

The background features a light gray grid pattern overlaid with various colorful abstract shapes. In the top left, there's a teal wavy shape with a purple circle and a white dot, and an orange triangle. In the top right, there's a large blue-to-purple gradient circle and an orange wavy shape. In the bottom left, there's a yellow circle and a blue wavy shape. In the bottom right, there's a yellow wavy shape, a purple triangle, and an orange circle. Several thin black circles are scattered across the grid.

NUTRITION AND GYM

Maintaining Body Positivity with EMPR Fitness x BELLAs



**COMMENT YOUR FAV
SONG TO WORKOUT
TO!**

FACING GYM INTIMIDATION

- Normal to be intimidated however...
 - Everyone in the gym is focusing on themselves
 - Everyone. Starts. Somewhere!
 - Love your body every step of your journey
- Make the gym your space!
 - Listen to great a** music and kick a** with every workout for you and your health and your happiness
 - Explore new equipment and new exercises like no one is watching.
 - You only have one life and you can't let strangers stop you from living it to the fullest



MAINTAINING BODY POSITIVITY IN THE GYM

- Focus on yourself
 - Comparing yourself to others won't help you improve
- Be proud!
 - You're on the right track to taking care of your body
- Focus on the feeling, not the image
 - What you look like shouldn't be your main focus
 - Enjoy the feeling of being active



GYM MOTIVATION

- Motivation
 - Have it NOT be for external reasons, it's fleeting
 - Workout to honor your body and everything it does for you
 - Don't focus on the duration and complexity of your workouts at first.
 - Set a realistic goal (ex. 2 times a week) and focus on just GETTING to the gym or STARTING the workout.
 - Once you establish the habit, you will already be seeing results (mentally and physically) by then, so you can move onto things like workout frequency, intensity, etc.

LEXINGTON AND EATING HEALTHY

These tips apply to healthy eating in general

- Try to eat items from the 5 food groups: grains, protein, carbohydrates, fruit, vegetables
- Avoid unnecessary fats (**trans & saturated**), such as fried foods or foods drowned in oil
- Don't be too **strict!** Everything is best in **moderation**, so indulge when you need to! That is key to a balanced diet.
 - At IMSA, that might be a dessert from Sodexo, the vending machines, or buying something from off campus.

We aren't "dieting," we are eating healthy!

BEGINNER WORKOUTS

- Lots of resources on youtube as well!
 - EMPR Fitness YT for demonstrations
 - Search for level (beginner, intermediate, etc)
 - Specify time range (15 min, 1 hr, etc)
 - Specify type (bodyweight, HIIT, pilates, dumbbell only, etc)
- **IG: @ISMA_TRAINING**
- **YT: EMPR FITNESS**
- **GOOGLE SITES:**
<https://sites.google.com/view/emprwebsite/home>
 - **will not be able to access from IMSA account*

Full Body Beginner Workout

- Chair Dips | 3 Sets X 10 Reps
- Push Ups | 3 Sets X 10 Reps
- Supermans | 2 Sets X 20 Reps
- Single Leg Glute Bridge | 2 Sets X 15 Reps (per leg)
- Single Leg Hamstring Bridge | 2 Sets X 15 Reps (per leg)
- Alternating Lunges | 2 Sets X 10 Reps (per leg)



SCAVENGER HUNT TIME!





ITEM 1:
WATER BOTTLE





**ITEM 2:
PIECE OF CLOTHING THAT YOU
FEEL CONFIDENT IN**





**ITEM 3:
PIECE OF EQUIPMENT**

