



WORKBOOK



# PREFACE

## ARE YOU SURVIVING...OR...ARE YOU THRIVING

The World Health Organization defines health as “not merely the absence of disease or infirmity, but a state of complete physical, mental, and social well-being.” Wellness has been defined more as the action an individual takes to meet the above definition of health.

Wellness incorporates the power of choice, meaning an individual has the ability to take action toward optimal health. The individual creates the proper environment for a healthier lifestyle. In order for this environment to take place, there is first a need for awareness. This awareness creates an appreciation that we are three-dimensional beings. Our mind, body, and spirit are woven together as one. Any action, thought, feeling that one has, will create a reaction not only through your own body, but those that surround you.

In any being there are fundamental behaviors that an organism moves through; they are either in a mode of **growth** or **protection**.

Growth is synonymous with an individual who is thriving, and protection is synonymous with an individual who is surviving.

HEALTH IS DYNAMIC, ALWAYS SHIFTING  
WHAT SIDE ARE YOU ON?



Protection	Growth
Compensatory Movement	Efficient Movement
Disabling Pain	Discomforting Pain
Chronic Inflammation	Life Sustaining Signals
Body Stiffness	Optimal Flexibility / Mobility
Increased Body Fat	Decreased Body Fat
Decreased Muscle	Increased Muscle
Abnormal Digestion	Normal Digestion
Inefficient Heart Rate Variability	Optimal Heart Rate Variability
Less Than Optimal Temperature	Optimal Core Body Temperature*
Depleting Emotions	Renewing Emotions
Inept Sleep	Optimal Sleep
Ineffective	Resilient

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## YOUR VITALITY PROGRAM

Your Vitality program was built on a set of principles by the coaches at Dynamic Health And Fitness.

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This handbook was designed to provide you a foundation of education in components of our Vitality Program.

- *Mindset*
- *Nutrition*
- *Movement*
- *Recovery*

- is **personal**
- is based on an individual's **goals** and **specific activities**
- must be **customizable**
- looks at more than just the physical **body**, but also the **mind** and **spirit**
- is based on **research**, **clinical application**, and coaches **personal experience**
- follows **sound principles** in the field of biomechanics, anatomy & physiology, biochemistry & nutrition, and cognitive sciences
- is **integrated**, not built in isolation. An integrated program looks to incorporate mindset training, nutrition, movement, and recovery for the individual, their body's needs, their goals, and specific activities.
- is **FUNCTIONAL**. Movement components must be based on what the individual needs and wants in order to be optimally efficient and effective. Programming must be at the right time, right amount, and right result for the individual.
- is built to **empower and motivate**. Success is the key to motivation and empowerment. Success creates the environment for sustainable training and optimal performance - the opposite of dropout and training that is in prolonged periods of stagnation.
- is **accountable**. Individuals want an environment that is result oriented and provides guidance, supervision, adherence, relationship training that keeps us accountable and feeds our purpose.
- is **progressive**. Results' driven programming creates the map for an individual to initially see results, and is dynamic at heart. The map must be tweaked for sustainable results, based on where the individual is each time they participate in a conditioning program.

## HABITS

In order to reach your potential, change is at the core. Building habits directly correlate to change. The belief is that habits must first be designed to encourage the individual through success, and then motivate them through more challenging habits. As the individual navigates and accomplishes the first two levels of habits, the habits must then progress to empower the individual through an understanding of the process.

## IDENTIFY YOUR FIRE

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# MINDSET

*“If you want to turn a vision into reality,  
you have to give 100% and never stop  
believing in your dream”*

~ Arnold Schwarzenegger

Over our 20 years of coaching individuals to a healthier lifestyle and improved performance, the biggest obstacle we face is comfort. The paradox is that as humans we are always striving for comfort and balance. Not only emotionally do we strive or work for this comfort, but biologically our bodies are seeking this balance as well. Traditionally we build our life plan around this goal. We work to “earn” our homes, our families, our cars, our friends, our ascent up the corporate ladder. The result is a level of comfort for the individual.

Unfortunately, along with this comfort our bodies have begun to betray us through these years. Muscles are tight and sore, endurance and strength have decreased, and our capacity to be resilient has depreciated.

The challenge for overcoming this outcome is to reverse a certain level of comfort that we worked and strived for over the years. We need to become hungry again, and challenge our comfort with a desire to change. We need to understand the hurdle facing change is ourselves. We need to spark the fire by first identifying what that fire is now. Once we spark the fire, we create the catalyst and the drive needed to be successful. The fire must be ignited to create the behavioral changes needed for vitality, and improved performance.

The following exercise is designed to identify your fire, what will drive you to thrive and become more vital. The list of drivers below are synonymous with enhancing your capacity to be resilient and thus enhancing your vitality. Drivers can be from enhancing performance, your body, mind, and spirit. Choose 1-2 drivers from each bucket that inspire you. Finding images that represent your drive can help identify what your fire is.

<b>ABILITIES</b>	<b>BODY</b>	<b>MIND</b>	<b>SPIRIT</b>
Flexibility	Muscle	Focus	Empowered
Mobility	Tone	Alert	Inner Ease
Balance	Pain Free	Effective	Balance
Strength	Function	Efficient	Spiritual
Endurance	Lean	Productive	Desire
Power	Movement	Organized	Challenge
Speed	Prevention	Accomplish	Freedom
Reaction	Play	Challenge	Passion
Coordination	Freedom	Resilient	Pride
Agility	Recovered	Success	Alive

Next, let's enhance the meaning of those traits. Write down the 4 to 8 traits you chose and write a sentence or two that elaborates on each. For example, if you chose strength under abilities, describe what that strength is. Is it strength for yard work, strength as an offensive lineman, or strength to do a certain number of pull ups? The more specific you are, the bigger your fire will become.

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FIRE STATEMENT

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## MY FIRE STATEMENT

*"I will have the strength and power to drive the golf ball 300 yards, which will ignite my passion for the game of golf."*

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The next step is now to condense those sentences into a clear statement.

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The final step is to post that statement in your bedroom, kitchen, phone reminder app, calendar - wherever it needs to be so you will have that reminder daily. That fire that you have discovered is burning, and it is the key to creating habits to produce transformation.

## ADDITIONAL QUESTIONS

Describe why you know you can achieve your fire.

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Why do you have the ability to do this?

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What are your reasons?

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Why do you need to accomplish this?

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## CHANGE CONTRACT

I \_\_\_\_\_ WILL COMMIT TO PRACTICING HABITS OVER THE COURSE OF THE NEXT 12 WEEKS THAT WILL ENHANCE MY ABILITY TO MOVE EFFECTIVELY, NOURISH MY BODY WITH PURPOSE, AND UTILIZE RECOVERY STRATEGIES THAT IMPROVE MY BRAIN-BODY CONNECTION.

SIGN \_\_\_\_\_ DATE: \_\_\_\_\_

## BUILD YOUR FIRE

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## NUTRITION

*“Civilized man is the only animal clever enough to manufacture its own food, and the only animal stupid enough to eat it”*

~ Dr. Barry Groves

One of the hottest topics in modern day discussion is nutrition. Nutrition, diet, and food create discussions, arguments, and frustration for many. Medical professionals, dietitians, health coaches, trainers, and the layperson either defend their views or throw their hands up in frustration. Why is there such a decisive line drawn when the nutrition topic arises? For one, everybody realizes proper nourishment is the foundation for optimal health. Sub-clinical and clinical disease are absolutely linked to improper nourishment. Secondly, big business has an intense interest in the subject matter. The latter has created gurus, trends, and most importantly, mass confusion.

The purpose of this handbook is to address the meaning of nutrition, why we need food, basic principles of nutrition, and simple strategies and techniques one can utilize day to day.

Optimal health has been defined by the WHO as "not merely the absence of disease or infirmity, but a state of complete physical, mental, and social well-being." In order for optimal health to exist, what we put into our bodies will create the environment for our bodies' systems to work within. Whether that environment is healthy or not is up to you.

Your body craves balance and homeostasis. The information within this workbook will create a sense of awareness if of any existing imbalance, and modification tips to realign.

## Why Do We Need Food?

- **Energy** - It is not created or destroyed, just transferred.
- **Building** - Nutrients are chemical substances contained in food necessary to sustain life.
- **Storage** - The human body is an extremely adaptable machine. It is designed to survive under varying conditions; times when food is scarce, times when life is unpredictable.

## Essential Nutrients

- **Proteins:** One of the most plentiful sources in the body, and is needed for many functions. They provide the building materials for muscles, skin, nails, blood, and formation of hormones.
- **Carbohydrates:** Are the chief source of energy for all body functions. Sugars and starches comprise a carbohydrate.
- **Lipids:** Also known as fats, are the most concentrated form of energy available to the body. Fats aid in the absorption of vitamins, protecting organs, and insulating skin.
- **Vitamins:** Vital compounds needed by the body in limited amounts.
- **Minerals:** Aid in growth, development, and repair of the body.
- **Water:** The human body consists of up to 70% water; nearly all major systems of the body depend on water for survival.

## NUTRITION STRATEGIES (Habits)

### Level 1 Habits

#### Stop Eating at 80% Full

Most individuals with a goal to lose body fat usually have to eat less than they do now. 80% does not represent a specific number; it represents a feeling of eating until “just satisfied.” The goal of this habit is to increase appetite awareness in not only how much you should eat, but what types of foods impact your satiety.

## **Eat Lean Protein & Healthy Fats**

Earlier in this section we talked about the benefits of protein and fat. The goal of this habit is not to “take away,” but to add foods to your diet. Examples of lean protein and healthy fat choices are grass fed beef, free range poultry, whole raw cultured dairy, nuts, raw cold pressed oils, real butter, raw dairy and coconut oil. The goal of this habit is to add in 2 servings of protein/fat daily. (A deck of playing cards of meat = 1 serving & 1 thumb size portion of fat = 1 serving)

## **Eat The Rainbow**

Eating more fruits and vegetables is the goal of this habit, which will improve the nutritional quality of your daily food intake. The goal is to eat a minimum of 5 servings daily of fruits/vegetables. Why the “rainbow,” you ask? Simple - eating the rainbow will increase the variety of fruits/vegetables which in return will enhance your overall nutrition. (1 cup of fruit = 1 serving & 1 fist of vegetables = 1 serving)

## **Hydrate**

As we discussed earlier the human body is comprised of 70% water. The benefits of drinking adequate water can enhance not only performance, but also cognitive abilities, liver functions, and metabolic functions. The goal of this habit is to drink half of your body weight daily in water.

## *Level 2 Habits*

### **Record A Week**

The goal of this habit is to gather data and increase awareness of what you are eating day to day. Not only do you become aware of what food, but you also will begin to see patterns of eating around work, home, and other environments. You have been provided a journal to write down your food, or you can choose to utilize food tracking apps such as MyFitnessPal or Livestrong.

### **Eat A Balanced Meal**

This habit builds on previous habits by enhancing overall quality of food intake. Earlier habits focused on adding lean proteins, healthy fats, and more fruits & vegetables. This habit challenges your ability to consume a balance of them within each meal. Look to have 2/3 of your plate “the rainbow,” and the remaining third in the form of lean protein and fat.

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*Calorie Free  
Options*

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*Sparkling Waters*

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*Splash of fruit or  
vegetable in water*

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*Green / Black Tea*

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### **Add Support**

Dynamic Health & Fitness approves and endorses Throne Research for our supplemental enhancements. The goal of this habit is to enhance your foundation through supplementation. When looking to support to your foundation we recommend:

- Multi-Vitamin Elite
- FloraMend Probiotic
- Vitamin B-Relora
- VitaminD&K

### **Drink Only Calorie Free Beverages**

The goal of this habit is twofold: first it eliminates a lot of unwanted calories that are in drinks, and second draws awareness to alcohol consumption. Alcohol is referred to as a naked calorie, a calorie that lacks nutritional benefit for performance but can actually rob your body of nutrients - a double whammy for those with performance goals.

## *Level 3 Habits*

### **Plan Your Week**

Eating healthy meals does not happen by accident; it is a skill that needs to be practiced. The goal of this habit is to create action by managing your time. Choose to prepare and identify what a balanced week of eating looks like, and identify what food needs to be cooked. The call to action is to now simply cook the food and place it in your refrigerator for easy access.

### **80-20 Rule**

The goal of this habit is to shift the way you look at your food habits. We first began to look at specific additions to your daily food, to what a meal looks like, and finally what a day looks like. This 80-20 rule looks at an entire week, and challenges you to eat healthier food choices and meals 80% of the time; the other 20% of the time is free. This habit will enhance your ability to maintain a more lasting change with your food intake.

## **Whole Foods Only**

The goal of this habit is to encourage you to look a little deeper at the food you're consuming, and once again challenge your time management skills. Whole foods are usually not quick and "ready to go," there is time in preparing whole foods. Whole foods are foods that are minimally processed, and come closer to the ground. Examples are fresh fruits and vegetables, whole grains, beans, nuts and seeds.

## **Create A Balanced Daily Menu For A Workday / Weekend**

The purpose of this habit is simply to empower you by showing an understanding of the process you have gone through. ***Eating the right amounts for you - the right choices of food - and the right times for you*** is paramount to you reaching your performance goals. In your journal choose a workday and a weekend and write down what you will eat prior to and follow through.

IGNITE YOUR FIRE

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## MOVEMENT

*“ We know we move in 3D, we know we exist in 3D space, we know that there are three planes of motion. Great. How does that help me? How can I take that information, that principle, and come up with a strategy?”*

~ Dr. Dave Tiberio

The programs developed at Dynamic Health & Fitness are based on the Principles Of Applied Functional Science developed by the Gray Institute. Applied Functional Science is the convergence of Physical Sciences, Biological Sciences, and Behavioral Sciences that consists of the Principles-Strategies-Techniques process for functional assessment, training and conditioning, rehabilitation, and injury prevention that is practical for any and all individuals regardless of age or ability.

Applied Functional Science strategies are employed to properly and successfully manage transformational environments, utilizing effective and efficient techniques for desired purposes.

### *Principles of Functional Movement*

**Bio-individuality:**

No two people are alike; we might have like trends but at heart we are all unique. The way we move is unique to only one individual -you!

**3-Dimensional:**

Our bodies have the ability to move forwards & backwards, side to side, and turn to the left and right in our surrounding space. With that ability comes the understanding that for that to occur, our body's muscles, bones, and joints must also be able to sequence movements that our 3D.

**Gravity:**

Our bodies are constantly in a relative balance with gravity, and with different body positions we are aware that gravity will influence our response differently. Functional training programs must adhere to gravity to utilize it appropriately to enhance our workout.

**Driven:**

Movement is created within our body by authentic drivers such as our feet, hands, and eyes, as well as natural drivers such as mass and momentum. Functional training programs must be designed with this in mind to take advantage of our full potential.

**Chain reaction:**

Our body is an integrated whole. Specific regions in our body directly or indirectly affect regions above and below. Our body's systems (cardiopulmonary, endocrine, skeletal, muscular, neural, and more) are integrated as well. The take home message? You cannot affect or train one area of your body without setting off a chain reaction somewhere else.

## *Anatomy Of A Workout*

**Movement Prep:**

The purpose of movement preparation is to prepare your body for the intended demand. As mentioned in the prior chapter, sport is a chain reaction. In order to play effectively and efficiently, our bodies must be able to perform various foundational actions. For this to happen we must ensure the body's muscles, bones, and joints are moving freely in all dimensions. In today's society we often find individuals (whether active or not) with movement difficulties at the foot, hip, and thoracic spine region.

**Fundamentals:**

Fundamental movements are actions that are performed in our daily life, sport, and work. They are a combination of lunging, walking, reaching, lifting, squatting, pushing, pulling, and jumping. All of these are fundamental moves that when put together create the actions an individual performs in any sport/ activity.

## **Enhancers:**

Tweakology is a term utilized by Gary Gray of the Gray Institute. It is a strategy that is utilized to enhance fundamental movement. Then, we can tweak the movement itself by moving in different angles, heights, and distances. Next, we can tweak the duration, reps, and the speed in which we move to enhance the benefit of the movement. First, we can tweak the movement itself by moving in different angles. Lastly we can tweak in different tools, enhance the load of the movement (weight), and the feedback of the move to increase the effectiveness of our workouts.

## **Skills:**

For exercise to truly benefit our performance it must look, feel, and smell like the sport or activity we are conditioning for. If you walk into a performance golf facility, you should quickly be able to identify movements that look like golf. If you saw a group of individuals laying supine on a bench pressing a bar to the ceiling, you might begin to wonder how that would benefit a golfer. All of the above components are designed to look and feel like your activity of choice, leading us to the skilling portion of the workout - which of course is the actual activity tweaked to your needs.

# MOVEMENT STRATEGIES (Habits)

## Level 1 Habits

### **Perform A 3D Body Scan**

The goal of this habit is to create an awareness of where your body is successful today, and where you might have “energy leaks” in your body that are inhibiting healthy fluid movement. Your Vitality Program utilizes a quick mobility and stability scan called 3D MAPS from the Gray Institute. You will perform 6 lunges and swings identifying your mobility, and 6 balance reaches that will identify your stability for that day. This habit is not requiring that you know what to do from there, just that it draws awareness to your successes and areas of concern. Simply write them down in your journal.

### **Measure Your Daily Movement**

More times than not, an individual desiring performance goals will need to increase his/her daily movement. The goal of this habit once again is to draw your attention to just how much you move, and if there is a need to move more. In order to maximize the benefit of this habit we recommend utilizing an activity monitor to create precision such as an Apple Watch/iPhone, FitBit, Polar HR, or other like devices. This habit looks at calorie burn via the heart rate monitoring capabilities of the device and accelerometer.

## **Increase Your Daily Steps**

This habit plays off of the above habit, but instead looks at daily steps to increase activity. Usually the above devices will also monitor your steps taken. Generically a goal of 10000 steps per day is recommended for individuals. The challenge with that generality is it does not take into account the individual. This habit is first and foremost designed to identify where you're currently at. If it is much lower than the recommended 10000 steps, try to increase your intake by 1000 steps per week until you get to 10000.

## **Identify Your Stand To Sit Ratio**

We have all heard that sitting is the new health epidemic in our society, and for good reason. Sitting for prolonged periods can negatively impact our musculoskeletal system, circulatory system, and respiratory systems, among others. A recent Canadian study suggests a 3:1 ratio of standing to sitting. The goal of this habit is to create awareness on where you stand within this ratio. You can manually journal your standing times, or once again devices such as the Apple Watch will monitor this for you.

## *Level 2 Habits*

### **Perform A Matrix Workout**

A Matrix workout is a logical and progressive workout designed to move the body in all three planes of motion, at different heights, and at different distances. It is also designed to tweak variables such as speed, load, and duration. This integrated total body movement training is challenging not only for your body and its ability to move in your surrounding space, but also just as importantly it enhances your brain function. Where traditional isolated training becomes mindless, performing a Matrix Workout becomes mindful!

### **Perform ESD Workout**

Energy Systems Demands is a progressive training model for cardiopulmonary conditioning. ESD looks at zones of workout intensities identified through your heart rate. The goal of this habit is to create a sense of awareness of how different forms of exercise elicit a different reaction within your heart. It also teaches through guided coaching what a particular exercise should bring your heart rate to, this allows you to modify the rate at which you perform the move.

## **Boost Your Workout**

Dynamic Health & Fitness approves and endorses Throne Research for our supplemental enhancements. The goal of this habit is to enhance your performance through supplementation, we recommend:

- Creatine
- Amino Complex
- Catalyte

## **Seek professional coaching**

This habit is designed to enhance your program by teaming up with a professional for guidance in reaching your desired goals. Plan a few visits through a week to help you identify if you are still on the right course based on your initial screening. Has your body changed, needing a more regressive or progressive workout? Has your goal changed through the process, needing a new program? Are your biomechanics of movements being performed effectively?

## *Level 3 Habits*

### **No Equipment Needed**

The goal of this habit is to build a level of adaptability and resilience in the face of new environments. Life is full of changes and surprises, and there is no guarantee that your dumbbells and TRX will be available at all times. Therefore it is a must to be able to condition your body with no equipment. Plan a workout at home with only bodyweight moves available or go to the park and play equipment-free.

### **Create A FitStop Workout**

The goal of FitStop workout is to create a moving “time-out” through your workday. This habit relates to our stand to sit habit, as it looks for you to create as little as 1 move to a couple that you can perform a couple of times throughout your daily work. It could be a posterior lunge with a handswing overhead to loosen up your hips, to a jog in place exercise for a few minutes to create circulation.

### **Participate In A Weekly Sport/Activity**

The goal of this habit is to create more purposeful movement. Enrolling in a sport or an activity with a group can provide motivation and accountability as well as a specific goal. The more specific your task is, the more purposeful your workouts become.

## **Build A Workout**

The previous 11 habits have been designed to help you understand the process it takes to move effectively and efficiently. This goal then challenges your understanding by asking you to build a workout utilizing all components: movement prep, fundamentals, enhancers, and skills.

## SUSTAIN YOUR FIRE

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# RECOVERY

*“We must always change, renew, and rejuvenate ourselves, otherwise we harden.”*

~ Johann Wolfgang Von Goethe

One of the most overlooked aspects of traditional training programs is recovery. Typically if it is thought of at all, it is something that is done after a workout or event. Programs might implement a series of general stretches, advocate a day off after training, call for an increase in water, and implement a protein drink. Although these strategies are helpful, they fail to create an integrated strategy that is as important as the training program/ activity you are working so hard to become better at.

A progressive recovery and restoration program must look at strategies and techniques utilized each day to balance the amount of work being performed. The Gray Institute states that recovery and restoration is essential to replicable and reliable functional performance over time. Restoration is active and as dynamic as our warm-ups. It is multi-dimensional and involves normalizing physiology, structure/ performance, and enhancing individual confidence and a competitive spirit. It must integrate the biomechanical, physiological, and psychological systems based on the individual / the goal/ and the activity performed. The strategies lock in the benefits of training, release the effects of accumulated stress, facilitate restfulness, and enhance future readiness to perform the activity they enjoy.

# RECOVERY COMPONENTS

## **Rewind:**

Restoration begins to occur with a simple rewinding of the day's activities. In the physical realm, that can be a right-handed golfer finishing a round by swinging the club a dozen times on the range with a goal of rewinding the pattern he performed during the round. In the biological realm it can be utilizing a foam roller to provide circulation to sore leg muscles after a day of work. In the emotional realm it can begin by meditating after a stressful day to self regulate and create coherence between our thoughts and feelings.

## **Realign**

Realignment is a process of using easy stretching sequences that create the opposite reaction in our body's muscles, joints, and bones. An example would be of an office worker sitting for hours through the day. By performing a posterior lunge with a bilateral hand swing overhead, we can increase the flexibility of our ankles, hips, and spine by creating the reverse of the triple-flexed-position.

## **Rejuvenate**

Rejuvenation occurs by preparing your BrainBody prior to activity, even potentially days or weeks before. Utilizing strategies and techniques that enhance our abilities to self-regulate and reinvigorate our body's ability to move can enhance our ability to thrive.

# RECOVERY STRATEGIES (Habits)

## *Level 1 Habits*

### **Perform A Daily Readiness Observational Checklist**

The goal of this habit is to create an awareness of where your current physical, mental, and emotional state of health is. This awareness can make brain/body connections that alert you to your readiness for physical activity and your capacity to be resilient that day.

### **Breathing Breaks**

The goal of this habit is to create an awareness of your breathing patterns. Most individuals do not have awareness of their breathing patterns, and this can directly relate to your capacity to be resilient. Take a breathing break each hour to create this awareness. Utilize a 6s (inhale): 4s (hold): 10s (exhale) breathing cadence.

## **Sleep Rituals**

Sleep has amazing benefits such as more energy, enhanced cognitive function, building muscle, and enhanced recovery. With all of these benefits, over 35% of Americans do not get the recommended sleep of 7-8 hours daily. The goal of this habit is to create sleep rituals to start practicing how to prepare for sleep better. Begin by choosing one ritual such as no electronics, meditate prior to bed, read a book, or utilize essential oils.

## **Utilize a Self-Recovery Technique**

Recovery techniques require daily attention, and are no different than brushing your teeth daily to create healthy teeth. Your body's soft tissue system needs the same care. Techniques such as self-myofascial release (foam roller), electrical stimulation (marc-pro), flexibility/mobility drills and more can enhance your recovery and allow your body to perform at a higher level.

## *Level 2 Habits*

### **Mindful Minutes**

This habit is designed to introduce mindful activities that can create a “pause” in your fast-paced life. Activities such as breathing, meditating, reading, or just enjoying silence are a great way to pause life just for a minute.

### **Moving Meditation**

Utilize moving meditations in the form of Yoga and Tai-Chi / Qi-Gong to enhance your resilience and enlightenment. The goal of this habit is to begin formal practice in a form of your choice to create a restoring environment.

### **Recover Better**

Dynamic Health & Fitness approves and endorses Throne Research for our supplemental enhancements. The goal of this habit is to enhance your recovery through supplementation, we recommend:

- Whey Protein
- Curcumin

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HeartMath

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Quick  
CoherenceTechnique

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*Step 1: Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart and chest, breathing a little slower in deeper than usual.*

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*Step 2: Make a sincere attempt to experience a regenerate a feeling such as appreciation or care for someone or something in your life.*

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## **Seek professional coaching**

This habit is designed to enhance your program by teaming up with a professional specializing in recovery and restoration techniques. A movement coach, massage therapist, and chiropractor are examples. Plan a session or two for one week to feel the difference!

## **Level 3 Habits**

### **20 Minutes Of Mindfulness**

Stress can affect our emotions by facilitating negative thinking, creating adverse physiological effects, and change our behavioral habits. Taking 20m out of your day to practice a mindful activity can enhance our ability to self-regulate and minimize the affects of stress. Activities can be moving or stillness practices.

### **Practice HeartMath**

Your Vitality program utilizes HeartMath as a tool to enhance your recovery. HeartMath is a full self-regulation system and process that includes coaching and technology.

HeartMath comprises a set of mental and emotional self-regulation energy management techniques and processes that lead to a restructuring of neural circuits. They create alignment among the physical, mental and emotional systems and enable us to gain access to more of our intuitive intelligence. The goal of this habit is to build your personal resiliency.

### **Mindful Reading**

The goal of this habit is to create more space in your day by asking you to read daily for 20-30m. This allotted time will begin to illustrate your ability to create space and not fall victim to the overused statement, "I have no time in the day."

### **Build A Recovery Session For Your Activity**

The previous 11 habits have been designed to allow you an understanding of the process it takes to recover effectively and efficiently. This goal then challenges your understanding by asking you to build a recovery workout specific to your activity. Through the program you will learn how to Rewind, Realign, and Rejuvenate to play again the next day!

# YOUR FIRE JOURNEY

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## SUMMARY

*“Enjoy the journey, as much as the destination”*

~ Steven Furtlick

In today’s fast paced culture, the focus is always on achieving the goal or reward with little attention paid to the journey. This handbook was designed in the face of the status quo, instead the habits that you will and have worked on are designed to empower you to understand the process. Once you own the process, you will begin to unveil the true reward - the journey.

The remaining handbook includes weekly journal pages that are designed for identification and modification purposes. Weekly habits and focus in the areas of Mindset, Nutrition, Movement, and Recovery at the core of the journal pages. The complement to the handbook is the DHF Remote Trainer App which can be downloaded in the iTunes Store and Google Play Store. The app allows the DHF Coaches the ability to bring your handbook to life by providing - how to habit videos, exercise videos and programs, movement trackers, and more.

For more information and coaching guidance connect with us at [dynamichealthfitness.com](http://dynamichealthfitness.com) or visit us at @ DHFitness



Date: \_\_\_\_\_

## Top Habits for the Week

Nutrition \_\_\_\_\_

Movement \_\_\_\_\_

Recovery \_\_\_\_\_

## Mindset

This week I feel inspired by \_\_\_\_\_

I will create conditions this week for others to be motivated by \_\_\_\_\_

How are you doing?

### Nutrition Check-in

Average daily water intake

\_\_\_\_\_

My weekly food choices were

good

average

needs improvement

Average daily movement

calories burnt \_\_\_\_\_ time \_\_\_\_\_ steps \_\_\_\_\_

\_\_\_\_\_

Have you experienced pain or abnormal soreness this week?

\_\_\_\_\_

\_\_\_\_\_

### Movement Check-in

"Success isn't always about greatness. It's about consistency. Consistent hard-working success. Greatness will come."

- Dwayne Johnson

## Recovery Check-in

How many hours of sleep did you average daily?

\_\_\_\_\_

Describe your overall mood this week \_\_\_\_\_

What was I most aware of this week \_\_\_\_\_

Body Composition: BW \_\_\_\_\_ BF% \_\_\_\_\_

Girth Measurements: chest \_\_\_\_\_ upper right arm \_\_\_\_\_ waist \_\_\_\_\_

hip \_\_\_\_\_ right thigh \_\_\_\_\_

## Continuous Improvement

What habits would I like to focus on for the upcoming week?

Nutrition \_\_\_\_\_

Movement \_\_\_\_\_

Recovery \_\_\_\_\_

What opportunities are there for better integration among the four pillars?

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Have you experienced pain or abnormal soreness this week?

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### Movement Check-in

"Silence is a true friend who never betrays."

- Confucius

## Recovery Check-in

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### Movement Check-in

"If you don't set a baseline standard for what you expect in life, you'll find it's easier to slip into behaviors and attitudes or a quality of life that's far below what you deserve."

- Tony Robbins

## Recovery Check-in

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### Movement Check-in

"Wherever you put the mind, the body will follow."  
- Ellen Langer

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### Movement Check-in

"In a growth mindset, challenges are exciting rather than threatening. So rather than thinking, oh, I'm going to reveal my weaknesses, you say, wow, here's a chance to grow."

- Carol S. Dweck

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### Movement Check-in

"I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest."

- Venus Williams

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### Movement Check-in

"I fear that the man who has practice 10,000 kicks once, but I fear the man who had practiced one kick and thousand times."

- Bruce Lee

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### Movement Check-in

"You push your body to the limits, but you have to train your body to deal with the limits."

- Tom Brady

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"What keeps me going is goals."

- Muhammad Ali

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### Movement Check-in

"You have to expect things of yourself before you can do them."

- Michael Jordan

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### Movement Check-in

"There are always new, grander challenges to confront, and a true winner will embrace each one."

- Mia Hamm

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### Movement Check-in

"Never let the fear of striking out get in your way."  
- Babe Ruth

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