

Women's Health

**MEET THE
ULTIMATE
BICEPS, TRICEPS
& SHOULDERS
WORKOUT**

Ciara

**Knows What
She Wants...
And Isn't
Afraid To
GO FOR IT**

**ARE YOU
EATING
ENOUGH
PROTEIN?**

**Probably Not,
We'll Explain**

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**HOW TO GIVE
YOURSELF A
SKIN
ORGASM**

**WHY MUSIC
IS THE
MOST
EFFECTIVE
MOOD
LIFTER
(SAD SONGS
COUNT!)**

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12 >



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WARM UP

WOMEN'S HEALTH • GET-GOING GUIDE

✕ Microdose Your Wellness

No, we're not talking about that type of dosing, but rather the concept of implementing small yet effective practices into your daily routine, which helps you maintain new habits. This is also a super helpful strategy when your social cal gets filled with family gatherings, holiday parties, and travel. Luckily, there are ways to stay in control of goals through the chaos...

By Sabrina Talbert



Easy tweaks? Maybe, but repetition = results.

1 LEAN INTO COST-FREE IDEAS

Unlike with the infrared saunas plaguing your social feed, “there’s no barrier to entry for microdosing wellness,” says Sarah Hays Coomer, CPT, a Mayo Clinic–certified wellness coach and author of *The Habit Trip: A Fill-in-the-Blank Journey to a Life On Purpose*. *WH*’s priceless suggestions: Keep a playlist of mood-boosting songs so you can unwind or recharge on the spot. Or, once a week, spend five minutes curating your social media feed, following only the accounts that speak to your values.

2 GO (VERY) TINY...AND STICK TO IT

“Small routines can be impactful, as they reduce the amount of pain or stress you’re under, which can significantly improve your mood, focus, and ability to adapt,” says Coomer. The key: keeping it somewhat challenging for you. Got a to-do list as long as a CVS receipt? Squeeze in a quick meditation to gain calm and clarity. Phoning in IRL connections? Have a meal with your partner sans tech distractions; it’ll benefit you more than Netflix. (The commitment is what makes it so effective.)

3 NAME YOUR NONNEGOTIABLES

Identify the routines that matter most in keeping you happy and healthy, then set very clear boundaries to maintain them, in some form, amid the hustle and bustle, says Coomer. Though you may not have the time, space, or equipment necessary for your regular workout while visiting a loved one, you can establish—before arriving—that you absolutely need a 10-minute walk each day to move your body and clear your head. See? Physical activity, done!

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