

B THE NEWSLETTER

A Monthly Edit: By Lia Bartha



Motivation

By Lia Bartha

Happy New Year to my B The Method family.

As another year ended with yet another Covid surge, it's a little tough to begin the new year feeling motivated and optimistic. Most of us are either coming back from unexpectedly stressful travel experiences or hunkering down at home with (or without) family. If we're being honest here (and we always are), my usual excitement for the new beginning of January 1st is feeling a bit muted and uninspired. This could be partially due to the fact that my kids' school has been closed much longer than expected so we are heading into the new year in remote mode, again. But, it's okay, and will certainly be okay. We have the tools now. And, we have the community.

So, as we head into 2022 feeling overwhelmed, uncertain or just plain blah, I'm calling on this community for support. Let's take this opportunity to share our collective experiences, what has worked and what hasn't worked, and remind each other that even just a little movement every day improves every aspect of our lives. The best part of community is we don't have to do it all by ourselves.

We are in this together.

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I love playing Pictionary, watching movies and making bracelets with my girls but when the time comes to get off the couch and get moving, I've been a little sluggish and finding it more challenging to keep motivated. And I'm not just talking about exercise.

This past year was filled with so many stops and starts and yields, the lack of consistency made it even harder to remember what we truly need to feel healthy. The fact that many of us are now re-evaluating the "big" things like jobs, relationships and home-bases, means our ability to focus on the "little" things, like movement, sometimes fall by the wayside.

With so many unanswered questions in our lives, where do we begin? We all go into a new year wanting a new start, a resolution, but the problem with resolutions is that they're inherently result orientated and that's just not how we do things around here.

Instead, let's not worry about a version of ourselves we think we want, so we can focus on what we know we need instead. If we're going to tackle all of these big things this year, we better start small.

The Method

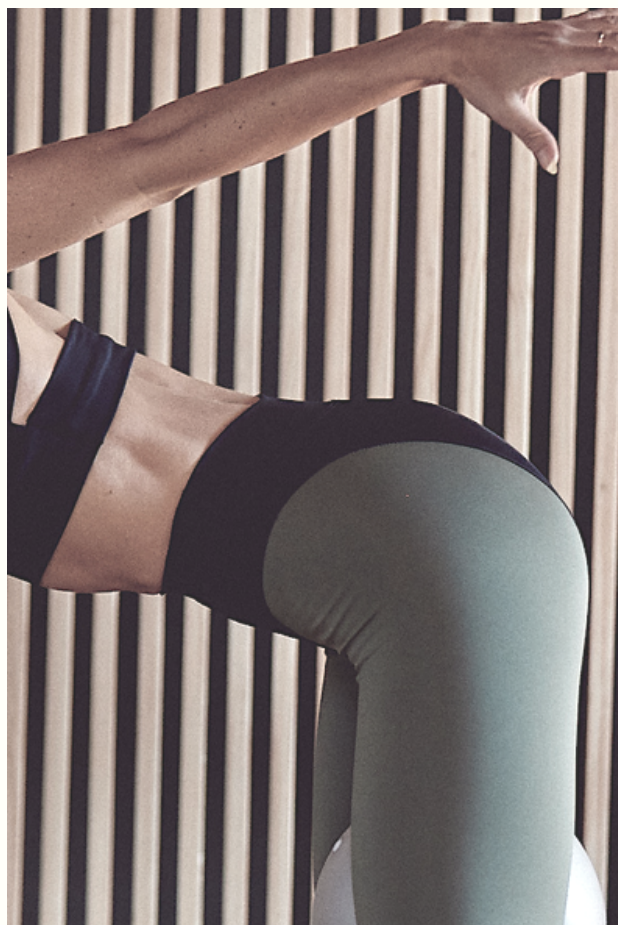
The Pinball Effect

I don't know about you but if I don't move for at least thirty minutes a day, the pinball effect will take over. The procrastination to exercise pinballs off of every other issue I'm having, eventually leading to some kind of emotional logjam. This connection between motivating the physical and having a clear mind is essential to the Method. It's kind of amazing how simple it is when you think about it.

What gets me off my ass is the realization that exercise doesn't have to be an event every time. This new year doesn't have to start with a resolution for sweeping change. It can simply be about accepting that every part of us, inside and out, is connected and that sometimes, taking that first step is enough to inspire change.

So, here we go. I'm getting off the couch, throwing out the stale cookies (maybe saving one or two) and blasting some Robyn to have a dance party with my family! And that's all the exercise I'm going to do all day.

To start off 2022, let's hold each other accountable and commit to thirty minutes of movement every single day this month. Let's not worry about how much we sweat, how many calories we burn or how we look. Let's simply start the year with consistent movement and let's do it together.



Movement Bingo

Here's how to play:

Print this page and tape it somewhere you will see it often, like the fridge or bathroom mirror. Give yourself permission to put your mental and physical self first and start today. Make a commitment to 30 minutes of movement, every day, for the next 30 days. Choose a box from the grid every morning and commit to building and prioritizing that time into your schedule. Loop in a friend, a partner, a coworker, whether they are near or far to make it fun and collective. Send me a picture of you and your grid when your 30 days are completed!

○ 30 minute class of your choice	○ <u>15 min mat cardio & 15 min "on your back" fun</u>	○ Take a stroll in nature	○ 30 minute brisk walk	○ <u>15 min L&R core & 15 min oblique #1</u>
○ <u>15 min deep core series & 15 min c&i series</u>	○ Stand & pace for 30 min instead of sitting	○ 30 minute dance party	○ <u>30 minute standing arms, back & core series</u>	○ 30 minute brisk walk
○ <u>30 minute deep arms series</u>	○ 30 minute class of your choice	○ <u>15 min core & lower body #1 & #2</u>	○ 30 minute brisk walk	○ <u>30 minute length & reach w/no ball series</u>
○ 30 minute music & house chores	○ <u>15 min c&i series #2 & 15 min c&o series</u>	○ 30 minute brisk walk	○ Stand & pace for 30 min instead of sitting	○ <u>30 min express series #25</u>
○ <u>30 minute deep lower abs</u>	○ 30 minute brisk walk	○ <u>30 minute mat cardio</u>	○ 30 minute class of your choice	○ <u>15 min standing arms #1 & 15 ab series #1</u>
○ Stand & pace for 30 min instead of sitting	○ <u>30 min express series #23</u>	○ 30 minute music & house chores	○ <u>15 min restore upper body & 15 min restore #2</u>	○ 30 minute brisk walk

The Essentials

Music, vitamins and damn good sleep

Now that we've established a plan to get motivated, get together and get moving, let's set ourselves up for success. This means creating an environment that helps, not harms. Buh-bye, dumpy pajamas.

I am extremely affected by my environment (as is everyone right?), so I try to create a physical and mental space that keeps me uplifted, creative and motivated. I know, not all of us are stuck indoors because of cold weather and high covid cases but I think we can all relate to the feeling of being "stuck", both figuratively and literally. For me, that feeling inevitably leads to anxiety, fatigue and the worst of the worst...feeling indifferent. One or two days is tolerable, but once it gets to the third day, I'm not feeling like myself and in desperate need of any change to shake things up.

Based on the amount of time I spend taking photos of natural light on Instagram, sunshine clearly plays a huge role in my mood. Unfortunately, when the sun doesn't shine, which is most winter days here in Brooklyn, I get a little bit of the sads. It's not quite depression but it's enough to mute my motivation and can easily snowball if I don't find a way to be present in my body again. This is when I muster up all the tools to pull me out of the funk - movement, music, aroma, confident clothing, vitamins and damn good sleep. They all help a little bit separately but together, really pack a punch.



Listen to Robyn on Spotify:

On repeat for years now and she never dissappoints.



Smell some citrusy essential oil:

Place a drop on your palms and cup over your nose or diffuse. Grapefruit all the way,



Update your workout wardrobe:

Toss your old workout gear and buy something you feel comfortable and confident in right now.



Keep your immunity healthy:

Swear by this specific vitamin C for immune support and muscle recovery.



Get a good night sleep:

Fatigue and lack of motivation go hand in hand so make sure you are setting yourself up for a good night sleep.



Get in that Vitamin D:

A healthy dose of sunlight is the best but this vitamin D spray is great for winter days.

The Pantry

Good food helps too

To round out this newsletter, it makes perfect sense to end up in the kitchen because feeding yourself wholesome food is the ultimate set up for staying motivated, present and aware of your body, day after day. And by wholesome, of course I mean food that provides you with sustainable energy, nutrients, vitamins, minerals and all the things we know we should be eating. But, also food that brings orgasms to your tastebuds. For me, that balance is achieved from foods that keeps my gut healthy and happy, my energy levels even and keeps my sweet tooth satiated.

I am not much of a meal planner. My least favorite conversation between me and my husband is one that starts with "what do you feel like for dinner?" I would love to be a little more forward thinking when it comes to meals but there is beauty in listening to your body, day to day, and fueling appropriately. I try to keep a variety of ingredients on hand so that when the craving calls, I am only a google recipe search away from making something delicious like this harvest bowl that started from a lone butternut squash in need of a roast. :)



Nutrient-rich Harvest Bowl:

Whole Grain Base layer:

Quinoa
Brown Rice
Farro (personal favorite)

Leafy Greens layer:

Baby kale (personal favorite)
Arugula
Sweet baby lettuces

Toppings layer:

Avocado
Roasted sweet potato
Roasted acorn or butternut squash
Pickled onions or sliced red onion
Nuts and/or seeds
Leftover roasted broccoli or cauliflower

Protein layer:

Egg
Salmon
Tuna
Tofu
Crumbled goat/blue cheese
Parmesan cheese or crisps

Dressing Layer:

3 tbsp apple cider vinegar
3 tbsp dijon mustard
3 tbsp honey
3 tbsp mayo (vegan or regular)
Salt and pepper to taste

Additions Layer:

Kelp Flakes
Nutritional Yeast

In Other News

- Looking for community members to participate in a testimonial to be used on my website. Must be willing to include a photo of your beautiful self and join in a phone (and written) interview with me! It will be so fun, promise :)
- More Instagram workouts and cooking segments to come!
- And, check out B the method in the media last month: [New York Times](#), [CNN](#), and [Natfluence](#).

HAPPY NEW YEAR AND SEE YOU ON THE MAT

This newsletter is for our community, by our community.
Send us a message with any questions, comments, and feedback.

hello@bthemethod.com

