

# PEERtrainer on track

## Class 8:

## Rest And Integration Week

PEERtrainer™

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This information is intended for the sole purpose of participants in the PEERtrainer On Track Program. This is not a substitute for medical advice. Please seek a physician if you have any questions or need medical advice or attention when starting a weight loss program.

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### Rest And Integration Week

- I. It's important to be aware when you need rest days.
  - a. **It's easy for your mind to get overloaded with info and sometimes you need to step back and fuse all that knowledge together.**
  - b. When you take a rest you let your body/mind integrate all of your knowledge and learning.
  - c. It's like your "filing day".
  - d. In all sports, taking rest days is a critical part of the whole training process.
  - e. It's "time to review your playbook."
  
- II. Really want to encourage you to take this week for some reflection time:
  - a. **What am I doing well?**
  - b. Really spend time thinking about this.
  - c. Most of us learn to notice for the things that aren't working.
  - d. Focusing on what works vs. what doesn't.
  - e. Where you put your attention is where you'll get your results.
  - f. If you spend your time bemoaning your mistakes, you run the risk of reinforcing this pattern of frustration.
  - g. It's you vs. the meal, you vs. your body, etc.

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### Rest And Integration Week

#### III. **Your brain doesn't understand "Not doing" things.**

- a. It only understands "doing things."
- b. Example: Don't think of a pink elephant. What do you think of it?
- c. This is the reason to be intensely careful about what messages you send yourself.
- d. It's important to train your mind to focus on what works.

#### IV. Remember to go back to the basics.

- a. We all get ahead of ourselves sometimes, but we have to remember to keep bringing ourselves back to the fundamentals.
- b. Good, simple food choices.
- c. The exercise routines that you know work well for you.
- d. Looking out for boredom. Go looking for new ideas, new recipes, a new workout, new work out friend – these things can reinvigorate you.
- e. Sometimes it's a new thing that helps take you to the next level.

We are moving on to the next level so please take the rest so you can integrate what you've learned up to this point.

Have a great week - Jackie and Joshua and the Team