

3 PILLARS FOR LONGTERM HEALTH & FITNESS

MOVEMENT

all physical actions you engage in (or don't) throughout each day

- Unstructured movement such as play or recreation activities
- Movement for performing your job or occupation
- Structured movement such as training and exercise
- Stillness and relaxation also fall into this category



MEDICINE

"Let food be thy medicine and medicine thy food." Hippocrates

- Information-food is a conversation between the environment you live in and your body
- Building blocks- food is what all of your bodily tissues are made from
- Fuel- food provides fuel for physical exercise and mental work
- Social bonding- food is central to how you cultivate relationships and community



MASTERY

processes and mindset that lead to greater awareness, wisdom and freedom in your life

- Establishing and living with a growth mindset
- Focusing more on processes than outcomes
- Becoming anti-fragile so that obstacles, challenges, setbacks and stress make you stronger
- Cultivating awareness that you and you alone must take responsibility for your actions
- Acknowledging that you are a part of something much bigger than yourself



THE PILLARS OF MOVEMENT + MEDICINE + MASTERY

MOVEMENT

- Walking- strive for at least 20 minutes of walking outside, every day
- Generalist- strive to become a generalist through short-term specialization
- Strength- is paramount to do what is required in your life
- Unstructured and Structured- incorporate both play/recreation (unstructured) and training (structured) into your daily or weekly routine
- Adaptation- your body adapts to every movement and position to which it is habitually exposed

MEDICINE

- Quality is paramount- focus on the quality of your food above all else
- Protein- it is the most important macronutrient
- Minerals- achieving mineral balance through nutrition is what enables all stored energy to be utilized by your body
- Fats- your brain, all cell membranes and hormones are made from these. Choose wisely!
- Carbohydrates are fuel for prolonged and/or intense exercise

MASTERY

- Your body is an adaptation making miracle. Its only limitations are self-imposed
- Learn how to breathe correctly. It will change your life.
- Cultivate algorithms (habits) that run on auto-pilot. This is the key to sustainable growth
- Stillness- mindfulness, meditation, breathing exercises, mantras and prayer can all be utilized
- My favorite quote: "To achieve that which you never have, you must do that which you've never done." Always be willing to try something different.

Please click on this [link](#) to access 4 free sample workout plans.

All of my clients have FREE access to a workout app with video exercise demonstrations, exercise cues, sets/reps/volume, results tracking and much more that you can use on your phone, laptop or Smart TV.

They also get personalized meal plan guides that they can access anywhere.



**Free
Workouts**