

# MOTIVATING THE YOUTH

*A blog by Michelle Hynes, with Thomas Regan*



GENERAL MANAGER

REGAN'S MOTIVATED FITNESS

# The Pandemic Impact on our youth

As I sit here and recap the past 2 years, I think about what a whirlwind it has been for the kids. What started with shutdowns turning to zoom classes, then covid test requirements and wearing masks in school all day long, these last few years have taken so much from kids of all ages both in the classroom and on the athletic fields as well. My heart goes out to them for all that was taken from them throughout this pandemic. An important theme that we harp on in the gym is for our clients to “control what they can control.” This moral has proven to be a useful tool for kids as well because one thing that we could control, no matter the circumstances that we face is to do something positive for our bodies, knowing that we will be better for it physically and mentally.

**Control what you can control**



Two years ago, I told my own kids that they needed to do some sort of movement when they were done with their zoom classes for the day. I didn't care if they went for a walk, run, skip, rollerblade or dance, but they needed to get moving after being stuck in front of their computers for hours on end. I even offered to train them myself at the gym or outside, assuming maybe they would roll their eyes at the idea, but they took me up on it and even asked if their friends could join too! I didn't expect it to take off or that the kids would really want to work out (with me at least haha), but it did and they do!

**Get some movement in!**



# Fitness as a catalyst to a healthy lifestyle



As adults we often think about how hard it is to get motivated and hold ourselves accountable, but our children have those same struggles and then some. Fitness is a catalyst to healthy living and the sooner we implement that into our youth the bigger the impact it will have on their future. At the gym we have turned that mentality of positive movement into a “kids program” that meets weekly and instills these positive habits into every one who shows up.



## **Positive *motion* creates positive *emotion*!**

Today I continue to help kids get their movement in and I absolutely love it. Parents have told me how they can see their child's confidence grow with every workout. That makes me so happy as I can see the real-life example of positive motion creating positive emotion in these kids. I look forward to my group coming in from school all chatty and laughing, even though they don't always like what I have them do (push-ups and the rower have been low on their lists lately). It's not all misery though, I make sure to mix in some fun with our fitness as well from basketball drills to boxing, relay races to plank competitions and so much more. As Selina says, "I would definitely recommend the workouts because Michelle is nice, but knows how to push and challenge you."

## **What is your *WHY*?**

As I have said before, my children are my "why" and the groups of kids that I work with at the gym fit right into that "why" as well. So don't forget to check in on the kids when it comes to their mental and physical health and know that we are always there to help if they need it.



Tom started "Ripped by Regan" years ago because he wanted his own kids to be healthy and happy and that spread to the kids of the neighborhood joining and furthermore to the evolution of Regan's Motivated Fitness as you see it today.

**It all starts with, and always comes back to,  
the kids.**