

Fitness In Place Resources

A handout to help you be the strongest you



<https://www.womenshealthmag.com/uk/health/mental-health/a27098268/how-to-de-stress/>

BOOK RECOMMENDATIONS

1. **Fierce Self Compassion** by Kristen Neff
2. **The Body is Not An Apology** by Sonya Renee Taylor

3. **Burnout: The Secret to Unlocking the Stress Cycle** by Amelia Nagoski and Emily Nagoski

REFRAMING RECOMMENDATIONS

Poodle Science

“An animated video exposing the limitations of current research on weight and health.”

<https://m.youtube.com/watch?v=H89QQfXtc-k>

Understanding Your Own Stress Cycles

“In a their book **Burnout: The Secret to Solving the Stress Cycle**, identical twins Dr Emily Nagoski and Dr Amelia Nagoski – who have a PhD in Health Behaviour and a Doctorate in Musical Arts between them – argue that we lead lives humming with stress, but we never complete the 'stress cycle.' Cracking this, they say, is the key to unlocking ourselves from our hyped up cages and into greater mental clarity.”

ABOUT THE FOUNDER & LEAD TRAINER AT FITNESS IN PLACE

Hi I am Vysh (vai-sh), she/her pronouns. I am a fitness coach, trauma informed yoga instructor, & a fitness industry leader in the Toronto, ON, Canada community -- working to create inclusive, affordable and accessible fitness classes, through my online fitness community called Fitness in Place (@fitness_in_place).

WEBSITE: <https://www.fitnessinplace.net/>

EMAIL: INFO@VYSHFITNESS.COM

IG: @vy_she_lifts

FB: @fitnessinplace