



5R VITALITY WHEEL

**DISCOVER YOUR CURRENT
LEVEL OF HEALTH AND
VITALITY**

*“This truly is a mind and
body approach”*

Your 5R Vitality

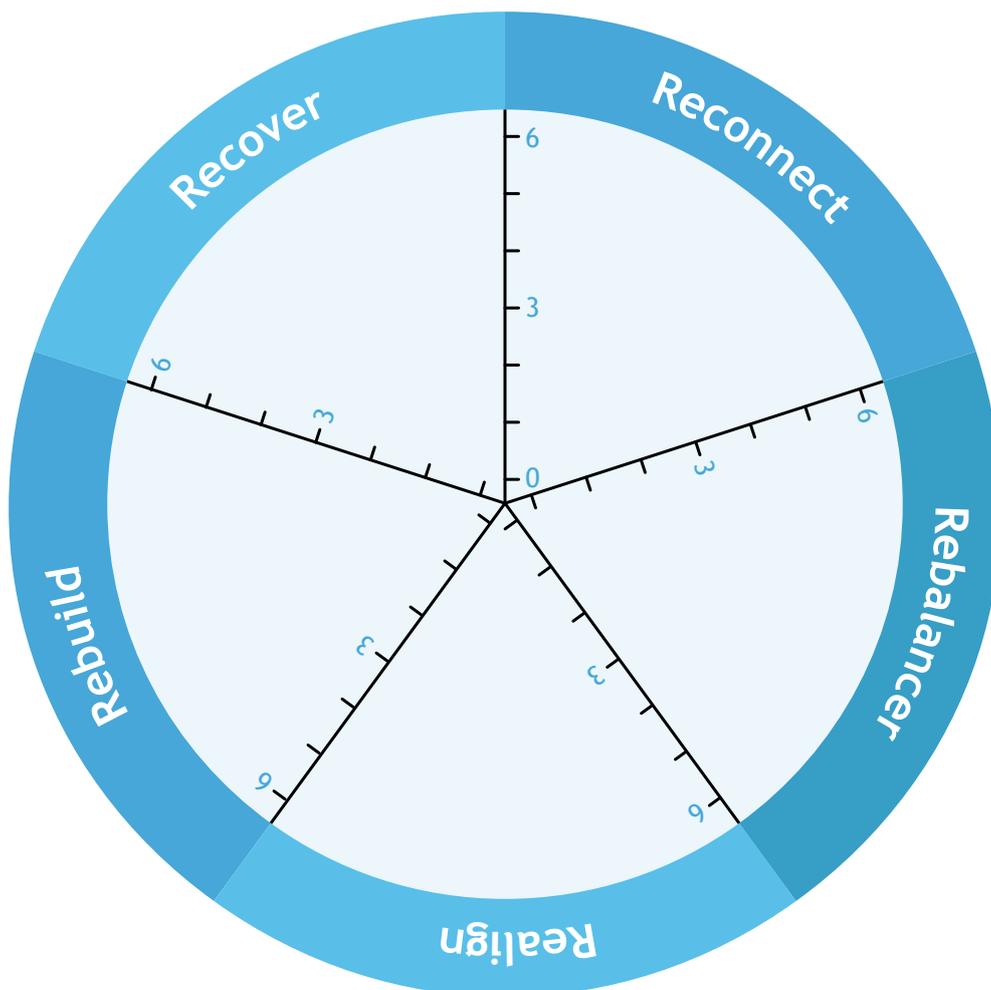
Based on our Amazon top five ranked book “Back to Brilliant” and developed from the accumulation of over ten years of face to face client work, the 5R Vitality Wheel has become an invaluable self assessment tool.

In less than ten minutes you can get an idea of your 5R Vitality level and which areas are in most need of attention.

Let's find your 5R Vitality

Answer the 30 questions below and discover your 5R Vitality Score. Your Vitality Wheel starts with a perfect score of six for each section and for each positive/Yes answer you deduct a point. The closer each one of the 5R's is to a six, the greater your Vitality in that area.

Your 5R Vitality Wheel



Reconnect

1. Is stress (work, family, personal) affecting the quality of your life?
2. Do you feel things should be somehow better in your life than how they are right now?
3. Have you tried to change your body shape in the past and ended up back where you were or in worse condition?
4. Will a nagging body pain not disappear?
5. Is change, in any way (new relationship, new job, better pay, less body pain), escaping you?
6. Do you find it hard to stick to a plan of action, despite knowing it will produce a positive outcome for you?

Total =

Rebalance

1. Do you eat conventionally raised meats and vegetables (as opposed to organic) as the bulk of your diet?
2. Do you get less than 8hrs sleep every night?
3. Do you wake up feeling tired and unrefreshed?
4. Do you wake up during the night for any reason?
5. Would you struggle to hold your breath for 70sec comfortably? (Try it now)
6. Do you drink less than 2 litres of water every day?

Total =

Realign

1. Do you have lower back, neck or shoulder pain?
2. Does exercise seem to make your body hurt?
3. Do you work long hours at a desk without stretching?
4. Do you get lower back ache when standing or walking around for moderately long periods?
5. Do you work from a laptop, mobile device or have a computer screen that is lower than eye level?
6. Do you work for more than one hour without taking a rest from computer screens?

Total =

Rebuild

1. Do you mainly do one type of exercise (running, lifting weights, pilates) without mixing it up to get a variety of stimuli?
2. Do you always push yourself when exercising, to get the most out of yourself, no matter whether you're feeling on top form or not?
3. Would you consider yourself about the same or weaker/less fit than you were 6 months ago?
4. Do you have to be disciplined to get yourself to complete exercise?
5. If you completed a days physical labour (rigorous gardening -bending, digging and lifting) would you be sore and achey the following day?
6. (Men Only) If measured around your belly button and hip bones, would the belly button measurement be greater than the hip measurement?
7. (Women Only) If measured around your belly button and hip bones, would the belly button measurement be equal to or greater than hip measurement?

Total =

Recover

1. Do you wake up unrefreshed/tired?
2. Is your sex drive less than you feel it should be?
3. Do you have long term aches and pains that won't go away?
4. Is your energy lower than you'd like it to be?
5. Do you always push yourself when exercising, to get the most out of yourself, no matter whether you're feeling on top form or not?
6. Do you work or sit at the computer or mobile device within 90 minutes of going to bed?

Yes! You can have a happy, harmonious and healthy life.

You no doubt know someone, perhaps a number of people, who are always full of energy, look great and seem to be living a fantastic life. You don't hear them complaining of aches and pains and they manage to keep really fit and healthy despite their hectic schedule and long list of personal or work commitments.

What's their magic formula?

Some of these people may have stumbled across this successful formula, while others have worked hard at achieving the balance you feel you deserve too.

- They have a strong, yet grounded sense of inner peace and calm
- They hear the messages their body communicates to them and know which foods work for them and which don't
- They have fantastic posture
- They have built a strong healthy physique
- They vary their energetic output as their body needs, to maintain sustainable levels of fitness

Now lets take a look at how you can improve your 5R Vitality Score...

INCREASING YOUR RECONNECT VITALITY

To achieve the success you associate with your goals, how about paradoxically addressing what blocks you from achieving them?

Have you ever set a goal or made a New Year's Resolution and failed to achieve it? Have you reset a goal and then failed to achieve that as well? Have you tried to lose weight and not managed to, or done so then put the weight back on again?

The statistic for the number of people failing to achieve their goals in the health and fitness industry is 95%! That figure represents either a lot of people with poor self-discipline or the way we are looking at achieving the goals isn't working.

Self sabotage can be said to be a form of inner conflict. In our experience low scores in the Reconnect section of your 5R Vitality Wheel are a symptom of inner conflict. Try the activity below to help uncover the conflicting parts and move forwards with your goals.

Activity:

Please write out what your current goal is: _____

What does this goal mean to you?: _____

What does that represent to you?: _____

What is the benefit of this (the last answer)? _____

What is the drawback/downside of this (the last answer)? _____

INCREASING YOUR REBALANCE VITALITY

One mans food is another mans poison

Are you overweight? Have you tried diets? Training hard? Working with trainers? Juicing cleanses and detox programmes and nothing seems to work for you?

Do you even go through spells of training really well and being disciplined with preparing foods but ultimately lapse after a while, back to your comfortable habits, especially if life gets stressful in other areas.

There may be some people who seem to have it easy when it comes to managing a healthy weight and appearing vibrant (which is very different to just being thin).

In our experience low scores in the Rebalance section of your 5R Vitality Wheel are a symptom of not hearing what your body is communicating to you in one or more areas. Try the activity below to help uncover your bodys' natural communication with food.

Activity:

What was your last meal? _____

How long was it before you began to get hungry again? _____

What has your energy been like since that last meals? _____

Are you accumulating fat around or below the belly button? _____

Estimate what percentage of the meal was protein, fat and carbohydrate: _____

How could you alter these ratios to get more sustainable energy and increased mental clarity between meals? _____

INCREASING YOUR REALIGN VITALITY

Poor posture creates pain. Good posture improves performance

The 'no pain, no gain' mentality of years gone by seems to be good for the short term but, potentially disastrous for long-term health and wellness.

Have you ever seen someone in the gym and instinctively thought: "That can't be good for you, can it?" as you see someone with poor posture and improper technique potentially making their posture worse as they strive to keep fit?

In our experience low scores in the Realign section of your 5R Vitality Wheel are a symptom of posture and bio-mechanics or have already caused you some pain. Try the activity below to help realign your body.

Activity:

Stand up against a wall. Have your heels, buttocks, shoulder-blades and head up against the wall. Slide your hand between the wall and your lower back. What happens?

Possible outcome 1 - your hand goes through and you can get your arm between your back and wall.

Solution - Begin to stretch your thighs and lower back before each exercise session and get an ergonomic check-up of your working environment

Possible outcome 2 - you can only get your fingers between the wall and your back.

Solution - Begin to stretch your hamstrings and glutes prior to each exercise session and get an ergonomics check-up of your working environment

INCREASING YOUR REBUILD VITALITY

Consistency beats intensity

There are seven movements that your body does everyday without you even thinking about them which are, lunge, squat, push, pull, bend, twist and gait which has three variations: walking, running and sprinting.

Examples of you squatting during your normal daily activities would be getting down onto the toilet or getting into your car. As simple as it seems to get on the toilet, there are many people we have assessed over the years who were not able to perform this fundamental movement.

There are also important energy systems that need to be utilised to get the best out of your body in an elegant training blend. We categorise them into, The Big Lifts, Muscle and Metabolism, SAQ and Endurance. In our experience low scores in the Rebuild section of your 5R Vitality Wheel are a symptom of overuse of one or two or the systems above and avoidance of the others and poor quality movement patterns . Try the activity below to help rebuild your body.

Activity:

Think about your last exercise session. Write out what you did and how many repetitions, sets and how much rest you took. _____

Continuous improvement is important so pick one of the categories or repetitions, sets or rest time and aim to improve one of them. For example if you previously complete 15 press ups, 3 times with a minute rest between. Make you next session 3 sets of 16 repetitions with the same rest. The next time 17 repetitions and so on.

INCREASING YOUR RECOVER VITALITY

Train don't drain

Have you ever spent more money in a month than you earned? I'm guessing like most people you have. Have you ever done that for a number of months in a row and lived with a credit card debt that needed paying back? Again like most people I'm sure you have your own version of that story.

The point is, you paid the money back, irrespective of when you paid it back, you did or you had a plan to do so. In many ways your body is like the bank you owed money to. You can borrow from the Body Bank but it must be repaid if you are to maintain adequate health and wellbeing.

In our experience low scores in the Recover section of your 5R Vitality Wheel are a symptom of overuse of the body's reserves and the vitality on board. Symptoms are the first thing to show prior to real issues so being aware when your body is communicating that it needs a rest, is important. Try the activity below to help improve your recover body.

wActivity:

Lets use your energy as a marker for overall health and vitality. When you woke up this morning, what was your energy like? On a scale of 1-10, 10 being the highest, was it:

- 8-10
- 6-7
- Less than 6

If you scored less than 6 your body is showing definite signs of depletion. Pull back on your exercise sessions and utilise therapeutic exercise such a yin based yoga, for example.

If you scored 6-7, your body is giving you a warning. Its time to listen otherwise nagging injuries, body fat and other unwanted symptoms are just around the corner. More rest between exercise sessions, earlier to bed and more water are the easiest ways to increase energy reserves.

If you scored 8-10, you're listening to your body and all is going well. Make sure to keep listening it'll thank you for it in the long run!

NEXT ACTION STEPS

1. Read “Back to Brilliant” Our Top 5 ranked Health & Fitness Book - To learn more about how you can increase your energy, get a better body and reduce your aches and pains you can read it for yourself - <http://amzn.to/2bsDtXs>
2. Book a one hour Discovery session - In a Discovery Session with us you get in depth understanding about what is inhibiting you making the changes you wish to and most importantly what to do about it. Develop a plan of action to put these insights in place and how to unpack the real value in our 5R methodology.
www.movementlifestyle.com/contact
3. Attend our one day workshop - Each year Movement Lifestyle run a small number of in person workshops to help attendees get Back to Brilliant. This could be right for you if you are looking to get more out of your 5R Vitality Wheel, to learn more about how you can quickly improve your health and make lasting changes.
www.movementlifestyle.com/workshop