



FITMAS: Day 7

Self-Care Sunday

Today's FITMAS activity is equal parts mental and physical self-care. I can't stress enough that even though you might consider something like this "fluff" (aka not a workout) it is JUST as important, if not more important than any of the training sessions you've done this week.

I did this last Sunday night and I need to give 100% credit to our TFGG Mascot: Quinton Chambers. His hips were tight after playing hockey and not stretching, and he had promised me we were going to watch my favourite movie: Love Actually. We spent the ENTIRE movie stretching and foam rolling... like 2 hours straight. I have felt like a BRAND NEW WOMAN all week, it's completely insane. Like I'm talking 13 year-old rhythmic gymnast Jo feels like she's back! It is absolutely amazing what placing such a meaningful focus on foam rolling and stretching will do for our bodies. So here is the Game Plan:

STRETCHMAS

- Pick your FAVOURITE holiday movie (or one of the new Netflix ones, I won't judge). I also want to express that if you haven't watched Dumplin' yet on Netflix you NEED TO. I know it's not a holiday movie, but it is incredible.
- Set yourself up on the ground in front of the TV with your foam roller and/or any other trigger point equipment you own.
- Stretch and roll for the ENTIRE MOVIE!
- I want you to make sure that each individual stretch is held for 2 minutes at the very minimum.
- If you're feeling lost as to where to start, watch the TFGG Foam Rolling & Stretching videos before beginning your movie. They are there for you to use, so take advantage of them!
- I want every one of you checking in on your story or in the FB group as soon as your done with how you feel and what movie you chose.

xo

hohoho

-Jo