

FIND THE CAUSE OF YOUR PAIN



AND FIX IT YOURSELF WITH THIS
SELF-GUIDED QUIZ



Testimonials



Lauren C.

"HOPE"

"Since working with Mindy I have felt much stronger, my muscles are working and I feel generally more fit.

She is magical and I am so grateful for her! Not only is she gifted in teaching the art and technique of Pilates, but she is a ray of sunshine that is uplifting mentally and emotionally."

Heather S.

"My Health"

"Pilates with Mindy is a priority for me. Its a non-negotiable. I have better balance, more energy, I'm more flexible. I feel stronger and accomplished because of her."



Joanna A.

"Running Again"

"I love doing Pilates with Mindy. Her level of teaching goes beyond the body. I was able to get back to running in 4 weeks after I started at MAS Movement. Her style is gentle yet motivating and challenging."

How To Use This Book

Let's Crack the Case on Your Pain

Ready to find out what your body has actually been trying to tell you? Good.

Let's get into it.

Before we start, one important check: if you've experienced a recent fall, accident, or injury, please get clearance from your doctor before working through this guide. Your safety comes first.

Still with us? Great, here's something that might surprise you. Most people assume pain means something is broken, torn, or damaged. And yes, those injuries happen. But they heal. If your pain has stuck around well beyond when an injury should have resolved, something else is going on.

Research now shows that the nervous system itself can become hypersensitive, essentially stuck in alarm mode; generating real, significant pain even when there's no tissue damage present. Stress makes it worse. Poor sleep makes it worse. And this matters, because it means you have more control over your pain than you've probably been told.

You may have had an MRI, X-ray, or ultrasound showing arthritis or a disc bulge. Here's the thing: those findings are extremely common in people who have zero pain. A scan finding is not automatically a pain diagnosis.

Pain is your body's alarm system. But sometimes it misfires.

This quiz looks at two things: the stressors that may be keeping your nervous system on high alert, and the daily habits that build resilience against pain. Answer honestly. By the end, you'll have a clearer picture of what's driving your discomfort, and a real plan for addressing it.

Let's find out what's going on.

Identify Stressors That Contribute to Pain

What's bugging you? Could it be work, money, or just life in general? Give each stressor a rating from 0 to 10, with 10 being the most bothersome, and write it down in the box. These pesky stressors might just be the culprits behind those aches and pains.

<input type="text"/>	Pain Stress	0 – You have full control over your pain (or you have no pain at all) 10 - You have no control over your pain. It is unpredictable, constant, and severe
<input type="text"/>	Work Stress	0 – You have no work stress. Your work situation is ideal 10 – You have severe stress or anxiety at your current work or lack of work
<input type="text"/>	Family Stress	0 – You have no family stress. Everything is beautiful 10 – You are dealing with a high level of family stress from spouse, kids or in-laws
<input type="text"/>	Friends/Social Stress	0 – You have a great social life, with close friends you see often 10 – You don't have a social life at all, or there is serious conflict with your friends
<input type="text"/>	Pain Focus/Behavior	0 – You don't really ever focus on your pain, you just get on with life 10 – You constantly check in with your symptoms, massage and stretch yourself, wear a brace or support, or obsess about finding the cause of your symptoms
<input type="text"/>	Fear of not recovering	0 – You are 100% confident you will make a full recovery 10 – You are extremely fearful and worried about never getting better
<input type="text"/>	Low mood / sadness	0 – You rarely feel sad or down, and it quickly passes 10 – You have been diagnosed with depression, and feel it is not well controlled
<input type="text"/>	Worry over results	0 - You are not at all concerned about your X-ray or MRI 10 - You are extremely worried about your X-ray or MRI results and have searched the internet to learn more, making things worse
<input type="text"/>	Other Health Issues	0 – You have no other health problems aside from your current pain condition 10 - You have other health issues such as allergies, high blood pressure, digestive issues, migraine, weight gain, etc.
<input type="text"/>	Total Stressor Score	

Identify Healthy Behaviors That Can Build Your Resilience

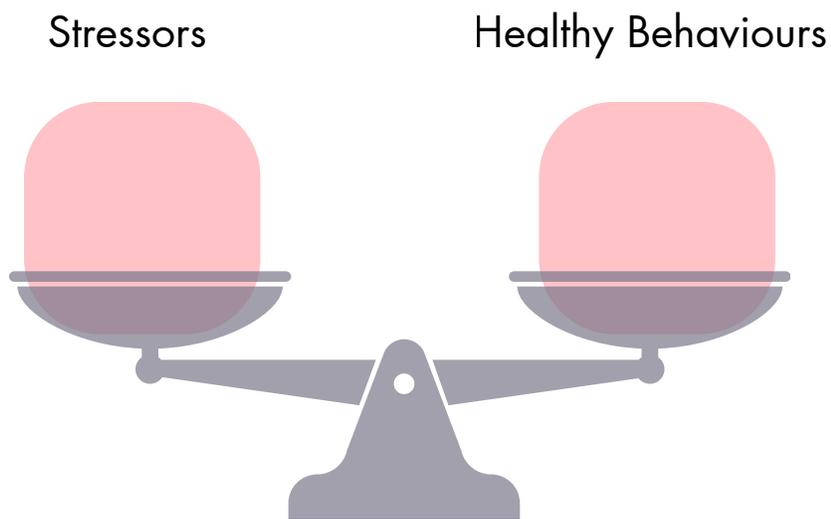
Let's play a game of self-care scores. Every healthy habit and support system you have can be like a superpower, making you stronger and kicking pain to the curb. Score yourself from 0-10, with 10 being the best, on each of these factors and watch your resilience soar.

	Exercise	0 - You are currently not involved in any physical activity 10 - You do at least 1 hour of moderate physical activity every day
	Family	0 - You have no family support and feel no one cares about your situation 10 - You have a great supportive family who are always there for you
	Work	0 - You hate your job, your employer and your co-workers 10 - You absolutely love your job, your employer and all your co-workers
	Diet/Smoking /Alcohol	0 - You skip meals, eat fast food for every day, smoke and regularly drink more than 3 servings of alcohol 10 - You eat fresh fruits and vegetables every day, don't smoke and occasionally drink one serving of alcohol
	Therapists	0 - You are extremely dissatisfied with your therapists and doctors 10 - You are extremely happy with your doctors and therapists; they're caring, knowledgeable and have your best interest in mind
	Time spent outdoors	0 - You are basically always indoors, either in your home or at work 10 - You spend at least one hour a day outdoors with nature
	Relaxation	0 - You don't put any time aside for relaxation; your mind chatters constantly 10 - You consciously put at least one hour aside every day for relaxation
	Sleep	0 - You do not sleep well; your sleep is interrupted, and you wake feeling tired 10 - You get 7-8 hours of sleep every night and wake refreshed every morning
	Fun	0 - You don't put any time aside for fun activities and there is nothing that you consider as fun or enjoyable anymore 10 - You consciously put at least one hour aside every day for fun activities
	Health Habits Score	

Interpret Your Score

Organizing Your Stressors and Healthy Behaviours

To keep your stress levels under control, record the total score for your stressors on the left side of the page. On the right, record the healthy behaviours that help you cope.



Set A Goal To Reduce Stressors

Now let's put what you've learned into action.

You've identified what's driving your pain. Now it's time to do something about it, and the most important thing you can do right now is start small and start specific.

Follow these three steps:

- Pick one stressor from your results and make it your focus. Not all of them. One. Choose something you have at least some control over and can realistically address this week.
- Set a goal to reduce its impact, not eliminate it. You're not trying to overhaul your life overnight. A small, consistent shift in the right direction is worth more than a dramatic change that doesn't stick.
- Write your plan. What specifically will you do, and when? A new movement habit, a change to your evening routine, a boundary you've been putting off, whatever fits your life. Write it in the box below. Vague intentions don't become action. Specific plans do.

Current level
(0-10)



Desired level
(0-10)



A large, rounded rectangular box with a light pink background, intended for writing a specific plan to reduce the stressor.

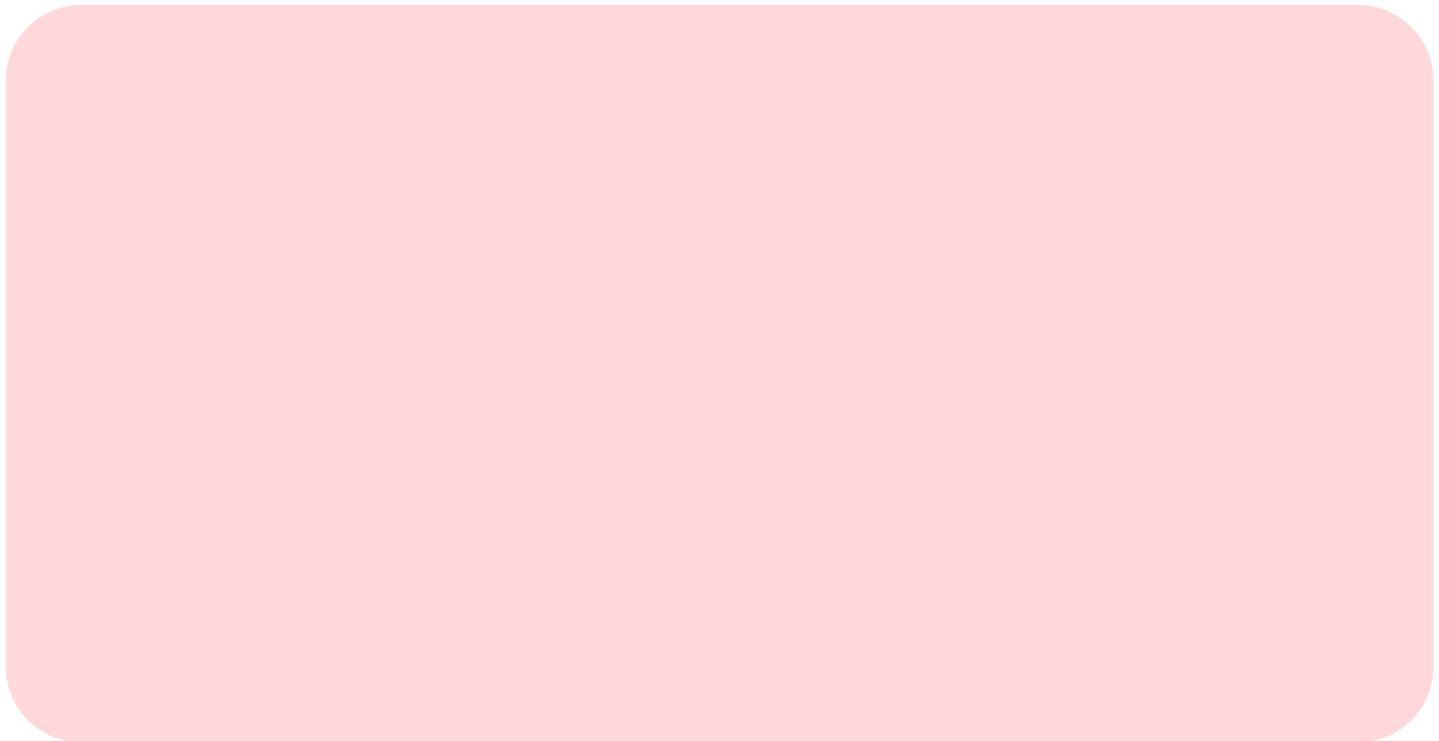
Set A Goal To Increase Healthy Habits

Imagine if you could transform one healthy habit, and you knew it was both super important to change and totally doable for you! What would it be? And how much change is just enough for now? Let's hear it!

Current level
(0-10)



Desired level
(0-10)



By understanding pain as an alarm system and taking steps to manage it, you can achieve a better balance between stress and healthy habits. With time and effort, you can reduce the impact of pain on your life and improve your overall well-being.

About MAS Movement Pilates

Strength Without Pain, For Women 40+ Ready to Move Again

At MAS Movement Pilates, we help women 40+ move with strength, confidence, and ease so they can stay active, independent, and pain-free for life. This isn't just a Pilates studio; it's a space where women rebuild trust in their bodies and rediscover what they're capable of. Do you find yourself struggling with stiffness, back pain, or limited mobility? Most women over 40 assume these aches are just part of life. At MAS Movement Pilates, we prove they don't have to be.

Need a guiding hand to decode your score, put plans into action, or stay on track? Reach out for a free 15 minute call with me, Mindy. Let's dive into how to make these tactics work wonders for you.

Embarking on the road to a pain-free life can be a bit intimidating, but hey, you're not alone in this journey. Teaming up with a pro can be a game-changer. By scheduling a call with me, we can crack the code of your score, pinpoint areas for improvement, and craft strategies to keep you on the success path. Whether you seek assistance in executing these plans or crave continuous support, count on me to be your ally. Together, let's transform your pain-free aspirations into a vibrant reality.

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