



## June - Just Half



I have probably mentioned before that depending on what it is, I am sometimes an 'all or nothing' kind of person. However, I am also a believer in halfway, especially when it comes to exercise and wellness.

There are so many benefits in each and every exercise. However, if you cannot FULLY perform a particular exercise, due to whatever reason (injury, surgery recovery, or lack of strength), you might think that you cannot benefit. But, you can ... by doing just half!

There are also many benefits in parts of an exercise. Each and every exercise we do can be broken down into halves (or even smaller parts); achievable, digestible pieces for our body and brain. We can practice those parts or pieces until we find ourselves getting closer and closer to achieving the whole exercise.

I have done this many times and I find that each time I break an exercise in half, I not only gain an obvious benefit (like strength or coordination), but I also gain perspective on how my body moves or does not move. It allow me to 'feel' more because I am able to repeat a smaller portion of the movement. I allows me to fine-tune that portion of the movement, which improve my body's overall movement that much more and allows me to be much more 'present' in my mental state too.

So, instead of thinking you have to skip or avoid an exercise or movement because you cannot achieve it or you are 'not quite ready' or 'not quite strong enough yet'... Try just half!

You might be amazed at the benefits.

"Believe you can and you're halfway there." – Theodore Roosevelt

**Until next time,**

**Kerri**

**Don't forget to join the private MVP+ Facebook Group!**



## **Connect with Kerri & Gunther!**

Kerri and Gunther are always ready to motivate you on your health & fitness journey. Feel free to message them anytime through the Private MVP Facebook Group or via email.

## **Summer is Calling!**

The Health Promotion team had a chance to explore the Arrowhead Beach trails this Spring and we encourage the CAF community to get out there and explore the trails and available amenities this Summer!

[Read more](#)



# Contest

Have you ever done half of something? Tell us what it was and we will enter you in a prize draw.

[Begin](#)

**\*\*Contest only allows for those participating to win once each fiscal year.\*\***

**Congrats to last month's winner, D. Allen!!**

## **MVP+**

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