

Course Title: Mindful Movement and Nourishment

Instructor:

Ryan Riley

Instructor Contact:

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Class Time/Date:

Monday & Wednesday 7:00pm-8:00pm

Class Location:

Zoom

Office Hours Time/Date:

Friday 7:00pm

Office Hour Location:

TBD

Course Overview:

This course combines principles of mindful movement and nutrition to promote overall wellness. Students will learn how to enhance body awareness, develop a sustainable fitness routine, and nourish their bodies with mindful, balanced nutrition. Through a blend of physical exercises, mindfulness practices, and nutritional education, this course aims to set individuals up to create a habit and empower individuals to achieve long-term health goals.

Course Objectives:

- Understand the connection between mindful movement and overall health.
- Learn techniques for increasing body awareness, flexibility, and strength.
- Explore the principles of mindful eating and their impact on health.
- Develop a balanced approach to fitness and nutrition that can be sustained long-term.

Duration: 5 Weeks

Class Format: Weekly virtual sessions (1 hour per session)

Week 1: Purpose, Goals, Discipline, and Consistency

- Introductions
- Why are defining your goals and purpose important
- The difference between a goal and a purpose
- The difference between discipline and consistency
- Why Defining discipline and consistency is important

Activity:

- Complete the work given in class (defining your goals, purpose, discipline, and consistency)

- Complete the body weight workout posted on YouTube (at least 4 times during the week)
- Journal how you feel before and after the workout
- Take preferred method of measuring your before

Week 2: Building Mindfulness Through Reflection and Creation

- Why evaluating your fitness journey from childhood is important
- What is a fitness journey
- What is a workout routine
- What goes into making a workout routine

Activity:

- Complete the work given in class (your fitness journey, your workout routine)
- Complete the body weight workout posted on YouTube (at least 2 times a week)
- Complete your workout routine (at least once)
- Journal how you feel before and after your workout routine, what you like/dislike, what you would change
- Tailor your workout routine to your likes/ dislikes
- Record yourself working out for help with form

Week 3: Understanding Your Nutrition Needs Through Evaluation and Creation

- Evaluating eating habits/nutrition throughout life
- Defining mindful, intentional, and intuitive eating, meal prep. (Semi/full)
- Defining body recomposition, calorie deficit/cut (lean cut/dirty cut), calorie surplus (lean bulk/dirty bulk), 80/20
- How to implement selected eating patterns

Activity:

- Complete work given in class (evaluating eating habits, creating a eating plan)
- Journal how your body feels after eating your food
- Implement your meal plan
- Journal how implementing your meal plan went
- Complete your workout (to your desired consistency and discipline definitions)
- Journal changes you made to your workout routine
- Journal how your body feels before and after your workout

Week 4: Integrating Mindfulness Into Your Fitness and Nutrition Routine

- What are breathing Techniques
- How to perform breathing techniques
- Defining Gratitude
- Different ways to express gratitude
- How to Connect with your food
- How to connect with yourself
- The importance of Rest and Recovery

Activity:

- Continue workout routine and meal plan
- Perform breathing techniques when exercising

- Journal how the breathing techniques affected your workout
- Express gratitude when working out/eating
- Journal how expressing gratitude affected your mindset during your workout, your workout, and when eating
- In class meditation and yoga
- Journal how you feel before and after the meditation
- Take yourself on a solo date
- Journal about your solo date

Week 5: Debrief

- How did your mindset shift?
- What do you think you would continue throughout your journey?
- Can you see this becoming a part of your daily routine?
- How did your workouts change?
- How did your body change?
- Did you gain any strength?
- Were you able to increase the number of reps or amount of time?

Activity:

- Take preferred method of measuring your after

Assessment:

- Journals/Debrief: Reflect on personal experiences with mindful movement and nutrition practices.
- Before and After measurements: Measure your mindset and body before and after the class through taking photos, videos, journaling, increase in strength, etc.
- Participation: Active participation in class activities and discussions.

Materials Needed for in and out of class activities:

- Comfortable clothing for movement
- Yoga mat/Towel and space for stretching and practice
- Water bottle
- Access to a journal or notebook for reflections