Run, Walk, Ride or Roll: A Virtual and Mindful Experience

Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.

Tips on practicing mindfulness while logging your miles:

1. Focus on your breathing. Slowly breathe in through your nose and out through your mouth with purpose.

2. Focus on your 5 senses and the way they make you feel:
   - **Vision**: Notice 3 things you see around you (flowers, people passing by, or the color of your shirt).
   - **Hearing**: Listen to the sounds you hear around you (cars driving by, birds, wind).
   - **Smell**: Concentrate on different scents around you (flowers, fresh cut grass).
   - **Taste**: Thank about different tastes (your last meal, a breath mint).
   - **Touch**: Focus on the experience of touch (texture of your clothing, a smooth leaf).

3. Take an inventory of yourself:
   - **Notice what your legs are doing**: How do they move? What sensation do you feel as they hit the ground?
   - **Straighten your upper body**: Focus on the movement of your spine and allow your shoulders to rest comfortably.
   - **Focus on your arms**: How are they moving and how does this impact your movement?
   - **Allow your gaze to fall**: How is your perspective different when your are looking in another direction?
   - **Relax**: Allow yourself to experience the changes you have made. Have they allowed you to re-center yourself or shift your focus?

Before you start, set an intention for yourself and focus on staying true to that intention. Make sure you set realistic expectations of yourself for this exercise!