



7 WORST MISTAKES

HOW TO AVOID MAKING THESE COSTLY MISTAKES

“This truly is a mind and
body approach”

MAKING BIOMECHANICS YOUR FOCUS

Having worked with over 200 clients to date we see that when there is a focus purely on the mechanics of the body, poor results follow.

Whether your goal is to lose weight, get fitter or get over long term aches and pain you need to be mindful of how the body works when its at its most harmonious to achieve long lasting results.

So if your body isn't just a set of mechanical processes what is it?

Your body is a complex system of systems that are perfectly coordinated when you are healthy and full of life and energy. When this is not the case and you're feeling sluggish and suffer with aches and pain, your body is communicating to you. Every organ in your body has muscles, joints and believe it or not, emotions that are connected to it. For example, the kidneys, in your mid to lower back either side of your spine, are directly connected to your lower abdominal muscles and muscles of your lower back. They are also connected to the vertebrae in your lower back around your belt line. They house emotional energy too, that of fear.

In traditional Chinese medicine the kidneys have a line of energy, called a meridian, that runs up and down the body along the spine and down the back of the legs. The meridians can actually be scientifically proven to exist, with research that was done both in 1960's in Russia and 1990's in France, although the Chinese have been using this system for many hundreds of years.

If you experience pain along these meridians, or energy lines, the root can be traced back to an imbalanced, subtle energy in the associated organ.

Yeah but I just want to exercise and get fit!

To get fit and stay fit its important to stay flexible and supple. We've also found that

muscles that won't stretch have these imbalanced energies running through them, keeping them tight. Tight muscles lead to imbalances and therefore a greater chance of injury.

Whats the answer?

At Movement Lifestyle we run thorough organ and glandular screening assessments on clients to make sure we are more aware of where you might be experiencing more stress, or imbalanced energies and what stretches, exercises and lifestyle advice is needed to balance it.

A key tool to enable us to do that is self assessment and teaching you to become more aware of how your body communicates its

messages to you. By logging food, exercise, feelings and thoughts you start to become much more mindful of your own body.

Using the acronym FEEDS which stands for Food and Fluids, Energy, Emotions, Digestion and Sleep you can keep a simple diary. You'll begin see patterns between these areas and then you can begin to make changes to bring about a more favourable state for your health and wellbeing.

NOT EATING ACCORDING TO YOUR BODIES NEEDS

There are more diet book on the shelves of book shops than ever before in history, let alone all the fad diets and "experts" ideas that are on the internet. Yet there is still a huge percentage of people, overweight, unhealthy and unfortunately misinformed too.

So which diet is best?

Is the 5:2 diet best? A vegan diet? A raw vegan diet or the paleo idea? I think the important question to ask is not which diet is best but which is best for you, at this moment? As you read in *Mistake #1* the body is completely interconnected and there is no way of separating what happens in a joint to what happens in the corresponding organ, for example. Therefore with the digestive system being so important (there are more nerve endings in gut than there

are in the central nervous system to give you some context), its critical that your body receives the correct nutrients, at the right time and that you are not eating foods you're intolerant/allergic to. Whats more its also important that you are optimising your digestive system to take advantage of what you do eat. There's nothing worse than buying good quality foods and your body not absorbing them properly.

A sub optimal environment in the digestive system will likely cause you bodily aches and pains eventually and as this isn't a common connection to make, it could ultimately go unaddressed. If this is the case your body shape likely then won't change and your pain won't go away.

I'm of the opinion that there are no good diets or bad diets there are just lots of different philosophies that have worked for some people, some of the time. What is best for you to do is narrow down how you feel best and then work out the parameters within which you look and feel your best. What do I mean? Genetically

someone of African decent is unlikely to have the same metabolic needs as someone from Norway. Then add in the difference in these two peoples lifestyles and you can have quite a mix of genetic and epigenetic (lifestyle) requirements. These requirements will also change from day to day depending on what is happening in their lives. Becoming aware of how you react to certain foods, amounts of foods and timing of those foods is a critical first step to maximising your potential in this regard. You can also look at other symptoms such as, your emotional states following certain meals. Again use the FEEDS acronym from Mistake #1.

NOT KNOWING HOW TO RELAX

As part of the assessments we do at Movement Lifestyle we look in detail at your diet and lifestyle habits. An important part of the assessment is the diary and in particular the part that looks at how much relaxation you get. Very often this part of the form will be filled in with something like, "10 minutes of television before bed".

Optimal health and wellbeing and therefore optimal body shape and freedom from aches and pains requires that the systems of the body are balanced. One of the important systems, I'm sure you'll agree, is the brain. The brain goes through different brain wave states throughout the day and when it comes time for you to sleep you benefit from being in an optimal brain wave state.

To allow the brain to be in a good place for restful sleep and optimise your 8 hours in bed you need to relax your mind and body before putting your head on the pillow. If you're out late, working until 10pm or checking emails before you go to bed we can almost guarantee you're either waking up feeling unrested and groggy or you have chronic aches and pains.

You have 4 key brain wave states Beta - alert and awake. If you're not relaxing you'll be in this state (being productive, busy brain, worrying, checking emails!)

Alpha - calm and relaxed state. You might associate this with day dreaming (a good place to be before bed)

Theta - deeply relaxed or in a meditative state.

Delta - deep sleep.

If you are spending too much of your day in a beta brain wave state, especially in the 2 hours before going to bed you are much more likely to disrupt the brain wave states of sleep and therefore not get the rest, repair and rejuvenation that you need. What's more that then makes you less alert and productive the

following day. So its counter productive in the medium to long term to over work, as an example.

Suggestion

Try making a cut off time at which electrical products such as television, mobile phones, tablets and iPods are switched off at least one hour before bed. What we've found is that this gives you more time to, sit and be quiet, talk with loved ones, play a family game or do other leisure activities such as playing a musical instrument.

NOT DRINKING ENOUGH WATER

If optimal health and vitality are important to you I'm sure you'll agree water is essential! Containing vital nutrients it supports and sustains life. So why do so many people not drink enough water when we first meet them and what are the consequences?

From experience I think many people are unaware of how much clean, good quality water their body needs everyday to maintain its functions. Stress also plays a part, because when you're in a stressed state thinking of drinking and eating fall down the pecking order somewhat.

Important functions of water:

- Allows proteins and enzymes to function more efficiently
- Hydrates the spinal disks and therefore maintaining disk height (important for those with back pain)
- Helps in the production of energy
- Helps with maintaining adequate volume of your stool (avoiding constipation)
- Maintains cell wall shape and rigidity
- How much should you drink (not bulleted I just can't get rid of it:-)
- Take your weight in kilograms, multiply that by 0.0333 and you'll be left with a figure that represents what you need in litres daily. For example: $100\text{kg} \times 0.0333 = 3.33$ (3 Litres of water per day)!

SETTING EGO GOALS

How many times have you set goals or new years resolutions and not achieved them? How did you feel when you looked back at that or someone reminded you of these goals at a later date? You may have also set goals and been so determined to see them through that you lost balance in other areas of your life. (Cutting off friends, not spending time with children or taking your partner for granted for example) This can and often does produce results in the short term but I'm not convinced this is a good long term strategy for a healthy and vital life.

We've been there too

We can agree then we too have experienced some of these symptoms in the past and seeing the frustrations clients go through it made us look for another way to set and achieve goals.

We attended a workshop with J.P Sears of Awaken with JP - Inner healing coach, and said something in respect of goals that was transformational. He mentioned when considering your goals its a healthy emotional practice to ask yourself "whats the story under the story of my goal?"

Example

You might have a goal to lose weight and get rid of your chronic lower back pain. To look under this very literal statement we might ask you, what does achieving this mean to you? You might say "it means I'd feel better about myself and

feel free to move". Going another layer deeper and asking what that means, gets you closer to the core of why you might set that goal. To which you might say something like "to feel better about myself means I'd have more confidence and feeling free to move means I'd feel "unleashed" Now you're getting somewhere!

In discussion specifically about your goals we find it important for clients to see the benefits of their goals but also the potential drawbacks of what achieving the goal may feel like.

Why would you that?

Investigating the potential drawbacks, something that might seem quite a strange thing to do, you open yourself to see parts of your psyche that could be gaining benefit from you not achieving your goals and therefore acting like a handbrake to achieving them.

SABOTAGING YOUR OWN PROGRAMME

In the health and fitness industry there is a very poor statistic for goal achievement and people reaching their desired end result. Only 5% of people who set a goal to do with health and fitness achieve it, meaning 95% of people are failing to do so. Since finding this out, it has fascinated us and caused us to look at why, when and how this is happening.

Self sabotage

We began to study self sabotage and found that there are actually emotional benefits for you to sabotage areas of your life, your health and fitness being one of them. This started to make us realise why the statistic above might be so high and also, it says quite a bit about the state of peoples emotional health if that is the case.

You might see self sabotage happening in many areas of your life such as:

- Wishing you weighed less than you do now but never being able to get to the weight you'd like
 - Losing weight and feeling better then putting it back on again
 - Chronic lower back pain that just won't go away no matter what you do
 - Drinking more alcohol than you know is good for you and feeling regret afterwards
 - Seeing a health professional for an evaluation and then not seeing the programme through as it was laid out
 - Relationships that just never seem to last the course

Two definitions that I think are incredibly useful to contemplate are:

- Self sabotage is a form of inner conflict
- Self sabotage is a validation of unresolved emotional wounding and/or disempowering beliefs about yourself

Moving beyond sabotage

On the contrary, living beyond your self sabotage is to live your life in acceptance of how things are, allowing the river of life to flow, if you will. When there is resistance in your life to certain things, like the way you look and feel for example, they will usually persist until the emotional relationship with this wound is reconciled, made friends with and shown some acceptance. What are the parts of yourself that you are aware of that you don't accept fully? What parts might you guess, that you're not aware of, that you're not fully accepting of?

The two questions above can help you to consider what are the emotional parts of yourself that may have been driving actions that you were possibly unaware of, the self-perpetuating events that seem to knock you off track. In this way you become more enlightened to these parts of yourself.

"Enlightenment isn't found by imagining the light. It's found by becoming conscious of the darkness"
Carl Jung

RUNNING BEFORE YOU CAN WALK

Over the last ten years we have worked with many people who have the desire to look and feel better whilst getting rid of their bad back. Most people we see possible like yourself, have at least tried other options first, such as Pilates, yoga or other stretching or core control classes to help. They often mention that these classes were helping but not entirely solving the problem as their issues still remain, from time to time anyway.

If this is not like you, you may train hard lifting weights, riding your road bike or running 10k's and 1/2 marathons but occasionally suffer with the aches and pains. When this does happen you lay off the hard training for a short time then gradually re-introduce what you were going before.

The problem

In both scenarios above, when we see these clients they typically have muscle imbalances that need strengthening and stretching. These imbalances need an approach that not only helps the foundations, like Pilates and yoga do but also take you to a level that matches or even exceeds your physical requirements in your everyday life or sporting pursuits. When the initial aches and pains disappear some people have mistakenly thought that the rehabilitation phase was complete and normal service can resume.

False assumptions

The problem is that, the muscles that stabilise a joint act differently and therefore need to be trained differently to movement muscles. You quite often need to isolate weak muscles to strengthen them so they then can be reintegrated back into a working system.

What is the correct order?

The order of strength needs to always follow as below:

1. Flexibility & Stability
2. Strength
3. Power

As talked about earlier, we have found re-injury or recurring aches and pains to be the case when this hierarchy isn't followed. It can be tempting to go from flexibility and stability work which seemingly made you feel better back to what you enjoy doing to keep fit and healthy. Yet there are usually maximal strength and speed and power elements of these activities.

The answer

If you learn to “walk” (flexibility and stability training) then “jog” (functional strength training) and finally sprint (sports specific or lifestyle specific training) then you are much less likely to continually be suffering with aches and pains and missing training sessions.