



5 STEPS TO A **FIT, FEARLESS & FABULOUS FALL**

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Ah... the wonderful sights, sounds, aromas, tastes, and textures of fall!

Red, orange and yellow leaves scattered on the ground, the scent of wood-burning fireplaces, yummy soups and stews simmering on the stove and the amazing feel of fuzzy, warm sweaters. It really is a spectacular time of the year.

As spectacular as it is, like many transitions, it comes with both opportunities and challenges. As nature starts hunkering down for the winter, many of us are actually ramping it up. Kids return to school and their activities, and many of us return to perhaps a more structured work or home schedule; myself included. This imbalance between what is happening in nature and what is happening in our lives can create a feeling of unease in the body and the mind.

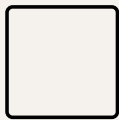
I was probably feeling this unease for many years, but it wasn't until I was in first-year University that I became aware of one of the most challenging aspects of fall ... the drop in daylight. I was home for Thanksgiving Break at what had now become an annual fall appointment with my doctor. Each fall, I would book an appointment complaining of extreme fatigue, trouble sleeping and just generally feeling down and unwell. As luck would have it, very close to this time, I came across an article in a magazine about Ayurveda and the fall season. This article described my exact symptoms AND how they were related specifically to the fall and the drop in daylight.

I soon learned that Ayurveda, the sister science to Yoga, describes the connection between what is happening in nature and how the same characteristics are being expressed in our mind and bodies. The qualities of the fall season, as explained by Ayurveda, are cool, dry, rough and windy. So to balance ourselves in the fall, Ayurvedic doctors and practitioners recommend that we favour foods, clothing and even experiences that create light and warmth and decrease dryness. As soon as I started to follow this "prescription" of seasonal wellness, 90% of my symptoms disappeared.

Regardless of where you are in this spectrum - from loving fall and barely noticing a difference in your wellness to feeling some or many of the "symptoms" described above, these 5 steps will have you embracing this amazing season and feeling the energy and the flow through the fall in to the winter months.

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Step 2:

Be Fearless & Fabulous - Change Things Up!

Each season presents us with the opportunity to change things up. Not just our clothes and our hair, but our habits, routines and even our hopes and dreams.

The natural shift in the season creates a shift and an openness in us to re-assess and re-evaluate our present situation. Perhaps letting go of what is no longer serving us and making space for new delights and opportunities.

We can be proactive by setting the stage for change with some of the simpler things. Perhaps a different hairstyle that works more with your fall/winter hats; a new pair of boots, a purse, or a warm, cozy sweater.

Although this seems to go against the present trend of de-cluttering and simplifying, when done with intention and awareness, a small or well-thought-out wardrobe enhancer can make us feel quite fabulous. There is no need to feel shame or guilt with these purchases, as they are intentionally thought out in terms of how colour, fabric and textures affect your body, mind and spirit.

Try thinking of some of your favorite fall scents and colors!



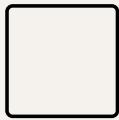
A vertical list of 20 horizontal lines for writing notes.

Try it!

Notice how small changes make you feel....

- Change your sofa pillow, comforters, and throw blankets;
- Add some Fall flowers outside and in;
- Diffuse grounding scents such as cinnamon, cardamon and cloves, or burn scented candles;
- Switch cold salads to warm, creamy soups, stews and casseroles;
- Roast your raw veggies (carrots, peppers, onions) with sweet potatoes, squash, garlic, oil and spices and whatever else you love;
- Take the opportunity to plan a winter trip;
- Set some goals around your health and fitness;
- Think and plan big, setting the stage for change.





Step 3:

MOVE with the Fall Season

Although the cooler temps are chasing some of us inside, I like to stay outside as long as possible. The combination of sunlight and movement increases our serotonin levels (our "feel good" chemical), giving us a natural high during the fall season.

Whether you are walking on your street, on a boardwalk by the water or in the bush, engage all of your senses. Notice what you see, smell, hear, taste and feel around you. When you are truly in this state, you can almost feel the vibration of the fall season.

As we do start to transition to more indoor activities such as batch cooking and baking, the extra movement outside and inside become that much more important in keeping everything balanced. A daily goal of 10,000 steps is pretty standard, but you can start lower or go higher depending on your health and wellness goals. Daily walking is a fantastic goal, and supplementing with a circuit-training type exercise 3-4 times a week makes it a complete program.

Yoga has also always been part of my daily routine as well; but I do change it up in the fall, switching to more restorative, warming postures.

Try some new yoga poses and list your favorites!

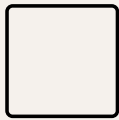


A vertical list of 20 horizontal lines for writing down favorite yoga poses.

Try it!

Nature Walking, Yoga & Strength Training

- Try a new hiking trail or a walk around a lake;
- Try walking when the sun is the warmest and brightest, but know walking outside in any light at any time is fantastic;
- Search Pinterest or YouTube for a new fall circuit-training or strength-training program or, better yet, book a session with a personal trainer or join a class;
- Add more restorative postures to your yoga practice (pillow or bolster under your knees with a blanket and eye pillow) for a few minutes each day;
- Search Pinterest for Restorative and Yin Yoga Postures.



Step 4:

Turn inward with Meditation, Breathwork and Journaling

As nature turns in, so do we. We become more reflective and introspective. For some, meditation feels a little easier and more accessible in the fall and winter months. Often with the busyness of spring and summer, our meditation practices are less regular.

Meditation, breathwork and journaling not only relax us but also open up space in our minds and our day for new opportunities. Sometimes we do not pursue these opportunities because we are afraid, as our brain does a pretty good job of protecting us. Its first reaction to us trying something new is to tell us everything that could possibly go wrong. Meditation helps us be aware of our thoughts and teaches us that not each and every thought needs to be listened to. We start to become more choosy about the thoughts we listen to. In this way, we can challenge ourselves and ultimately see all that is possible.

Write down some thoughts you wish to keep.



Lined writing area consisting of 20 horizontal lines for journaling.

Try it!

This morning practice combines breathwork (pranayama), meditation and journaling. Keep it simple: Just a few minutes a day.

- Sit or lay in a comfortable position, relaxing your face, jaw and shoulders. You can also sit on a pillow and have a blanket on your knees or around you.
- Start following your breath, feeling the ease of the breath coming in and going out.
- Slowly start to let your exhalation lengthen. Inhale for a few seconds, and let the exhalation lengthen with each breath.
- When thoughts come in, acknowledge them (say to yourself ... "thought"), but try not to react or respond. Let it float away on a cloud, dissolve into the background or pop like a cartoon bubble. Return your attention to your breath.
- Do this for a few minutes.
- When you are finished, take a moment to write down what comes up for you. You can decide if you are going to keep what comes up or crumple it up and toss it away.
- Continue on with your day!



So there you have it! ...

It is not difficult to have a Fit, Fearless and Fabulous Fall. It just takes some awareness, small tweaks to your daily habits & routines and an openness for change.

WANT TO GET EVEN MORE FIT, FEARLESS & FABULOUS?

Head over to my website here
for information on my classes,
courses & workshops and
private training!



And join me in my Women's
Wellness Community Facebook
group here to
learn how to rock your
"Me Now" years!

About Me:

I have been teaching yoga, pilates, strength training and coaching private clients for over 25 years in New Liskeard, Ontario Canada. I am a nature lover and take full advantage of this amazing area we live in.

Everything we do is linked to the seasons, so very early on, I felt this deep connection between my habits and routines and my well being. I am the mom of two teenage boys, married to my childhood sweetheart and love camping, cottaging, fishing, barbecuing and country music.

The boring stuff but good to know ... I have a Degree in Physical and Health Education from Queen's University and a Master's Degree in Sports Administration. I have rounded out my degree with a Personal Training Certification, Pilates Mat and Reformer Certification, and Integrated Movement Therapy and a Yoga Teacher Certification.

Healthy living has always been my passion, as well as teaching and sharing all that I have learned personally and professionally through my Studio Classes, Workshops and Courses and Private Client work. I have also had the benefit of gaining wisdom and knowledge from the many wise women I have had the privilege to work with over the years.

