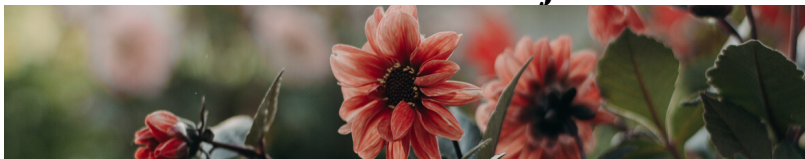


# UKEE RECREATION RECREATED

## Week 3 Theme: Mindfulness



### Instructor Peek

Lindsay has been teaching fitness and gymnastics for over 15 years. As a result of her background in competitive gymnastics and high diving, Lindsay is motivated by the technical side of fitness and she teaches accordingly. Her classes focus on the fundamentals of exercise and the development of functional strength, balance, tone and injury prevention. If you're interested in joining more of Lindsay's fitness classes, email her at [pacrimgym@gmail.com](mailto:pacrimgym@gmail.com).

### Fun Resources


Wellbeing is the state of feeling comfortable, healthy or happy. Check [mindful.org](http://mindful.org) for great reads on how you can improve your wellbeing.

Practice to facilitate emotional awareness. 50 min audio guide with [Wild Onion Yoga](#)

In the name of Social Distancing, this week's song of the week is:

[Solitude Is Bliss - Tame Impala](#)

 Ukee Recreation

 @UkeeRecreationRecreated

 @UkeeRec

### Physical Challenge

Did you know that Mat Pilates improves posture, flexibility and strengthens your core? This low impact exercise is great no matter what your fitness level is. We challenge you to give it a try this week with our very own instructor, Lindsay Kerdman! [Try guided Mat Pilates today!](#)

### Wellbeing Challenge

Your wellbeing challenge for the week is to LOVE yourself more! It's easy to focus on the negative things but this week, we encourage you to practice positive affirmations. Write down something nice about yourself on your bathroom or wardrobe mirror and remind yourself in the morning while you brush your teeth and at night before you go to bed!

### Fitness Tip

Whether keeping fit is something you do regularly or something that you need a little push to do, always make sure to observe your breathe **without judgement**. Give yourself thanks for the little and big victories and continue striving for for better.

Be sure to check out our website for last weeks challenge.  
[www.ucluelet.ca/community/parks-recreation/activity-guide-registration](http://www.ucluelet.ca/community/parks-recreation/activity-guide-registration)

