

# Fitness Redefined

## FITNESS PARADIGM

### Traditional Exercise Approach

- Focus on numbers
  - a. Calories burned
  - b. Amount miles
  - c. Weight lifted
- Intensity is king
  - High intensity is cool
  - Performed for too long
- More is better
  - Biggest Loser participants

### New Movement Approach

- How not how much
  - a. Quality form
  - b. Regular mobility
  - c. Activity within your day
- Variety of intensity is best
  - 80% Low intensity
  - 20% High intensity
- Make it easy
  - What will work long term?

“Exercise is a human invention designed to allow us to compensate for the fact that we are not living the way we are supposed to.” - Dr. Andreo Spina

## PERSONAL MOVEMENT INVENTORY

QUESTIONS	YES	NO	TIME
Are you sitting during your commute?			
Are you sitting at work?			
Are you sitting during the evening consuming technology?			

## DIAMOND MOVEMENT MODEL

	<b>Movement</b>		
<b>Cardio</b>		<b>Mobility</b>	
	<b>Strength</b>		

NOTES...

## YOUR NEXT MOVES...

1. Identify the “I want” you will receive from fitness. I want to workout so that...

2. Decide on a daily movement strategy. Each day I will...

3. Decide on a fitness focus.

When I go back home, I will do... \_\_\_\_\_ fitness \_\_\_\_\_ times per week at

\_\_\_\_\_ time of day \_\_\_\_\_ .

To make it easy, I will \_\_\_\_\_

## RECOMMENDED READING

- No Sweat, Michelle Segar, PHD
- Spark, The Revolutionary New Science of Exercise & the Brain, James Ratney, MD
- Get Up, Why Your Chair Is Killing You, James A. Levine, MD
- The Oxygen Advantage, Dr. Patrick McKeown
- Deskbound, Kelly Starrett, DPT
- The Roll Model, Jill Miller
- Cloud, J. (2009). Why Exercise Won't Make You Thin. TIME Magazine. Retrieved from: <https://www.sscnet.ucla.edu/polisci/faculty/chwe/austen/cloud2009.pdf>
- Merchant, N. (2014). Got a Meeting? Take a Walk. Ted Talk. Retrieved from: [https://www.ted.com/talks/nilofer\\_merchant\\_got\\_a\\_meeting\\_take\\_a\\_walk?language=en](https://www.ted.com/talks/nilofer_merchant_got_a_meeting_take_a_walk?language=en)