

# **Revolution Fitness Tips**

## **By Billy Fisher**

### **Physical Health**

Your physical health is important. Maintaining good physical health also supports your emotional health. There are two key areas for physical health in addition to some form of cardio (this can even be a brisk walk).

#### **Breathing:**

- (A) Breathe in and out through your nose.
- (B) Make sure you expand your belly as you inhale.
- (C) Feel your diaphragm when you exhale.
- (D) Repeat this multiple times daily.

#### **Stretching:**

- (A) Stretching should be 3-60 minutes.
- (B) Stretching should be done daily.
- (C) You can split up your stretching throughout the day. Sometimes this is more effective.
- (D) Stretching before bed is A MUST! (This will also help you sleep better)

### **Mental/Emotional Health**

There is a direct correlation from physical to emotional health. It isn't a one-way street. All entrepreneurs encounter stress. Veterans often have unique forms of stress-especially as they maneuver back into the civilian world. Journaling can be one of the most helpful tools to use to support positive emotional health. Here are a few of my tips:

- Draw-use pencils, markers, crayons-whatever you feel like using.
- Write-whatever ideas come to you-put them down.
- Single words-play with the concept of capturing single words.
- Brainstorm-let your mind go & put your ideas on a sheet of paper.
- Enjoy-give yourself permission to have some fun in the process.

If you have questions or need additional information, please reach out to Billy Fisher at 218-407-9070 or find him on Facebook at Revolution Fitness.