

Panel of Experts

# **Tiny Habits for Getting in Shape**

Presented by Tiny Habits® Academy

# Tiny Habits

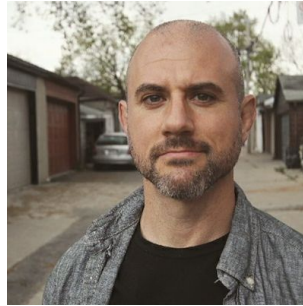
## Experts for Getting in Shape



Host and Moderator  
Andrea Spyros



Julie Bergfeld



Geoff Girvitz



Sarah Rumpfelt



## **You will:**

- **Learn the Tiny Habits Method**
- **Learn successful Tiny Habit recipes**
- **Feel more empowered**
- **Have access to more resources and support**



## Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Julie Bergfeld

Tiny Habits Certified Coach

## Julie's 3 Tiny Habit Recipes

1

**After I** enter a parking lot, **I will** park in a space furthest from the entrance.

2

**After I** put my grocery bags in the car, **I will** walk the perimeter of the parking lot.

3

**After I** turn on the water for the shower, **I will** do 3 calf raises.



Geoff Girvitz

Tiny Habits Certified Coach

## Geoff's 3 Tiny Habit Recipes

1

**After I** notice myself feeling anxious, **I will** check in on the last time I exercised.

2

**After I** notice an unpleasant sensation (pain, tightness, etc.), **I will** perform an exploratory movement.

3

**After I** finish a rep (during exercise), **I will** reset my position.



Sarah Rumfelt

Tiny Habits Certified Coach

## Sarah's 3 Tiny Habit Recipes

1

**After I** sign off a video meeting, **I will** stand up.

2

**After I** put my breakfast items in the dishwasher, **I will** get out my walking shoes.

3

**After I** put my toothbrush away, **I will** do 3 jumping jacks.

## Six Ways to Celebrate:

1

Physical Movements

4

Sound Effects

2

Verbal Statements

5

Visualizations

3

Songs

6

Purpose-Focused  
Celebrations





## Go to [TinyHabitsAcademy.com](https://TinyHabitsAcademy.com):

- Find these coaches
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach