

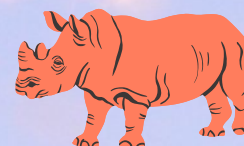
JULY/AUGUST 2021

# INDEPENDENCE, FLEXIBILITY AND EXPLORING THE FLOOR

MOVEMENT MOTIVATION AND MORE NEWSLETTER



**IF YOU MISSED the Global Conservation Force Fundraiser ...  
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## Flexibility and why it matters..

by Ann Heizer

noun: flexibility

1.the quality of bending easily without breaking.. "players gained improved flexibility in their ankles"

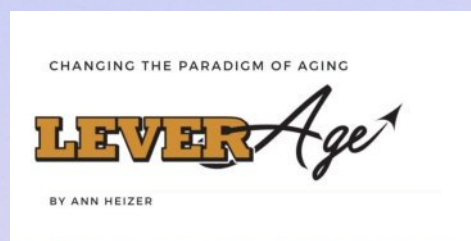
Pliability/resilience/tensility/adaptability/openness to change  
freedom/latitude/mobility/variability/fluidity/versatility/wriggle  
room/willingness to compromise/amenability/cooperation/tolerance  
forgivingness

Opposite:

Rigidity/inflexibility

Life is not just about being physically flexible. 2020 taught us that emotional flexibility or resilience is just as critical for enhancing our quality of life. Our ability to manage stress and regulate our emotions is critical to our mental well-being and those around us. When we can PAUSE, take a breath and look at a situation with interest and curiosity, we can use the "breath pause" to decide to let it IN or LET IT GO.

A great question to ask a thought is "WHAT ELSE COULD BE TRUE?"



**JOIN the "Movement Motivation and More" Facebook Group where I go LIVE every Wednesday at 9am PST ~ replays are available anytime!**



## EXPLORE THE FLOOR SERIES

See them on the [Change the Way You Age YouTube channel](#)



### INDEPENDENCE DAY: July 4th

Independence: "freedom from the control, influence, support, aid, or the like, of others."

#### GROUNDED~XT™ Method

Integrating body, mind and emotions for conscious reconnection to our entire movement history\*.

Exercise with a component of perpetual learning ~ stimulating brain, connection, and accessing your own \*unique "Spiderman Suit" or what I call your "Muscle Memory Bank"

Feel great in just minutes every day ~ anywhere, in any chair, dressed anyhow!

The Grounded and LeverAge Method of movement is focused, efficient and relevant approach to movement as we age.

Incorporating all aspects of the mind and body with the awareness and understanding that all movement from the cradle to the grave is recorded in your fascia or connective tissue, along with emotions from these memories. You will be able to access what I call your very own unique "Muscle Memory Bank"

You do this by remembering an experience that inspired, energised or excited you in great detail, along with the associated emotions. This will trigger similar chemical processes in your body making you just as inspired, energised or elated as you were the first time.

Be aware: this also applies to experiences in which you felt infuriated, disappointed or hurt! Choose wisely!

In my experience: focusing on the failures, fears and frustrations only brings more of them into your awareness.

Working with the older population, I've discovered their biggest goal is to remain independent as long as possible. This is what I do best.

**Let's have a video visit! Book your FREE call here:**

<https://calendly.com/changethewayyouage/get-to-know-you>



## JULY LIVE WORKSHOP 7.25.2021



## Workshop & Potluck

**SUNDAY July 25th: Buddy Todd Park**

**Workshop: 10 - 11:30 am with Ann Heizer**

Live workshop with **Ann Heizer** presenting the LeverAge Method fundamentals.

**Beginner to advanced levels can participate.**

- Discover your unique "Muscle Memory Bank"
- Learn how to tap into these memories to Change the Way You Age!
- Reduce unnecessary health costs, pain and stress
- Improve focus, sleep, range of motion and have more ENERGY!
- Experience barefoot grounding, breath work

**Stay for a healthy "POTLUCK and PLAY" with like-minded Movers.**

**Investment: \$20**

**[REGISTER & PAY HERE FOR THE LeverAge Workshop](#)**

**[Movers at our Rhino Fundraiser on the right and GCF rep with yours truly on left :\)](#)**

