



The Gift of Perspective  
Life Coaching by Karen

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# The Gift of Perspective

WEEKLY NEWSLETTER



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*Energy-Boosting Body Stretch*

*Choose stretching  
over stressing!*

## American Heart Month

*Karen McKeivitt • Life Coach*

Well, February is here. Sorry if it doesn't come across as enthusiastic as my other newsletters. Personally, February is a very difficult month. I lost my mom to a heart attack 12 years ago this month. I'll spare you the shock and experiences I still carry from that time, but considering it's also Mom's birthday month, it's like the calendar gives me a double whammy.

Being American Heart Month too, it's a great time to focus on the small steps we can take to better our health. Since we've all been home during the pandemic, some of us aren't as healthy as we were when this started. Luckily, we can take the steps to improve. Our bodies can be a bit forgiving, but don't necessarily forget everything we've put it through.

So this month, we'll focus on health. Energy is a key indicator to me. When I don't feel great, I don't have energy. So we'll start slow with stretches that help us first thing in the morning. It's a great way to start the day and maybe even put a smile on your face!

Meanwhile, it's snowy here in the DC area. The kids have a snow day and are enjoying playing in the backyard with our dogs. I'm loving my spot from inside where I can stay warm and enjoy their antics! Stay warm!



## Energy-Boosting Body Stretch

It's time to share a great energy-boosting stretch that only takes 3-minutes! Do this as soon as you wake up and continue with your day! It's that easy!

### **Why am I talking about a body stretch first thing in the morning?**

We all know that waking up on the wrong side of the bed and getting a rushed start to the day where you're racing out the house with un-brushed teeth AND glugging down your coffee in the car is a bad sign. Well, maybe not racing out of the house now, but you get my point.

Everyone wants to start their day on a good note, which means waking up in a good mood, calm and centered and energized for the day, which isn't always the case, right?

So why not give your body that stretch it deserves first thing in the morning instead of waiting ALL day long to go and do the exact same stretch at your home gym after work?

### **So what are the steps to this 3-minute energy boosting body stretch?**

- **STEP 1:** Set a happy alarm 5 minutes earlier than usual.

Your body responds to messages you give it, so give it a happy ring to wake up to! Download your favorite tune or nature sound and use that as your happy alarm sound. Set it for 5 minutes earlier than usual. Your body will thank you.

- **STEP 2:** Start your body stretch as soon as you open your eyes.

Often when we over-plan to stretch our bodies and take too long to pick out just the right exercise leggings or the right room to stretch in, by the time we are ready to start stretching we are demotivated or distracted or derailed....

So, carpe diem, seize the day by starting your stretch even before you get out of bed! Laying down, simply stretch your legs out and reach your arms overhead and really stretch your body or sit up in bed and do the same, this time stretching your arms up to the ceiling.

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**STEP 3:** Finish your body stretch right next to your bed.

The KEY here is to honor these 3 minutes you have set aside to stretch your body. So the trick is to FOCUS your attention inward, breathe DEEP inhales and exhales and stretch up to reach for the sky. You can clasp your fingers overhead to keep your hands together to deepen the stretch.

**How will this 3-minute body stretch boost my energy?**

You know how sometimes on a chilly morning you need to crank up your car a little more than usual to get the gas circulating faster? The same is true for our bodies. All they really need to get going is a little kickstart for the day and a simple stretch as soon as you wake up will do it.

I bet you will feel different immediately and that energy boost will GIVE you the energy to make time to boost MORE energy. It's a happy energy-boosting cycle!

**What do I do now?**

If you are tired of waking up groggy and achy, then click below now to schedule a time to talk with me about more fast and easy ways to stretch your body back to health first thing in the morning.

I am here to help support you with more super easy energy-boosting body stretch!

To your health!

Karen

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