

Move for life

Exercise to Fit our Frame



The Golden Rules for Getting Started

1. **Understand that daily physical activity is a required nutrient, not a therapy or an option.** Think of exercise as a luxury, a wonderful, opulent pursuit that is not available to all. It is a miraculous elixir that will brighten your spirits, improve your wellbeing, and make you feel so much better!
2. **Start each day with physical and spiritual-emotional exercise.**
3. **Add as much activity to your normal daily routine as possible.** Always walk instead of drive when possible. Always take stairs instead of the lift. Always choose active social outings for friends and family when possible. Get a workout partner or group.
4. **Never go a day without exercise or spinal hygiene.**
5. **Always judge your choices based on how you will feel AFTER the activity, not before or during.** You will NEVER regret a healthy activity!! Evaluate your choices based on what your cells need. (Remember how your healthy ancestors moved!)
6. **Always look forward to your next day as an opportunity to improve your moving habits and your health.** Never feel guilty about a bad choice (guilt will never serve you).

General Exercise Principles

Progression: All new activities should be introduced gradually and slowly progress in terms of intensity, duration and frequency. This is both physically and psychologically important.

Overload: Human physiology mirrors the environmental stimuli it is exposed to. Fitness levels are no different. If a workout does not overload the neuromusculoskeletal system, no physiological adaptation will occur because adaptation is not necessary. For improvements to be seen the physiological demand of the activity must exceed current physiological adaptive levels.

Specificity: The physiological adaptation that takes place is specific to the environmental (physical activity) stimulus. This is why The Innate Physical Fitness Program™ involves all components of fitness and contains activities that are specific to human genetic requirements. The specific goal is sufficient activity for health not just for fitness levels. Fitness levels can be improved in the absence of innate health, but innate health cannot be experienced without innate fitness levels.

The Innate Physical Fitness™ Activity Profile

Aerobic (Endurance)		Daily
Resistance (Strength)	}	
Anaerobic (Speed and Power)	}	2-3X per week
Spinal Hygiene (Core, Agility, R.O.M.)		Daily

** Some activities will have overlap into more than one category (e.g. some strength activities will also involve speed, power, core and agility training).*

**Activities that combine as many resistance, anaerobic and spinal hygiene activities as possible or as many aerobic and spinal hygiene activities as possible are desirable.*

**Aerobic and strength exercises should not be combined in the same workout.*

Innate Physical Fitness™ Transition and Implementation Strategies

Remember, the goal is health, not weight loss, bigger biceps, fewer chins, less pain, less love handles, less fatigue etc. Looking great or terrible, having high energy or constant fatigue, having high sex drive or no sex drive, sleeping well or not sleeping well, being happy and well or being depressed and sick are all just effects of being healthy or unhealthy. So health is the goal, feeling looking and performing great are just the natural side effects.

Always think slow constant improvement. Don't make promises you won't keep. Saying you will never miss a workout or ever sit on the couch again is unrealistic for most and besides it is a NEGATIVE GOAL not a positive goal.

Never start by focussing on what you are NOT going to do; always focus on what you ARE going to do.

Also, always understand that there is no “can't” or “have to”, only choices. You can sit and lie around all day if you choose; you are changing your activity patterns because you choose to, not because you have to. Get that straight from the beginning.

Paleo Style Fitness Implementation Step 1 (0-6 wks)

- Go outside and deep breathe twice a day everyday for five minutes with exercise clothes on – preferably first thing in the morning and sometime after dinner. Walk or cycle if you feel ready.
- Each day increase the amount of time, the distance, or the intensity/pace of your activity – this increment can be as small as one step or one second or as large as you wish. Slow, gradual progression is best.
- Try to find a partner or group – create your own if needed!
- Try to walk or cycle on a trail or on some uneven surface as much as possible.
- Practice walking backwards and sideways at least a few steps on every walk.
- Do the prescribed Spinal Hygiene exercises daily.

Paleo Style Fitness Implementation Step 2 (6-12 wks)

- Walk or cycle every day – preferably first thing in the a.m.
- Jog or skip a small distance (between lamp posts) at least once on your walk. Gradually increase the frequency and distance of these jogs and/or skips – smile while you skip – bonus points for singing!
- Find some hills or stairs and include this into your routine 1-2 times per week. Even one stair is fine to start!
- Do the prescribed Spinal Hygiene exercises daily.
- Begin a strength training workout 1-2x/wk. Ask your chiropractor about this when you feel ready to begin.
- Starting with a circuit training course or program is a good idea. Get a workout partner!

Remember the goal is to have some aerobic activity every day with 2-3 more vigorous workouts each week comprised of at least one intervals session and one strength training session.

Paleo Style Fitness Implementation Step 3 (12-24 wks)

- Walk, cycle, or jog every day – preferably first thing in the a.m.
- Always include some skipping, hopping, or walking backwards during your walks or jogs.
- Continue to progress in intensity and duration of the stairs and/or hills during your walks. You are now phasing these into anaerobic speed workouts. Jog up the hills or the stairs and walk back down and repeat; take as much time between work intervals to recover as you need. Progressively increase the number of intervals on a weekly basis. You can replace the stairs or hills with any other anaerobic and speed workout activities. Perform these activities 1-2x/wk.
- Do the prescribed Spinal Hygiene exercises daily.
- Continue doing your strength training workout 1-2x/wk.

Paleo Style Fitness Implementation Step 4 (24wks & on)

- Walk, jog, or cycle every day – preferably first thing in the a.m.
- Include at least one interval training session each week (up to 3 minutes as hard as you can followed by 3 minutes of slow recovery). Do up to 6 intervals.
- Incorporate as much balance/agility activity into your workouts as possible.
- Do the prescribed Spinal Hygiene exercises daily.
- Continue your strength training workout 1-2x/wk.
- DO YOGA or PILATES or GYMNASTICS!

Movement and Exercise Record

Day	Daily Activity	Workouts	Hours Spent Sitting	Congruent/Incongruent (SSB/WUS)
1				
2				
3				
4				
5				
6				
7				
Totals				