

Train Your Head… Body Will Follow

Sandy Joy Weston M.Ed.

“Train Your Mind, Body Will Follow” takes complicated subjects about the brain and body and breaks it down. From her experience as NBC10 Philadelphia’s Fitness expert, and coaching members of her gym to athletes, Sandy is able to help a wide-range of audiences tap into the power of their mentality. By fusing her expertise on kinesiology and positive psychology, she has created a system which helps her audience cultivate awareness and personal motivation through power statements.

The formula was created in collaboration with Professors from Temple University’s Kinesiology Department, and The University of Pennsylvania’s Positive Psychology Department to address the way the mind and body function both separately and together. The components of the presentation, such as the creating power statements, and tracking personal progress are designed to take between 1-3 minutes per day, making it possible for anyone to adapt to this method of positive thinking. In the same way physical therapy patients work on moving certain muscles, they are working to train their brain on reconnecting the association to these muscles, as well. We are training our brain to create action plans through affirmations and cultivating positive habits.

This system is designed not to over-complicate things, but present these ideas in a manner that appeal to our innate craving for action. Not only is the awareness of the mind-body connection shown to make us happier, but the fact that we can tap into our motivations through this connection and increase our abilities to meet our goals, as well.

Biography

Sandy Joy Weston M.Ed. is the owner of Weston Fitness in Philadelphia. She recieved her Master’s degree in Exercise Physiology from Temple University, and achieved her Bachelor of Science in Dance from West Chester University. Starting as a premiere personal trainer for stars like the 76ers and Flyers, she has now expanded her business to include 8 corporate fitness sites, has a growing blog, and book. She speaks all over the world, appearing in magazines, newspapers, and on Television and Radio shows regularly. Sandy lights up a room with her personality and simple system for achieving any goal.

Presenting author details

Full name: Sandy Joy Weston M.Ed.
Contact number: 718-260-6072
Email: kelsey.fons@westonfit.com
Session name: Train Your Head… Body Will Follow
Category: Oral Presentation