

Health Through Mobility Road-Map



Health Through Mobility

Welcome to the Health Through Mobility Roadmap!

I'm so glad you're here, reading this right now because:

#1 - This proves that you are tired of being stuck in your same old habits and not getting the results you want.

#2 - You are ready to make yourself a priority. You understand how important your health and your happiness is. You have been putting others needs and wants ahead of yours for so long. Now it is your turn.

#3 - You want to become the fittest, healthiest, happiest version of yourself. No more excuses! You are ready for change!

This is a big deal!

Please take a moment to celebrate these three things! This is an amazing start. You are definitely on the right track to creating the lifestyle you have been dreaming about.

In the next few pages I'm going to give you the exact steps that everyone moves through on their journey to **1) Drastically improve YOUR everyday functioning, strength, flexibility and heart health. 2) Revolutionary change in mindset to prioritize YOUR health and happiness. 3) Radical confidence in YOUR ability to continue to improve and live YOUR life to the fullest.**

Ready?

Let's do this!

In Health and Kindness,

Jess

Stage One - The Sleeper

How to know if you're in The Sleeper:

- You have low energy but don't know why
- You have difficulty performing everyday activities (such as walking up the stairs, lifting your kids/grandkids/grocery bags/moving boxes etc.)
- You are putting everyone else's wants and needs before yours.
- You have sore muscles and joints and don't know why
- You are feeling frustrated, unhappy and unsatisfied with how you feel in your body and how your body looks.

Strategies to move from The Sleeper (stage one) to The Observer (stage two):

- Ask yourself "Have you ever tried to change this behaviour in the past?", "How do you recognize you have a problem?", "What would have to happen for you to consider your behaviour a problem?"
- Assess risk of current behavior (for example - not exercising, not making healthy food choices, not making yourself a priority).
- What are the consequences and risks of continuing with not making lifestyle changes? Will you continue to be tired, unhappy, lacking energy or not being able to participate in your favorite activities?
- Follow me on Instagram to get daily tips, tricks and info on fitness, health and mindset strategies.

Stage Two - The Observer

How to know if you're in The Observer:

- You feel that you do not have the lifestyle you want, but aren't ready to make a change. Either you are not sure how to start a change in your lifestyle or you feel it will be too hard to change at this point in time.
- You want to feel stronger, have more energy, sleep better, achieve your goals but you don't know where to start.
- You feel that self care is selfish. You don't have time to make yourself a priority.
- You have mixed emotions about starting a fitness program. You have never participated in a fitness program or you have tried and didn't achieve the results you wanted.

Strategies to move from The Observer (stage two) to The Explorer (stage three):

- Weigh the pros and cons of continuing with your current behaviour.
- Ask yourself "Why do I want to change?", "Is there anything preventing me from changing?", "What are some things that could help me make the change?"
- Identify the obstacles that are preventing you from changing and having strategies in place to overcome them.
- Confirm willingness and strengthen commitment to yourself and your goals

Stage Three - The Explorer

How to know if you're in The Explorer:

- You have weighed your pros and cons of continuing with your current behaviour. You recognize that the cons outweigh the pros and you want to make a change.
- You know that if you don't make changes to your lifestyle and mindset you will continue to not live the life you want and deserve.
- You are ready to take responsibility and understand the consequence of not taking action to change your behaviours.
- You have started to think about making a plan to change, but have not yet followed through with it.
- You are researching and learning about how to solve your problems (lack of energy, lack of strength, muscle pain and fatigue).
- You have started to make small changes in your life. (drinking more water, being more active, trying to make yourself a priority)

Strategies to move from The Explorer (stage three) to The Unstoppable Achiever (stage four):

- Create goals and be very clear and on why they are important to you.
- Follow an action plan that will get you to your goals
- Surround yourself with people who understand your journey and will motivate you when you need it.
- Look for outside help such as a coach or personal trainer.

Stage Four - The Unstoppable Achiever

How to know if you're in The Unstoppable Achiever:

- You have committed to a fitness program to solve your muscle pain and tightness, your lack of energy, to help you gain strength and improve your heart health. You have committed to yourself.
- You understand that you are responsible for changing your behaviour and you are ready to take the necessary steps to improving your health.
- You know that by participating in a fitness & mindset program you will have more energy, sleep better, have less muscle pain and fatigue, feel more confident, feel better in your body and be able to live the lifestyle you want!

Strategies to move from The Unstoppable Achiever (stage four) to The Empowered Champion (stage five):

- Continue to seek out social support/mentor/coach/personal trainer
- Continue to commit and take direct action towards your goal by following a clearly defined plan
- Celebrate small success and large benchmarks on the plan of action

Stage Five - Empowered Champion

How to know if you're in The Empowered Champion:

- You now have limitless energy, you feel strong, you love how you feel and look in your body, you can keep up with friends and family. You are living the lifestyle you have been dreaming of!
- You can avoid temptation to revert back to old habits and behaviours
- You have reduced stress. You are proud of all your changes and achievements. You are confident in your ability to reach your goals and maintain this new lifestyle.
- You are empowered with your changed mindset.
- You are an inspiration to others

Strategies to maintain this change:

- Develop coping strategies to avoid temptations.
- Remember to reward yourself.
- Continue to seek support from people on the same journey as you.
- Continue to push yourself with new, challenging goals.

Reflection Space

What came up for you as you read through this road-map? Which stage do you identify with right now? What is ONE THING you can do today that will help support you at the stage that you're in?

A close-up photograph of a light-colored wooden floor, likely made of pine or a similar softwood, showing a vertical plank joint. The wood grain is prominent, with various knots and textures visible. In the bottom right corner, the tips of two red sneakers with white soles are visible, suggesting the person taking the photo is standing on the floor. The lighting is even, highlighting the natural variations in the wood.