

Week *#barre3anywhere*

JULY 1-7



One

In partnership with:

BEYOND YOGA 

 | ELECTRIC

What's happening this week?

Set an intention

You already set your summer intention in the #barre3anywhere Welcome Guide. Since goals are easier to accomplish when we break them down into parts, we'll prompt you during the program to set smaller intentions that will help you reach your larger goal. For example, if your #barre3anywhere intention is to be more present with your loved ones, your Week 1 intention could be to set your phone to airplane mode at 6pm every day.

My Week 1 intention is: _____

Tune in on Social

MONDAY:

LIVE 20-minute workout
kick-off on Instagram
@barre3 at 10am PT

TUESDAY:

Instagram stories: Q+A
with Simone Bernstein,
owner of barre3 Brookline

WEDNESDAY:

Instagram stories: Day in
the life with barre3
Master Trainer Catie
Fahrner

FRIDAY:

Tune in for the LIVE
workout on Friday at
10am PT on Instagram &
Facebook

We'll announce our
#barre3anywhere
giveaway winner!



Week **1**

Your Daily Workout Plan

Monday



10-minute workout
with Andrew

Tuesday



10-minute workout
with Allison

Wednesday



30-minute workout
with Christa Joy

Thursday



10-minute workout
with Lisa

Friday

Tune in for the LIVE 20-minute workout at
10am PT on [INSTAGRAM](#)

Saturday

10-minute workout with Meredith



Looking for more?

Looking for more? [Find a studio near you](#), or sign up
for our [barre3 Online 15-day FREE trial](#).



How a Simple Shift in Mindset Elevates Your Workout

Mindset is a buzzy word these days—do a quick keyword search, and you'll get an endless list of TED Talks and recently published books on the topic. But scan through the titles and you'll notice a theme: Most of the work around mindset focuses on its power to help you succeed, either in your professional or your personal life.

We're fascinated by that aspect, but there's another leg of mindset research that doesn't get as much attention and, in some ways, is even more mind-bogglingly interesting: The power of mindset to affect our physical wellbeing. The findings are simple and

astounding: **A shift in mindset can actually make you physically healthier.**

There are two mic-drop studies that show the profound impact mindset can have on our physical wellbeing. The first study followed 84 female room attendants working in seven different hotels. The women were divided into two groups. One group was told that the work they do (cleaning hotel rooms) is good exercise and satisfies the Surgeon General's recommendations for an active lifestyle. The other group wasn't given this information. What happened? "Although actual behavior did not change, 4 weeks after the intervention,

the informed group perceived themselves to be getting significantly more exercise than before. As a result, compared with the control group, they showed a decrease in weight, blood pressure, body fat, waist-to-hip ratio, and body-mass index.” In other words, these groups performed the exact same amount of physical activity, but the group with the positive mindset showed healthier physical benefits.

The second study documented the activity levels, physical health, and personal background of 61,141 adults and asked the participants: “Would you say that you are physically more active, less active, or about equally as active as other people your age?” They then followed these adults for up to 21 years. The findings: Remarkably, people’s perception of how active they were—not how active they actually were—was predictive of their risk of premature death decades later. The numbers are alarming: People who

believed themselves to be less active than other people their age were 71 percent more likely to die prematurely than the people who believed themselves to be more active than their peers.

Does all of this mean that we don’t need to exercise if we simply adapt a mindset that we’re physically active? Not at all—there’s endless research to show us that physical activity is crucial to our health. But what we can learn from these studies is that our minds and our bodies do not operate as two separate entities. They are inextricably linked; if one is neglected, the other will falter.

That’s why our mission at barre3—to teach people to be balanced in body and empowered from within—does not stop with the physical. Instead, we place equal importance on both the body and the mind, understanding that it is only when we exercise both that we can truly thrive.



#barre3anywhere Giveaway

Enter for a chance to win prizes from our partners!

Post a photo on your Instagram and share your intention:

“This is my summer to_____.”

#barre3anywhere



@barre3



Winners chosen each
Friday through 8/2



barre3

This is my summer to practice being more
present with myself and my kids.
#barre3anywhere

[Terms & Conditions](#)

Wherever
you
go,
barre3
is
there.

