukth pose , reclined spinal twist pose, leg-up/wall pose, and child pose are all especially helpful.
- + It may seem daunting at first, but try it anyway.
- + Be mindful of how it's changing your body and how much stronger and calmer it is making your demeanour.
- + Practice this for a while and think back to how you felt before it.

Once you start this, you'll wonder how you ever lived without it. You'll see both short and long term benefits of yoga.

The best part is, you can take it at your own pace and it will get easier the more you do it!

Notes

WHAT ARE THE BIGGEST CHALLENGES I'M FACING TODAY?

HOW WILL I APPLY THESE TIPS TO OVERCOME THEM?

Win the game of change with me

I know you sometimes feel like you can't win. When you feel like you succeed at work, you falter at home. These guides are made just for you, brave daughter, mother, professional, manager, entrepreneur, homemaker, dreamer, and achiever. Whoever you are, I'm here to equip you to find balance and reach your Zen state, just like I learned to do.

Wouldn't it be amazing to feel like you could take on anything life can throw at you?

Visit my website coachingwithgeeta.com to download more free and premium resources just like this one.

ABOUT ME

Geeta Ramakrishnan is an ontological coach who grew up in Mumbai, India.

She is the author of the Amazon #1 bestselling book *The Game of Change*. She is keenly interested in and intrigued by human behavior.

She is on a mission to empower women to win the game of change by providing the tools to lead a stress-free and meaningful life, in joy and peace.

