



## **Treat the Body as Well as the Mind**

### **Licensing Overview for Institutions**

#### **Mindful Fitness<sup>®</sup>**

P.O. Box 80711, San Diego, CA 92138

Owner: Lisa G. Hampton, M.S.

Phone and Fax: 619-224-2101

[www.mindfulfitness.com](http://www.mindfulfitness.com) E-mail: [lhampton@mindfulfitness.com](mailto:lhampton@mindfulfitness.com)

# LICENSING OVERVIEW INSTITUTIONS

**Mindful Fitness**<sup>®</sup>, a Limited Liability Company established in 1994 by owner Lisa Hampton, M.S. is offering licenses to treatment facilities whose focus is recovery for patients struggling with eating disorders, drug and alcohol addiction, and anxiety and depression.

**Mindful Fitness**<sup>®</sup> provides fitness training that integrates mind-body principles with health and fitness programs. This synergistic approach helps enhance awareness and improve focus leading to a more enriching experience of movement and fitness. Patients report less anxiety and stress, increased energy, less chronic pain, and a heightened sense of well-being which helps to increase the effectiveness of their overall treatment and recovery.

According to the National Center for Complementary and Alternative Medicine, “Mind-body medicine focuses on the interactions among the brain, mind, body, and behavior, and the powerful ways in which emotional, mental, social, spiritual, and behavioral factors can directly affect health. It regards as fundamental an approach that respects and enhances each person's capacity for self-knowledge and self-care, and it emphasizes techniques that are grounded in this approach.”

**Mindful Fitness**<sup>®</sup> has developed the **Mindful Movement Therapeutic Program ( MMTP )**, which organizes 5 levels of movement compatible to various levels of care within the treatment facility. Additionally, **Mindful Fitness**<sup>®</sup> offers relaxation practices including breathing exercises, imagery, meditation, affirmations, progressive muscle relaxation and body scanning which can be practiced alone or integrated throughout all levels of **MMTP**.

Institutions that license the **MMTP** can feel secure in offering their patients carefully designed exercise classes that are both safe and effective, and become competitive among treatment facilities. The **MMTP** utilizes the most up to date exercise science practices combined with mind-body principles such as focus and awareness to promote overall health and fitness with the mental health patient in mind. Patients report less stress following their participation in the **MMTP**, allowing for greater focus in other areas of treatment and better outcomes.

## **BENEFITS OF OWNING A MINDFUL FITNESS<sup>®</sup> INSTITUTIONAL LICENSE:**

- **Ensures Patients a Safe and Comprehensive Movement Program**
- **Enables Staff to Meet Specific Needs of Mental Health Patients**
- **Correlates with Stages of Treatment**
- **Improves Patients' Outcomes**
- **Builds a Competitive Edge over Other Treatment Centers**
- **Provides Geographical Exclusivity**

# MINDFUL MOVEMENT THERAPEUTIC PROGRAM<sub>1</sub>

## Treat the Body as Well as the Mind

### THE 5 LEVELS OF MOVEMENT

The treatment team decides when patients are ready to participate in the **Mindful Movement Therapeutic Program ( MMTP )** and transition to the next level based on their progress in recovery and results of medical testing. And not all exercise is suited to everyone. Some patients may have physical limitations or prior adverse experiences with exercise which would negatively affect their treatment.

It should also be noted that although the **MMTP** is structured along a continuum, facilities may wish to offer the levels of movement concurrently for some patients. For example, the **Mindful Stretch** and **Mindful Yoga** can be continued even as patients participate in the higher levels of movement.

**Mindful Stretch** and **Mindful Walk/Stretch** can be taught by nurses and therapists, as well as fitness professionals. It is recommended that **Mindful Yoga** be taught by a qualified yoga teacher who can correctly and safely relay the program to the patients. The **Mindful Circuit** and **Mindful Strength** levels are best taught by certified personal trainers or group fitness instructors. Some facilities may have movement therapists who also have training and experience to lead these groups.

The Physical Activity and Mental Health National Consensus Statements and Guidelines for Practice ( Biddle, et al 2000 ) offers suggestions for using exercise for therapy and are listed below ( Daley 2002, *Advances in Psychiatric Treatment* ( 2002 ) 8: 262-270 - The Royal College of Psychiatrists ):

### Exercise Prescription Guidelines

- Exercise therapy programs should be no less than 4 weeks in duration
- Patients should strive to participate in moderate intensity exercise for 20–30 minutes per session, 2–3 times per week
- Patients should be encouraged to use a wide range of exercise and recreational activities
- When possible, patients should be introduced to local amenities and facilities ( e.g. local swimming pools, parks and leisure centers )
- Ideally each session should last approximately 45–60 minutes and include exercise *per se* and exercise counseling.

Integrating the **Mindful Movement Therapeutic Program** with other methods of counseling and treatment is a worthwhile intervention strategy that could be useful in reducing mental illness.

### 1) MINDFUL STRETCH - Gentle Floor and/or chair stretches

When a patient first arrives for treatment, he/she often is not medically and/or nutritionally stable and cannot participate in physical activity until a physician makes that determination. However, many patients can perform some simple and gentle stretches to help increase circulation and decrease muscle and joint pain which result from being sedentary. Additionally, participating, even on a limited basis, may help the patient in assimilating into groups and thereby, aiding their recovery.

### 2) MINDFUL YOGA - Therapeutic Yoga

Once a patient is cleared for physical activity by a physician, a therapeutic form of yoga helps them to connect with self through integration of both the physical and mental. **Mindful Yoga** sessions include breathing practices, physical postures and relaxation. There are several styles of yoga practiced around the world and many are not appropriate in this setting. For example, some with eating disorders also compulsively exercise so a power yoga class would only fuel their disorder. Also, patients frequently suffer from loss of bone density, cardiac arrhythmias and other physical limitations which increase their chance of injuries. Therefore, it is imperative that the yoga poses are designed with these risk factors in mind and provide a safe form of movement for the patient. **Mindful Yoga** does this for each patient and modifies poses appropriately to their needs in a caring and compassionate manner.

At this level of movement, patients start to realize the mind-body connection and understand that their body is a map for their emotions. Patients practice mindfulness and inward attention helping to improve their emotional health.

The wisdom and experience of B.K.S. Iyengar, the world's leading teacher of yoga, are the foundation for the Mindful Yoga classes. Mr. Iyengar has specifically outlined sequences of poses to treat each anorexia, bulimia, drug addiction, alcoholism, depression and anxiety in his writings ( *YOGA; The Path to Holistic Health*, 2001 ).

### 3) MINDFUL WALKING - Walk/Stretch

As the patient moves through recovery successfully, their physical endurance will increase allowing for daily or weekly walks. Walking takes little skill or equipment, offers numerous health benefits, and can be done anywhere. Studies continue to show time and again that regular exercise can relieve stress and depression. And because nature engages all of the senses, and helps to keep the mind in the present moment, **Mindful Walking** is performed outdoors when possible. Endorphin, a natural pain killer and relaxant, is released into the bloodstream every time we take a walk--inducing a feeling of well-being and positivity. **Mindful Walking** insures patients walk at a moderate pace and with attention to good posture, helping to increase confidence and self-esteem. Following the walk, patients are led through a series of simple stretches to increase flexibility and circulation. Being outside is relaxing and soothing, a welcome elixir from hours of indoor therapy.

In her **Mindful Walking** sessions, Lisa draws on the teachings of Thich Nhat Hanh, a Vietnamese Buddhist Monk, who leads walking meditations with a focus on mindfulness. “We walk slowly, in a relaxed way, keeping a smile on our lips. When we practice this way, we feel deeply at ease, and our steps are those of the most secure person on Earth. All our anxieties and sorrows drop away, and peace and joy fill our hearts. Anyone can do it. It takes only a little time, a little mindfulness, and the wish to be happy.”

#### 4) MINDFUL CIRCUIT Walk/Strength

Lisa has developed a modified version for patients of Park Fitness, one of her most innovative and successful programs. An advanced option or addition to **Mindful Walking, Mindful Circuit** leads patients on a moderate pace walk stopping at stations along the way to perform simple strength training exercises using resistance tubing and the environment. Patients enjoy being outside engaging in aerobic and strength exercises and they respond positively. Observations include a) improvement in interaction with other patients; b) the ability to be in the present moment; c) laughter and, d) exhibiting a sense of joy.

Depending on the organization of the treatment center, **Mindful Circuit** and the next level, **Mindful Strength** are most appropriate for patients in a partial program where they have progressed in their recovery by internalizing concepts and making behavioral changes. Patients move along the continuum of movement to realize gains in strength, flexibility, agility and balance, all of which increase their physical and mental health.

#### 5) MINDFUL STRENGTH - Moderate Strength Training with Equipment

Focusing on the strength component of fitness, **Mindful Strength** can be performed indoors but is preferable outdoors when possible. Often patients have entered into recovery without a healthy understanding or knowledge of how to exercise. Many are sedentary and lose out on the plethora of benefits and as mentioned previously, many are compulsive exercisers putting themselves at risk for injury and illness. All of the levels in the **Mindful Movement Therapeutic Program** aim to teach patients how to use exercise for greater health and fitness.

**Mindful Strength** uses resistance tubing, stability balls and the patient’s body weight to provide a variety of exercises to increase muscular strength primarily, although endurance, agility, balance and flexibility also improve. Patients learn the optimal number of reps, sets and rest periods practiced with focus and awareness to insure a safe and effective practice. Yoga postures are integrated in the session to add variety and balance.

Benefits of strength training are numerous and include increased bone density, decreased resting blood pressure and risk of Type 2 Diabetes, improved circulation and better sleep. Mentally, increases in strength lead to improvements in self confidence, self-image, and self-perception. Another mental benefit is simply the clear mind and increased energy level after each session.

1 Mindful Movement Therapeutic Program is a protected brand name for proprietary techniques developed by Mindful Fitness- LLC.

## MANAGEMENT

Lisa G. Hampton, M.S. currently operates and owns **Mindful Fitness®**. A Certified Personal Trainer by ACE ( American Council on Exercise ) and a Yoga Instructor since 1995, Lisa created **Mindful Fitness®** in 1994, blending philosophies from East and West. Her 15 years of business experience in mind-body fitness is built on a solid educational background. At San Diego State University, she earned a Master of Science degree in Exercise Physiology (1995) and a Bachelor of Science degree, with an emphasis in Athletic Training, graduating *summa cum laude* (1993). Lisa's experience with two San Diego facilities, Lifespan, a treatment center for addiction and Puente de Vida, a recovery treatment center for eating disorders has spanned over 7 years.

**Below are some of the systems and protocols used by Mindful Fitness which will assist licensees in setting up their Mindful Movement Therapeutic Program including:**

- **Suggestions to enhance inside environment through lighting, temperature, and music**
- **Criteria for choosing a good location(s) for outdoor groups**
- **Permits and licenses needed, if any**
- **Transportation of patients**
- **Criteria for hiring and training of independent contractors**
- **Equipment needed and recommended vendors**
- **Skills in understanding and responding to the mental health patient**
- **Suggestions to manage group dynamics**

# RESEARCH

## **Mindfulness**

Jon Kabat-Zinn is credited with bringing mindfulness into the mainstream adapting it from ancient Buddhist philosophy, as well as Native American wisdom. Mindfulness is paying attention in a particular way, without judgment. "When you notice what's on your mind, you begin to develop a stability of mind, some calmness, some clarity, some concentration. And over time, if you keep practicing, that actually grows," he says. Kabat-Zinn routinely uses mindfulness at his stress-reduction clinic, which also targets patients who are recovering from serious illness such as heart attacks and strokes - conditions often brought on by stress. Mindfulness-Based Cognitive Therapy ( MBCT ) is designed to help people who suffer repeated bouts of depression and chronic unhappiness. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness ( [www.mcbt.com](http://www.mcbt.com) ).

## **Physical Activity**

Physical activity has long been recognized as a method for reducing stress. It has become widely accepted that among its many physiological benefits, physical activity enhances psychological fitness. Regular exercise reduces symptoms of moderate depression and can produce changes in certain chemical levels in the body. For example, plasma levels of endorphins increase with exercise helping to improve mood. Exercise also boosts the neurotransmitter serotonin in the brain which also contributes to a calm mood. As an essential component of overall well-being, most treatment facilities incorporate some form of physical activity.

## **Mindfulness + Physical Activity**

Yoga, tai chi, and qigong are ancient practices that integrate mindfulness with physical activity. However, even traditional exercise such as walking and weight training benefit from a mindful attitude. Benefits include decreases in blood pressure, anxiety, and other behavioral manifestations of stress, and increases in self-esteem.

Research in the field of mind-body exercise including yoga, tai chi, and qigong has increased in the last decade with over 300 studies being published in American and European Journals, and another 800 trials have focused on meditation. In 2007, a comprehensive meta-analytic review of all mind-body practices was completed by Ospina and colleagues for the Agency for Healthcare Research and Quality, U.S. Department of Health and Human Services. Hypertension, cardiovascular diseases and substance abuse were the three most studied conditions. Overall, clear trends showed that mind-body practices reduced blood pressure, decreased stress-related outcomes, lessened pain and curbed disease symptoms ( IDEA Fitness Journal - La Forge 2009 ).

## Relaxation

Herbert Benson said that the body cannot be in a state of stress and relaxation at the same time. The parasympathetic nervous system acts in opposition to the sympathetic nervous system which functions to elicit the relaxation response ( Benson, 1975 ). In today's fast paced and constantly changing society, everyone is affected by stress. And stress related illnesses top the list of office visits to physicians. Regular daily practice of relaxation can lead to the following benefits ( Bourne, E.J. 1995 – The Anxiety and Phobia Workbook ):

- Reduction of generalized anxiety
- Reduction of frequency and severity of panic attacks
- Prevention of stress becoming cumulative
- Increased energy and productivity
- Improved concentration and memory
- Increase in ability to focus
- Reduction of insomnia and fatigue
- Deeper and sounder sleep
- Prevention and or reduction of psychosomatic disorders such as hypertension, migraines, headaches, asthma, ulcers etc
- Increased self confidence and reduced self blame
- Increased availability of feelings. Muscle tension is one of the chief impediments to an awareness of your feelings.

By countering the stress response, these benefits can improve one's overall health and well-being. Relaxation practices such as progressive muscle relaxation ( PMR ), guided imagery, breathing techniques, the body scan and others are cognitive-behavioral strategies commonly used in treatment centers.

Integrating relaxation practices into treatment programs for the mental health patient can not only improve their physical and psychological health, but may increase the effect of other treatments. Additionally, patients who learn healthy coping skills in recovery have a better chance in preventing relapse.

## Mindful Movement Therapeutic Program ( MMTP )

The **MMTP** incorporates all of the above therapies which are often interconnected in their practice. Mindfulness, physical exercise, yoga and specific relaxation practices have the effect of reducing the ill-effects of both physical and psychological stress. They also have the benefit of increasing self-esteem and overall well-being. The following section details a few studies of these therapies and their effect on mental health illnesses, including those with eating disorders, depression, obsessive compulsive disorder and anxiety.

# RESEARCH STUDIES

## **MINDFULNESS**

### **Mindfulness Research Update: 2008**

A total of 52 exemplars of empirical and theoretical work were selected for review. The results showed that cultivating a more mindful way of being is associated with less emotional distress, more positive states of mind, and better quality of life. Additionally, mindfulness practices can influence the brain, the autonomic nervous system, stress hormones, the immune system, and health behaviors, including eating, sleeping, and substance abuse, in salutary ways ( Greeson 2009 ).

### **Acceptance and Change**

Both dialectical behavior therapy ( DBT ) and mindfulness-based cognitive therapy ( MBCT ) include training in mindfulness skills and address the synthesis of acceptance and change. DBT is a comprehensive treatment for borderline personality disorder ( BPD ). MBCT was developed for prevention of relapse in individuals with a history of depressive episodes. Both have considerable empirical support for their efficacy. Many individuals with BPD also suffer from depressive episodes, which can interfere with motivation to participate in DBT. In such cases, it may be helpful to integrate strategies designed to prevent recurrence of depressive episodes. This case study describes integration of MBCT into ongoing DBT in the treatment of an individual with BPD and a history of depressive episodes. Findings suggest that MBCT can be successfully integrated into ongoing DBT in cases in which prevention of depressive episodes is an important goal. Findings also suggest that mindfulness skills may be very helpful in enhancing the efficacy of traditional cognitive-behavioral treatment approaches ( Huss, Baer 2007 ).

### **Mindfulness-Based Stress Reduction in Massachusetts Correctional Facilities**

Mindfulness-based stress-reduction courses were offered in drug units in six Massachusetts Department of Corrections prisons. A total of 1,350 inmates completed the 113 courses. Evaluation assessments were held before and after each course, and highly significant pre- to post-course improvements were found on widely accepted self-report measures of hostility, self-esteem, and mood disturbance. Improvements for women were greater than those for men, and improvements were also greater for men in a minimum-security, pre-release facility than for those in four medium-security facilities. The results encourage further study and wider use of mindfulness-based stress reduction in correctional facilities ( Samuelson, et al 2007 ).

## **PHYSICAL ACTIVITY**

### **Physical Activity as a Nonpharmacological Treatment for Depression: A Review**

The review found that although there is a need for more research with a greater emphasis on methodological strength, the scientific literature is generally supportive of the beneficial effects of aerobic and nonaerobic exercise on depression in clinically and nonclinically depressed adults ( Phillips, et al 2003 ).

### **Exercise and Bulimia**

This study out of Norway examined the effect of physical exercise as experimental treatment condition against the well-documented effect of cognitive-behavioral therapy ( CBT ) in patients with bulimia nervosa. Participants included normal-weight female bulimic patients aged 18-29 years who were randomly assigned to a physical exercise program, a nutritional advice program or a waiting list control group. The 16 week exercise program consisted of 45 minutes of moderate intensity aerobic and non-aerobic exercise three times a week. Results showed that physical exercise appeared to be more effective than CBT in reducing pursuit of thinness and in changing body composition, aerobic fitness and the frequency of bingeing, purging and laxative abuse ( Sundgot-Borgen, et al 2002 ).

### **Exercise Boosts Mood Up to 12 Hours**

The mood-enhancing effects of exercise are well-documented, but a study presented this year at the Annual Meeting of the American College of Sports Medicine suggests that the benefits may last much longer than previously thought. The study enrolled healthy men and women to complete a survey about their mood states at 1, 2, 4, 8, 12 and 24 hour intervals following either exercise or rest. This study found that benefits lasted as long as 12 hours following activity, compared with rest. “These positive effects on mood occurred in all types of participants, regardless of age, gender or fitness level,” said lead author, Jeremy Sibold, EdD, ATC. “In some cases, exercise may be able to complement other standard therapies as a cost-effective alternative in the treatment of mental health issues.” ( IDEA 2009 )

### **Effects of Exercise Interventions on Body Image**

This meta-analysis identified 57 interventions examining the effects of exercise on body image. A small random effect indicated that exercise intervention conditions had improved body image compared to control conditions ( Campbell 2009 ).

## **YOGA**

### **“Overeating is Not About the Food”: Women Describe Their Experience of a Yoga Treatment Program for Binge Eating**

The experience of a 12-week yoga treatment program for binge eating among a sample of 25 women who were obese was conducted from data in 20 personal journals. Women’s comments suggested that the program appeared to encourage a healthy reconnection to food, as well as the development of physical self-empowerment, through cultivating present-moment awareness. Specifically, women perceived an overall reduction in the quantity of food they consumed, decreased eating speed, and an improvement in food choices throughout the program. The women also reported feeling more connected to and positive about their physical well-being. These findings provide insights relevant to therapeutic processes that might occur within eating disorder interventions that draw on meditation-based approaches ( McIver, et al 2009 ).

### **The Relationship of Yoga, Body Awareness, and Body Responsiveness to Self-Objectification and Disordered Eating**

Jennifer J. Daubenmier, a researcher at the Preventive Medicine Research Institute in Sausalito, California, tested whether or not yoga was associated with greater body satisfaction in her June 2005 study. She divided women into three groups: 43 doing yoga, 45 doing aerobic exercise, and 51 doing neither activity. In the journal *Psychology of Women Quarterly*, Daubenmier concluded that the yoga practitioners reported higher body satisfaction and fewer disordered-eating attitudes compared with women in the other groups. Additionally, yoga’s emphasis on stress relief, meditation and body awareness ( rather than burning calories and shedding pounds ) also may help explain the difference.

### **Yoga Practice May Help OCD**

A review of existing studies on yoga and anxiety disorders shows encouraging evidence that yoga has value as a treatment for obsessive compulsive disorder (OCD). The majority of mental health disorders in the United Kingdom involve anxiety as a key symptom. Since studies have found that exercise can help reduce anxiety, investigators from the School of Integrated Health at the University of Westminster in London were interested in the potential of yoga as a clinical treatment option. They found eight clinical trials, of which six qualified as randomized and controlled. Although many of these were flawed, the strongest study also showed the most encouraging results. In this trial, Kundalini yoga practices were used to treat OCD in 12 subjects, and there was significant mean improvement over 3 months. This review was published in the *British Journal of Sports Medicine* ( 2005; 39, 884-91 ). ( IDEA, Archer 2006 ).

## **RELAXATION**

### **Relaxation Therapy Eases Anxiety in Anorexia Nervosa Patients**

Critical first steps in the treatment of anorexia nervosa ( AN ) include re-nutrition and weight restoration, both highly anxiety provoking for patients. This study of 64 female patients (aged 11-59) explored the impact of progressive muscle relaxation, guided imagery, and self-directed relaxation practiced following lunch for 15 days. Investigators found that the three active relaxation practices significantly reduced anxiety and increased relaxation among the participants. Additionally, patients enjoyed the activities and stated they would refer them to a friend. Although limited in duration and not a randomized, controlled study, the authors stated the importance of developing AN treatment to include relaxation techniques ( Shapiro, et al 2008 ).

### **References**

- Benson, H. 1975. The Relaxation Response. New York: Avon Books.
- Bourne, E. 2005. The Anxiety and Phobia Workbook. Oakland: New Harbinger.
- Campbell, A. 2009. Effects of Exercise Interventions on Body Image. *Journal of Health Psychology*, Vol. 14, No. 6, 780-793.
- Daubenmier, J. 2005. The Relationship of Yoga, Body Awareness, and Body Responsiveness to Self-Objectification and Disordered Eating. *Psychology of Women Quarterly*, Vol. 29, No. 2, 207-219.
- Greeson, J. 2009. Mindfulness Research Update:2008. *Complementary Health Practice Review*, Vol. 14, No. 1, 10-18.
- Huss, D.B., Baer, R.A. 2007. Acceptance and Change. *Clinical Case Studies*, Vol. 6, No. 1, 17-33.
- IDEA Health & Fitness Association. 2009. Exercise Boosts Mood Up to 12 Hours. *IDEA Fitness Journal*, Vol. 7, No. 7.
- IDEA Health & Fitness Association. 2006. Yoga Practice May Help OCD. *IDEA Fitness Journal*, Vol. 3, No. 3.
- Kabat-Zinn, J. 1994. Wherever You Go There You Are. New York: Hyperion.
- LaForge, R. 2009. Mind-Body Research Update. *IDEA Fitness Journal*, June, 48-54.
- McIver, S., et al. 2009. "Overeating is Not About the Food": Women Describe Their Experience of a Yoga Treatment Program for Binge Eating. *Qualitative Health Research*, Vol. 19, No. 9, 1234-1245.
- Phillips, W.T., et al. 2003. Physical Activity as a Nonpharmacological Treatment for Depression: A Review. *Complementary Health Practice Review*, Vol. 8, No. 2, 139-152.
- Samuelson, M. et al. 2007. Mindfulness-Based Stress Reduction in Massachusetts Correctional Facilities. *The Prison Journal*, Vol. 87, No. 2, 254-268
- Shapiro, J. et al. 2008. Exploratory Study to Decrease Postprandial Anxiety: Just Relax! *International Journal of Eating Disorders*, Vol. 41, No. 8, 728-733.
- Sundgot-Borgen, K., et al. 2002. The Effect of Exercise, Cognitive Therapy and Nutritional Counseling in Treating Bulimia Nervosa. *Medicine & Science in Sports & Exercise*, Vol. 34, 190-5.

## KEY BENEFITS FOR POTENTIAL LICENSEES

### STANDARDIZATION AND CONSISTENCY IN CARE

One of the tenets of effective treatment for various mental disorders is routine. Patients suffering from mental illness often have backgrounds that have been anything but routine which fuels their disorder or addiction and increases stress. Many health care professionals recommend routine as a way for bipolar individuals to manage manic episodes. A routine is also effective in lowering anxiety levels in people with anxiety disorders, and even assist depressed people is finding a sense of purpose for the day.

The treatment facilities in San Diego that Lisa has worked with emphasize routine and consistency to help their patients in recovery. This has proven highly beneficial as patients report less stress and anxiety allowing them to focus on their treatment and not on inconsistencies in their care. Standardization of movement therapies allows facilities to offer their patients dependable and consistent care week after week, month after month and year after year.

### KNOWLEDEABLE AND TRAINED STAFF

Personal trainers and yoga instructors work with a variety of individuals and groups but few are familiar with the needs and behaviors of the mental health patient. Providing a format and structure in which the fitness staff can follow will aid them in caring for your patients. The **Mindful Movement Therapeutic Program ( MMTP )** provides training of staff to help them understand what may trigger patients, help them to regulate their emotions and redirect, set boundaries and be sensitive to patients' needs.

Patients battling eating disorders are often unique in their exercise history. Whereas most fitness professionals are accustomed to having to motivate individuals to exercise, the eating disorder patient often has a history of compulsive exercise and needs to be guided toward a safe and moderate level of activity. Often patients will use tactics in exercise group to "do more" or to "burn more calories" as part of their disorder. It takes a trained instructor to recognize this behavior and redirect patient without causing greater anxiety.

Due to a history of substance abuse and/or insufficient nutrition, patients often suffer from a loss of bone density at young ages. Patients with osteopenia or osteoporosis need to modify their exercise to avoid injury. The fitness staff will be trained to implement the **MMTP** which is specifically designed to avoid exercises or poses that may be contraindicated for those with bone density losses. Additionally, staff can help educate patients on the appropriate dose, intensity and duration of exercise in treatment of osteopenia and osteoporosis.

## **BETTER OUTCOMES**

The goals of treatment centers in working with mental health patients are to better the health of the individual, provide tools for sustaining recovery and reduce the incidence of relapse. The **MMTP** is a fundamental component in any treatment center providing patients with an avenue for stress release, group socialization, mindfulness training and improved focus. These benefits directly affect their physical and mental health, and indirectly help patients to respond favorably to other therapies.

Relapsing into eating disorder behaviors is a common problem during recovery. Relapses can be very disturbing and upsetting, but they are a part of the process. Many in recovery from anorexia and bulimia turn to over-exercising to ease their feelings of discomfort about their bodies and to control their weight. The focus of exercise is mainly to get rid of fat or to burn calories, rather than to achieve a healthy body. Compulsive over-exercisers tend to have a strict regime and experience discomfort if they aren't able to exercise ( [recoveryspace.org](http://recoveryspace.org) ). Integrating exercise therapy into a treatment program can teach patients how to use exercise in a positive way for improved and lasting health.

## **VIDEOS AND TRAININGS**

**Mindful Fitness**<sup>®</sup> will make available a series of videos of the **MMTP** to be used in education of nurses, yoga instructors, personal trainers and therapists who are chosen to lead the **MMTP**. For those centers who want a one-on-one training and a more in-depth learning experience, Lisa will have quarterly 2-day trainings in San Diego. As another option, Lisa will be available to travel to your site for a 2-day training as well, depending on location.\* **Mindful Fitness**<sup>®</sup> wants to make it easy for you to implement the **MMTP** into your treatment facility.

\* Videos are included in the licensing fee. Trainings, both on-site and in San Diego have additional fees.

# MINDFUL FITNESS<sup>®</sup> LICENSE AND DETAILS

## INVESTMENT BREAKDOWN

Mindful Fitness <sup>®</sup> License Fee:	\$5,000 ( each additional area is \$4,000 )
Proprietary Information Package Fee:	Included
Training Resources:	Videos, Quarterly Trainings or Site Visit Trainings

**PROPRIETARY INFORMATION PACKAGE:** You will receive a package that includes:

- The Mindful Movement Therapeutic Program Guide
- 10 Hours of Consulting Time ( Telephone /e-mail )
- Option to be on company web site for referrals to you
- Video Instruction ( Available in 2010 )

## WORKING CAPITAL

To get started in running your programs, actual working capital will range from \$300-\$1000 for exercise equipment.