

Dance Fit with Rayvynne Beginner Exercise Tips



Dance Fit with Rayvynne Beginner Exercise Tips

Table of contents

Page 3	Who Am I?
Page 4	Physical Assessment Questions
Page 5	Try this
Pages 5 – 8	Goal Setting Tips
Page 9	How to mentally prepare for class?
Page 9	How to physically prepare for class?
Page 9	Right before class
Page 10	For dietary and nutritional information go to the following websites:
Page 11	Sample Beverage & Food Tracking Chart
Page 12	Disclaimer

Dance Fit with Rayvynne Beginner Exercise Tips

Who Am I?

Hi, my name is Crystal a.k.a. Rayvynne and I am a Certified Group Fitness Instructor and Certified Dancehall Aerobics Instructor for the past 4 years and I enjoy it immensely!

My goal as a fitness professional is to assist my clients in picturing a different health and fitness future for themselves. A future in which they are able to find solutions and cultivate it in their everyday lives.

My dance fitness classes are a fusion of different dance styles and cultures. I incorporated aerobics with dancehall (Jamaican dance style), soca, chutney (Trinidad and Tobago dance styles), belly dancing and twerking/booty popping.

My social media:



@Rayvynne



<https://www.youtube.com/user/TheFemmerebelle>



@RayvynneRebelle



@Rayvynnefit

Email: Rayvynne@Rayvynne.com

Website: www.Rayvynne.com

www.Rayvynne.com

Dance Fit with Rayvynne Beginner Exercise Tips

Physical Assessment Questions

Before you begin any exercise program or physical activity, answer these questions:

1. Do you have a heart condition or any ailment that your doctor has said that you would need clearance from him/her to do?
2. Has your doctor ever said that you need to only do physical activity recommended by him/her?
3. Do you have or feel any pain or tightness in your chest when you do physical activity?
4. In the past month, have you experienced any forms of chest pain when you were not doing physical activity?
5. Do you feel dizzy or lose balance easily or ever lost consciousness?
6. Do you have a bone or joint problem (for example back, knee or hip) that could be made worse by a change in your physical activity?
7. Are you currently taking any prescribed medication from your doctor for your blood pressure or heart condition?
8. Do you know of any other reason why you should not do physical activity?

If you answered yes to one or more questions, you should talk to your doctor before proceeding with any physical activity or signing up for my classes.

Dance Fit with Rayvynne Beginner Exercise Tips

Try this

A task or goal done every day for about 28 – 31 days starts to become a habit, a part of you. So try to follow these tips for that time or longer.

Be gentle with yourself, make exercise fun! Be patient and loving with yourself, forming habits that best work for you. The Rayvynne fit way is not designed to shock your body by extremes or going cold turkey. It's designed to gradually and moderately change your mind, body and behaviors. All with a smile on your face and a happy and healthy body.

Goal Setting Tips

Starting on your fitness journey can be scary and challenging but the benefits of exercise are priceless.

To help me along my journey, I use this goal setting technique known as **S.M.A.R.T.**

There are different variations of S.M.A.R.T. goal setting but the key words I use to develop and complete my fitness goals are:

S = Specific

M = Measurable, Motivational & Meaningful

A = Achievable & Action-Oriented

R = Relevant, Responsible & Rewarding

T = Timed

S = Specific

Think clearly about your fitness and health goals and write them down. Be specific and have attainable goal(s) in mind (start with 1 to 3 goals so you do not overwhelm yourself)

Do you want to lose 5 lbs in a month or two? Do you want to prepare for a marathon? Are you experiencing shortness of breath when running or doing any activities? Ask yourself questions like these so that your goal(s) is less general, more defined and in tune with your desire. Then we can discuss your specific, thought-out goals, so that an appropriate course of action can take place.

M = Measurable

www.Rayvynne.com

Dance Fit with Rayvynne Beginner Exercise Tips

Measuring your results can truly keep you on track, motivate you to achieve more and can highlight areas for improvement. For example measure your waist, hips and legs prior to starting your workout routine and do a measurement check every month dependent on how rigorous and intense your exercise regime is. Another way to measure is to weigh yourself every month to see your progression. Keep track of your results before, during and after with side by side pictures. Technology can be our friend so try out apps such as *Lose It* or many other free apps available or devices like *Fitbit* or just keep a note book with your results.

M = Motivational

You can create a vision board with pictures of healthy foods, and realistic body image goals, to help remind you at home or at work. Social media platforms such as Pinterest or Instagram are amazing at inspiring visually. To stay motivated do not associate with negative people and negative self-talk. Express kindness, patience and love with yourself. A way to practice motivational self-talk is to ask yourself "would you say the same to a loved one or friend advice that you are say? How would you deliver that advice to that person?"

M = Meaningful

Your goal(s) must have meaning to you. Determination and drive are key in changing your habits. Why do you want to lead a healthier lifestyle? Is it because of a family medical condition? Do you want to be the best version of yourself you can possibly be?

A = Achievable

Make realistic, achievable timely goals. Is losing 50 lbs within a week a realistic goal? No it is not. Make your goals achievable by realistically planning, executing, modifying if necessary and having a completion date (month to month or 6 months).

Start with less rigorous exercise and build momentum so you can slowly increase intensity or duration of exercises. Extreme measures such as fad diets and starting off to intensely or over exercising can be counter-productive in achieving your goals and can even cause injury.

A = Action-Oriented

Be action-oriented because exercise and nutrition go hand in hand! Create a daily or weekly fitness and nutrition/meal plan for yourself. Try cooking and prepping food for work at home. Meal-prep can save money and alleviates choosing unhealthy meals and snacks on the go.

www.Rayvynne.com

Dance Fit with Rayvynne Beginner Exercise Tips

Another way to be action-oriented: before and about 30 minutes after you eat your meal do an exercise this will help kick-start your metabolism. Remember no intense or rigorous exercises right after because your body is still digesting your food. Or on your break you can stretch or do a couple of quick warm-up exercises. Or focus on a major muscle group area such as the core. Do a quick 10 count toe-touch stretch, with 5 squats and 15 ab contractions. Or do ab contractions by pulling in your stomach as tightly as possible, hold it for 10 seconds then releasing for 15 seconds and repeat for 3 to 5 times. Remembering to breathe and always hold your muscles taunt and tight with any exercise you are doing.

R = Relevant

Choose the appropriate exercise routines or dance fitness class to achieve your exercise goals. Some find the gym to be monotonous or tedious, so do something you like or are interested in, such as my Dance Fit with Rayvynne dance fitness classes.

R = Responsible

It can be hard staying motivated so push a little harder do just a little more even when you don't feel like it. Take charge of your health and your diet by responsibly creating a plan that you can achieve and always consult with your doctor or certified nutritionist or dietician prior to signing up for any exercise related activities and for any dietary or nutrition programs.

R = Rewarding

You do better when you are rewarded, so if you meet your weekly or monthly fitness goal(s) go ahead and reward yourself. Have a slice of your favorite pie, a scoop of your favorite ice cream a foot massage or some other treat that gets you excited and happy. Just remember moderation is key!

T = Timed

When will your goals be completed? A timeline and complete or end date can help you to plan and execute your fitness goals more efficiently.

For example you want more upper body strength so for the next month you will focus on exercises or classes that mirror you goal. Your action plan could be doing push-ups or pull-ups three times a week increasing the quantity of push-ups or pull-ups by 3 or more each time.

Dance Fit with Rayvynne Beginner Exercise Tips

Another example will be to take my weekly classes and/or schedule a 1 hour private one on one dance session with me every 2 weeks for 3 months.

Your goal(s) must be timed this helps in planning your workouts and their intensities along with proper nutritional support.

Dance Fit with Rayvynne Beginner Exercise Tips

How to mentally prepare for class?

First start preparing if possible a month or two in advance. This gives you a lot of time to adjust your daily routines and habits and to mentally and physically prepare for your exercise schedule ahead.

The night before (or anytime you can) take 5 – 15 minutes with dim or no lighting and just sit on a chair, the floor or lie in bed and envision your body and fitness goals and inhale and exhale deeply. Allowing your goal(s) to become a part of you with every breath, visualize. Do this right before going to bed or upon waking up or both, so that you are preparing your mind to accept this new reality.

How to physically prepare for class?

Everyday

If possible stretch every day for 10 - 20 minutes and include a 5 - 10 minute warm up and 5 – 10 minute cool down routine. This will help you prepare your muscles and body for movement, reduce soreness and help with flexibility.

Drink lots of water, hydrate and hydrate some more. Try having your first glass of water right after you wake up and try to have at least 8 glasses of water for the day.

Make healthier food and juice choices if possible. Instead of soda try a glass of water or water with lemon, lime or some other fruit or vegetable that you like. Strawberry water or carrot water can be tasty. Try to use glass instead of plastic if possible, like a mason jar or even reusing a jelly jar.

Right before Dance Fit with Rayvynne class

You can have a light snack such as fruit or a smoothie an hour to 2 hours before class to keep your blood sugar levels at an optimum range. Do not eat anything heavy, greasy or filled with sugar because this can make you feel sluggish. Try to avoid foods such as applesauce, yogurt, vitamin waters, bottled juices and dried cranberries. These foods can have hidden sugars such as high fructose corn syrup, molasses, etc.

As always make sure you have no allergies to nuts or any other food products prior to consuming and always consult with your doctor or certified dietician or nutritionist.

Dance Fit with Rayvynne Beginner Exercise Tips

For dietary and nutritional information go to the following websites:

- ✓ www.dietaryguidelines.gov

- ✓ www.ChooseMyPlate.gov

- ✓ www.Supertracker.usda.gov

Dance Fit with Rayvynne Beginner Exercise Tips

Sample Beverage & Food Tracking Chart

Date	Beverage/ Meal/ Snack Time	Beverage/Meal/ Snack Amount	Hunger Level	Mood/Thoughts	Challenges/ Observations

Use this chart to help track your food and beverage intake. List the beverages, and meals you have for breakfast, lunch and dinner and snacks you have throughout the day.

Dance Fit with Rayvynne Beginner Exercise Tips

Disclaimer

Copyright 2017, All Rights Reserved

All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, by any means, without the written permission of the author. You understand that the information contained in this guide is an opinion, and it should be used for personal entertainment purposes only. None of this guide is to be considered medical, legal, or personal advice. The information expressed within this guide are not medical advice, but rather represent the author's opinions and are solely for informational and educational purposes. The author is not responsible in any manner whatsoever for any injury or health condition that may occur through following the programs and opinions expressed herein. Dietary information is presented for informational purposes only and may not be appropriate for all individuals. Consult with your physician, registered dietician or nutritionist before starting any exercise program or altering your diet.

This is merely a guide. The information held in this guide is merely the opinion of a laymen individual. The research and information covered in this guide is open to public domain for discussion and in no way breaches or breaks the boundaries of the law in any state of the United States of America where I live. I am not a doctor nor do I claim to have any formal medical background. I am not liable, either expressly or in an implied manner, nor claim any responsibility for any emotional or physical problems that may occur directly or indirectly from reading this guide.

Version #2