

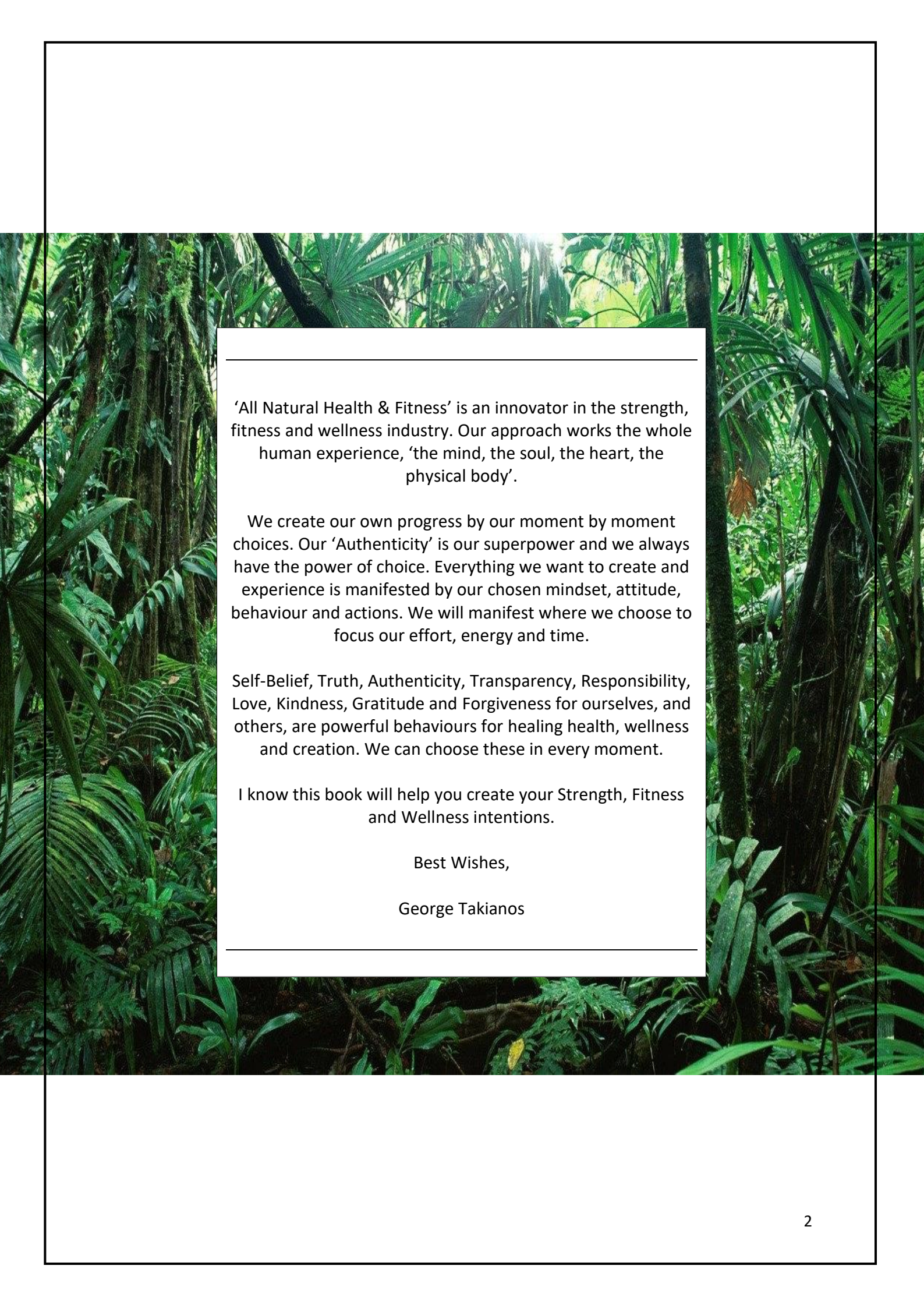
Choosing a

Champion Mindset

A real life story

By George Takianos

NOURISH, HEAL & THRIVE from DIS-EASE



‘All Natural Health & Fitness’ is an innovator in the strength, fitness and wellness industry. Our approach works the whole human experience, ‘the mind, the soul, the heart, the physical body’.

We create our own progress by our moment by moment choices. Our ‘Authenticity’ is our superpower and we always have the power of choice. Everything we want to create and experience is manifested by our chosen mindset, attitude, behaviour and actions. We will manifest where we choose to focus our effort, energy and time.

Self-Belief, Truth, Authenticity, Transparency, Responsibility, Love, Kindness, Gratitude and Forgiveness for ourselves, and others, are powerful behaviours for healing health, wellness and creation. We can choose these in every moment.

I know this book will help you create your Strength, Fitness and Wellness intentions.

Best Wishes,

George Takianos

“We are never too old and it’s never too late to begin our strength, fitness and wellness adventure. Everything improves with daily movement in nature” - *George Takianos*, Founder & Advocate for Strength, Fitness, Wellness and Planetary Wellbeing - *All Natural Health & Fitness PHILOSOPHY*.

‘Slow and steady wins the race’



The truth in a fable...‘The Hare and The Tortoise’

A Tortoise and Hare decide to race. The hare is so confident in the lead that he naps while the tortoise keeps going to win.

The moral lesson of the story is that you can be more successful by doing things slowly and steadily than by acting quickly and carelessly.



All Natural Health & Fitness

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**Everything in your life
is a reflection
of a choice you have made.**

**If you want a
different result,
make a different choice**



Introduction



The All Natural Health & Fitness PHILOSOPHY

GEORGE TAKIANOS - PHILOSOPHY FOUNDER

Hi, I'm George, and this is why I wrote this book for you...

I'm a typical Aussie of Greek heritage who was born in 1976 and grew up in Melbourne in the 1980's. After leaving school, I joined the workforce and worked in the call centre for a financial services business. In 2006 I married my high school sweetheart. We travelled around Europe, got married and we had two amazing kids. I thought I was set for a good life working in the financial advice industry, earning a very good income. However, things didn't turn out that way.

Over the past two decades I have suffered from anxiety, depression, cancer and an acquired brain injury which led to a total mental and physical breakdown and disability.

I nearly died. Twice.

In addition, I suffered from abuse in both my professional and personal environments. My loving marriage ended in divorce and I experienced betrayal by people I loved, supported and trusted.

And yet now, despite all of this, I am at this moment the fittest, strongest, healthiest, confident, most joyful and content that I have ever been.

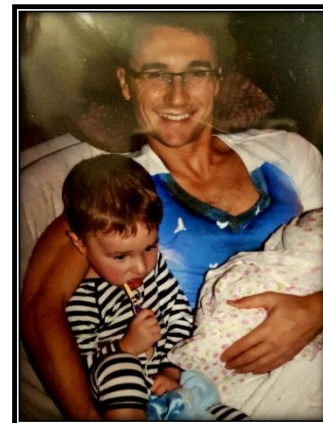
In this book I will share with you how I turned my life around through simple steps, techniques and choices I have made, so that you too can also become the fittest, strongest, healthiest, confident, most joyful and content that you want to be.

Where things started to go wrong.

In 1999 I joined a small financial services business and over almost a decade my effort, energy and work ethic became a positive contributor to their growth and success. That business developed into one of the leading financial services organisations in Australia. I was making good money and climbing the corporate ladder. Looking good, but I wasn't happy.

With all the benefits of hindsight, I can see that during that time I was only just existing and not living. I was working for an organisation whose values and integrity no longer matched mine and I was constantly feeling compromised and out of integrity with what I felt was the right thing to do. I was doing things I didn't believe in for people I knew I couldn't trust. I was tolerating abusive behaviour in both my professional and personal environments and not standing up for myself and what I believed in or speaking my truth. On a more subtle level, I was ignoring my gut instincts and intuition and doing things to please others at the expense of my own health and happiness.

The net result of all this meant I was experiencing a lot of anxiety, which at the time, I did not know how to work with. When anxiety is not addressed and relieved, it quickly leads to depression, as it started to then take effect on me. This became so overwhelming that I would regularly experience panic attacks while driving to work, in meetings and even watching television at home. Each day my life became more difficult. Each morning I struggled to get out of bed. My whole human experience was in distress. One particular morning I had to talk myself out of bed, through showering and getting dressed. On my way to work, my body wanted to turn the car around and go home. I had to talk myself through that whole day. 'Self-talks' started to then become a daily ritual. My life was changing and I did not know how to help myself. It was all unfamiliar to me.



I lived like this for around two years. Throughout this time I tried a number of treatments to cure my anxiety and depression:

- Meditation
- Positive self-talk
- Neuro Linguistic Programming (NLP)
- Regular exercise in nature

These only had a limited impact on my anxiety and depression. The 'dis-ease' I was experiencing, but not resolving, eventually turned in on my body. I noticed growths on my neck and was finally diagnosed with Cancer (Follicular Lymphoma, non-Hodgkin lymphoma) in 2009. The cancer had already spread throughout my whole body and at that time the prognosis was not good, as there was no medical cure or guaranteed treatment for the type of cancer I had in my body. I was told by the medical professionals that I may have a week or a year and not to put things off in my life. There was so much uncertainty.

What to do?



Confronted with the news that modern medicine couldn't help me, I chose to attend some cancer wellbeing retreats. One of these was with the Quest for Life Foundation run by Petrea King at their centre in Bundanoon, NSW Australia. This was an amazing experience for me. One of the facilitators shared something that stuck with me; they had noticed that every person who chose to make behaviour changes to their lives as a result of attending the program either went into remission or massively outlived any expectations modern medicine had for them. So, after the retreat I chose to make some long overdue changes.

Major decisions had to be made and these were going to change my life. The most profound was my choice to resign from the company that I was working for at the time whose values were no longer aligned with mine. In that moment, I realised that this is what I needed to do. I knew it was the right choice for me because I felt all of the anxiety and depression melt away from my body, and within months the cancer in my neck went away and the rest of the cancer throughout my body stopped growing. In this one action, I had, to a large degree, released one major element of the 'dis-ease' I had been experiencing.

At that time, I also attended a meditation course facilitated by StJohn Miall (Founder, Keep Evolving) and his wife Alexia Miall. That course was an empowering experience for me and the beginning of a wonderful friendship with StJohn.

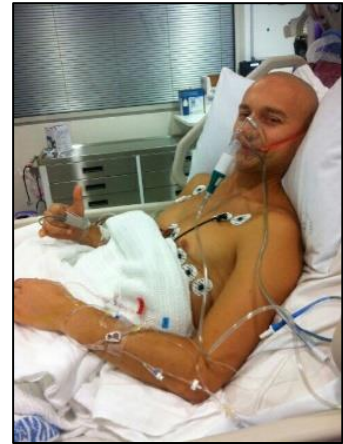
StJohn and Alexia brought my awareness to our 'mind & body' connection; no matter what thoughts are passing by our awareness or feelings we are experiencing, we can always choose our actions. StJohn would say to me "feel your feelings, choose your actions". One of the most effective tools they shared with me was 'mindfulness'; choosing to be present in the moment without judgement, expectations or conditions, to connect with my heart and my whole world experience with loving kindness. Mindfulness meditation became an effective tool for me to practice being in the moment without judgment or expectations. I was feeling more confident about my life choices and going on this journey with such wonderful mentors.

I then took on a new job role as Head of Sales with a new company whose values seemed to be more aligned with my values. I enjoyed working with my team of people and over the next three years we worked with focused effort, performed well and helped the organisation turn around a declining position into a thriving profitable one. But then things changed. The organization had then decided to change business strategies. That moment was a major turning point for me. I realised that what I was then asked to do in my job role added no value to our clients, our staff or our business growth. It was unnecessary and harmful to the people who I was responsible for within my team. This was draining, demotivating and exhausting for my soul. I felt the anxiety come back within months, and the cancer started to grow again. History was starting to repeat itself. I chose to learn from my past experiences and I resigned from that organisation. The anxiety went away. It was time focus on curing

the cancer. This was February 2014. I was advised that a type of chemotherapy called R-CHOP could put my cancer into remission for an unknown period of time. I chose to go ahead with this option at the time. During my chemotherapy treatment, my small intestine ruptured and required emergency surgery, removing a section of my intestine. The scar on my abdomen is a result of this procedure. The chemotherapy treatment was successful in placing the cancer into remission.

Next Steps.

For me, it was important for my healing to feel alive and be a part of the real world again post cancer. I chose to return to the workforce a few months later, but this time as a contract consultant to financial services companies. I started that in September 2014 and felt as though my life was starting to get back on track. It was going very well in terms of income, however not very well in terms of my joy. This had an impact on my health, again. In December 2014 I began to experience anxiety, hallucinations and my right hand started trembling non-stop. It got worse, and on 24 December 2014 I went to hospital at midnight. All I remember is waking up in May 2015 not being able to control my body, remember my children or speak clearly. The last few months were blacked out from my memory. I remember only a few days within that timeframe. I was in a vegetated state for most of it and my short term memories had lapsed. It turns out I had contracted a very rare virus called Autoimmune Encephalitis that majorly affects the brain functioning, and of which only very few cases had ever been identified world-wide.



Modern medicine was barely keeping me alive. It wasn't helpful for my situation. My parents chose to move into the hospital with me. They lived in a different state. They travelled over 1,000 km to come and take care of me and stayed in close-by accommodation to be available and by my side 24 hrs a day.

My parents helped me during this very challenging time by nourishing my body with fresh, home-made, plant based whole food meals, their unconditional love and belief, and rehabilitating me physically daily. They sat with me day in and day out, never wavering in their love and belief and physically helping with my daily requirements. This was a big job, as the virus meant I had lost control of my movement and my ability to speak clearly. They encouraged me to participate in my physio and physical recovery. "I was a lot of work", but their love and support was what I really needed to get through this difficult time in my life.

I eventually walked out from hospital in July/August 2015 and started rehabilitating my 'mind' and 'body' by myself, 4 or 5 times each day. This was no easy task. My body was struggling to respond to a barrage of confusing and contradictory messages from a damaged brain. For example, when I wanted to move my leg, I thought about moving my leg but my leg would not physically respond and move. So I needed to retrain and exercise my brain as well as my body. Physically my brain had to rebuild itself (build new connections to map out ways to communicate with my body) and psychologically it was as if I had to start all over again and mentally grow up through the stages of childhood, adolescence and back into adulthood. In addition, I was taking a whole range of prescription medicines each day that were really experimental, as there was no medical treatment for my condition. These medications were intended to support me in my rehabilitation, but in practice they had a heap of side effects that affected my mood, quality of life and included massive weight gain due to the appetite booster side effects.

However, in spite of all these handicaps, I settled into a regime of physical exercise, healthy eating and learning new ways of thinking and interacting with the world. It was a difficult time not only for me, but also for my wife who had her own job to hold down and take care of our two young children, as well as one large child/adult (me) to manage. We were all doing our best in a very difficult, scary and uncertain situation. Eventually, this took its toll and our marriage ended. I loved our time together and am truly grateful for our children and our experiences we shared during our connection.

The regime of regular exercise and clean healthy eating started to kick in and my coordination and health started to return. I was making remarkable progress, however, the medication was still holding me back. Eventually, after reducing the dosage over time, I stopped taking 'all' the pills. There was a handful of them! As a result, my wellbeing took another leap forward. It became clear to me, that the more I looked after my body, the more it

developed the capacity to do what it needed to do to heal itself. This was a crucial moment in my 'well-being'. As my body learned to self-heal, so did my self-belief, self-confidence and my capacity to make wiser choices each day that supported the creation of a rich, rewarding, fulfilling and joyous life.

I became well enough to return to work in January 2016. The time spent in recovery has been perhaps the greatest gift in my life. A gift that I now pass on to you through this book.



So, what's in the book?

I started to experience anxiety and depression over the years of working with organizations. The underlying factor that was causing these conditions was because our values were not aligned. My morals and values meant more to me than just doing a job role. Performing a job role that had a negative and significant impact on others was not what I wanted to do or be every day of my life. On 4 December 2018, I chose to experience every moment with 'Self-Belief, Truth, Authenticity, Transparency, Responsibility, Love, Kindness, Gratitude and Forgiveness' for myself and others and

started moving in a direction guided by my heart, soul, gut instinct and intuition. I felt the energy shift in me in that moment. That was the moment I cured my 'dis-ease'. Now I am constantly in my healing wellbeing state.

In the chapters to follow I will share with you the insights, understandings and philosophy that has emerged through all that I have learned on this amazing journey. I'll teach you:

- The elements that make up an integrated and balanced exercise regime - one that can be done anywhere, without the requirements of needing to go to the gym or the use of specific health and fitness equipment.
- The fundamentals of a natural and healthy diet that will support a healthy body and gently bring you back to a weight that is optimal to your wellbeing.
- The approach and practices that will support you in developing a healthy set of attitudes and thinking patterns that will not only support the discipline of your healthy exercise and dietary regimes, but will also lead to a happier and less stressful life. This will include gaining 'closure' on some of the events from the past that may still be affecting your life, and how through forgiveness, love and kindness, gratitude and generosity, you can go on to create a life well-lived for yourself.

I call this approach ***The All Natural Health & Fitness PHILOSOPHY***. It was born and evolved from my personal experiences with 'dis-ease'. Modern medicine didn't provide a full cure, so I experimented with behaviour and attitude change and discovered ways to make it work.

The **All Natural Health & Fitness PHILOSOPHY** guides us to nourish and nurture our:

1. Physical body
2. Mind
3. Heart *and*
4. Soul, within our day to day experiences.

It's simple, effective and proven and requires no special equipment, supplements or diets.

Accessible anywhere, anytime.

Just us and our daily choices.



We all have the potential to be powerful creators of our lives. We simply need to be consistent with our daily choices over time. It's really that simple.

There is no timeframe on creation. We simply choose to focus our effort, energy and time towards choosing a helpful and empowering mindset, attitude, behaviour and actions that will manifest our intentions. All that consistent effort and energy compounds over time to create our desired outcomes.

One day it all comes together.

And like the 'Tortoise and the Hare', slow and steady wins the day.

I truly hope our insights we share in this book can be your guide to wellness and joy, every moment.

Love and best wishes,

George Takianos

Founder & Advocate for Strength, Fitness, Wellness and Planetary Wellbeing
All Natural Health & Fitness PHILOSOPHY



5 Daily Reminders

1. I am amazing.
2. I can do anything.
3. Positivity is a choice.
4. I celebrate my individuality.
5. I am prepared to succeed.

TESTIMONIAL - STJOHN MIALL

Now, let's get one thing clear.... Now that I'm in my 60's, exercise is not my most favourite pastime, except perhaps when it involves walking through nature accompanied by the Mudge.

So, when a couple of days ago George Takianos, a good friend, arrived on my doorstep and said "C'mon, let's go. I'll show you a better way". My immediate response was, "do we have to?".

George, bless him, has been gifted with more than his fair share of generosity, kindness and enthusiasm, so how could I refuse and I went along for the ride.

George said the important thing is to go at a leisurely pace, and never push yourself. We went for a walk round Lilydale Lake, and every 50 meters or so George found a tree, a bench, a bit of fencing that was perfect for just a few press ups and other stretching and strengthening exercises.

Unlike past experiences of gyms and personal trainers who all seem to subscribe to the 'no pain, no gain' school of exercise torture, George always made me stop before I was spent (no lactic acid build-up and no post exercise soreness). Then we'd walk a bit more, talk a bit more, learn a bit more, always on the rough grass, up and down slopes, avoiding the smooth path, thus giving my ankles a good work out, naturally.

An hour and a half later, we had circumnavigated the lake, done heaps of exercises and I was feeling refreshed, motivated and invigorated – very different from the normal "thank God that's over for another week" that has been my past experience.

George's philosophy is to just use what you find around you, each day make sure you do some movement, and do a little bit more than you did the day before.



Will this get me back to a generally strong level of fitness and good health? I'm sure it will, because I've seen George use it himself to recover from a severe brain-damaging medical condition 4 years ago that left him hospitalised, unable to put together a complete sentence or walk in a straight line. After 9 months of rehab, George was way overweight and struggling to manage the cocktail of medication he had to take each day. However, with a little bit more movement each day, he re-established his motor and thinking skills, got back on a healthy diet, weaned himself off the drugs and returned to a rich and full life helping others who are struggling to get back on top of their own lives.

Thanks George. We'll be meeting regularly over the next few months, and for the first time in many years I look forward to my exercise time each day.

StJohn Miall





WELLNESS

RESPONSIBILITY

We are not responsible for another person's healing, health, wellness, joy or success

Choosing to be authentic, truthful and transparent with people we choose to engage and connect with are powerful behaviours for *healthy successful sustainable creation* and *genuine relationships*.

My personal experiences with challenging and complicated situations has helped me define what responsibility means and how it influences our human development:

- We **are not** responsible for another person's healing, health, wellness, joy or success. They are.
- We **are** responsible for our own healing, health, wellness, joy and success.
- We can only **support** and **encourage** others whilst mindfully caring for our energy at the same time.

Our healing, health, wellness, joy and success are created by our chosen behaviour, daily. We can always choose our '*mindset-attitude-behaviour*' regardless of the thoughts our mind is producing or the feelings our body is experiencing in any moment.

This Planet Earth experience is designed to be temporary which is why our physical body (our avatar for this experience) is designed to age.


Everything shifts in a healing, energising and empowering way when we choose to approach the situation/experience with Self-Belief, Truth, Authenticity, Transparency, Responsibility, Love, Kindness, Gratitude and Forgiveness for ourselves, and others, plus Grit Determination, Work Ethic and Character. These are powerful behaviours for healing health, wellness and successful sustainable creation. We can choose all these and develop them by our daily choices over time.

It's ok to **Stop, Reset, Rest, Recover, Learn, Grow** and **Resume** with *evolved mindset-attitude-behaviour* as often as we feel we need to. This is our process for success.

It's ok to choose to let go of everything that feels draining or harmful to us and our intentions (mindset, attitude, behaviour, relationships, environments, naysayers, judgement, expectations). This alone has a massive *positive effect* on our healing, health, wellness, joy and success.

Every experience is temporary and a learning and growth opportunity. Choose to evolve your *mindset-attitude-behaviour* from every experience in a healthy, energising and empowering way.

The only moment that exists and matters is this 'now' moment. We take nothing material with us when we leave this planet, not even our physical body (our avatar for this temporary Planet Earth experience). Our **time** is the most valuable thing we own and can share with another.



"It is health
that is real
wealth and
not pieces
of gold
and silver."

~ Gandhi

Money is not real. It is an agreed idea to exchange goods and services.

What 'is real' and has 'massive value' is:

- ◆ Our behaviour.
- ◆ Our planet (nobody owns Planet Earth, she is here for all living beings to have a Planet Earth adventure).
- ◆ Our relationships and connections with each other.

Our healing, health, wellness, joy and success are 'our' responsibility. We are in our present moment situation because of the choices we have made up to this point. If we want a different experience, make helpful, energising and empowering choices going forward that will manifest our intentions over time.

Our 'Authenticity' is our superpower and we always have the power of choice.

We are all a unique expression of creation.

Creation is intelligent. We are all intelligent.

We access our intelligence and connect to the constant flow of abundance, which is creation's natural state, by choosing to be present in the moment without judgement or expectations, being our unique authentic self, speaking our truth and making choices guided by our unique body: heart, soul, gut instinct and intuition.

We switch on our creative power state by choosing to take responsibility for our past, present and future choices/experiences, without judgement or expectations.

Choose to believe in yourself every moment.

You CAN!

The *key* to wellness is to accept personal
responsibility for your health & wellbeing!

The *key* to wellness is to accept personal
responsibility for your health & wellbeing!



Eat like a Gorilla.
Go plant-based and still be strong.

**Take
responsibility
and initiative
for yourself.
Stop blaming
your
circumstances
on what you
are able to
change.**

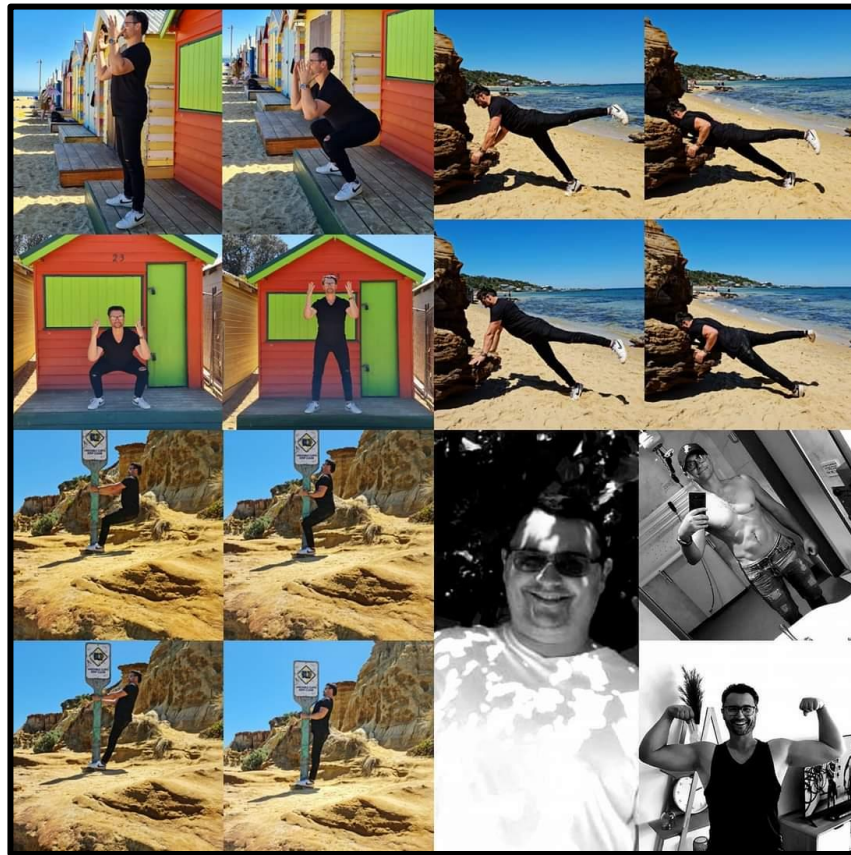


Healthy Exercise



M O V E M E N T

O V E R M E N T



This chapter focuses on physical movement, building strength and fitness.

Everything (recovery, health and wellness) improves with daily movement in nature:

- ✓ Muscle growth
 - ✓ Bone density
 - ✓ Mobility
 - ✓ Sleep
 - ✓ Mood
 - ✓ Concentration
 - ✓ Confidence
 - ✓ Strength
 - ✓ Fitness
 - ✓ Energy
 - ✓ Blood pressure
 - ✓ Resting Heart Rate
- ...plus HEAPS more positive benefits.

With our philosophy, our 'present moment environment' is our gym or workout station (beach, park, office, etc.).

MOVEMENT IS MOVEMENT

It really doesn't matter what type of movement we choose to practice when we are guided by some universal evidence based *Strength & Fitness* principles.

THERE IS NO SHORTCUT.
IT TAKES TIME TO CREATE
A BETTER, STRONGER
VERSION OF YOURSELF.



These are:

1. Time Under Tension
- Slow controlled movement. 5 push ups in one minute or 50 push ups in one minute is still one minute of tension time. Muscles grow when we place tension on them. The longer we hold the tension, the more stress load we place on our muscles and they are switched on and encouraged to grow to handle the load going forward.
2. Variation of movement - Our muscles adapt quickly to routine. By choosing to vary the position of our hands, feet and body angle, movement combination, repetitions per set and movement speed, we keep our muscles actively working and stimulate their need to grow. This also reduces the risk of overtraining a muscle and joint position which can lead to injury.
3. Volume Over Time - Consistency is the key to creation. Small amount of movement throughout our day's experiences every day is effective over time. Three 10 minute movement sessions every day is effective. One 30 minute movement session every day is effective. Ten 5 minute movement sessions every day is effective. Our physical body thrives on daily movement.
4. Muscles that swell grow - 'The Pump' refers to blood flow increasing in the muscle. Muscles grow where blood flows. *Time Under Tension* stimulates blood flow to the muscle.
5. Be present in the moment - When we bring our awareness to the movement more blood flows to the muscle, increasing muscle growth.
6. Recovery - Adequate recovery is a significant contributor to our sustainable high performance. Sleep is the most effective recovery technique. We are all unique and it's entirely our responsibility to ensure we are getting adequate rest and recovery throughout our day's experiences.

STRENGTH & FITNESS DEFINITIONS

Compound Movement - More than one muscle is activated to complete the movement. E.g. performing a 'push up' uses chest, shoulders and triceps to complete the movement.

Controlled Movement - The pace of the movement is being controlled by our effort. We are not using gravity or momentum to complete the movement.

Extension - Is a movement away from our body; straightening the joint.

Flexion - Movement towards our body; bending the joint.

High Intensity Training - We are working at our maximum effort level.

Isolated Movement - One muscle is activated to complete the movement. E.g. biceps curls.

Mind Muscle Connection (Mindfulness) - More blood flows to our muscles when we focus on the movement as we are practicing it. This enhances muscle growth and increased awareness and enjoyment of the movement.

Muscle Exhaustion/Fatigue - Keep practicing the movement in the set until we cannot complete one more repetition, as the muscle has been completely exhausted/fatigued.

Negative /Eccentric Motion – Also known as 'the negative'. Lowering motion of the movement; lengthening the muscle.

Positive/Concentric Motion - A lifting, pushing or pulling motion of the movement; shortening the muscle.

Repetition - One completed movement.

Set - The number of completed movements in a row.

Walking at an Enjoyable Pace – Fitness walking. We can still chat with a little bit of effort required.



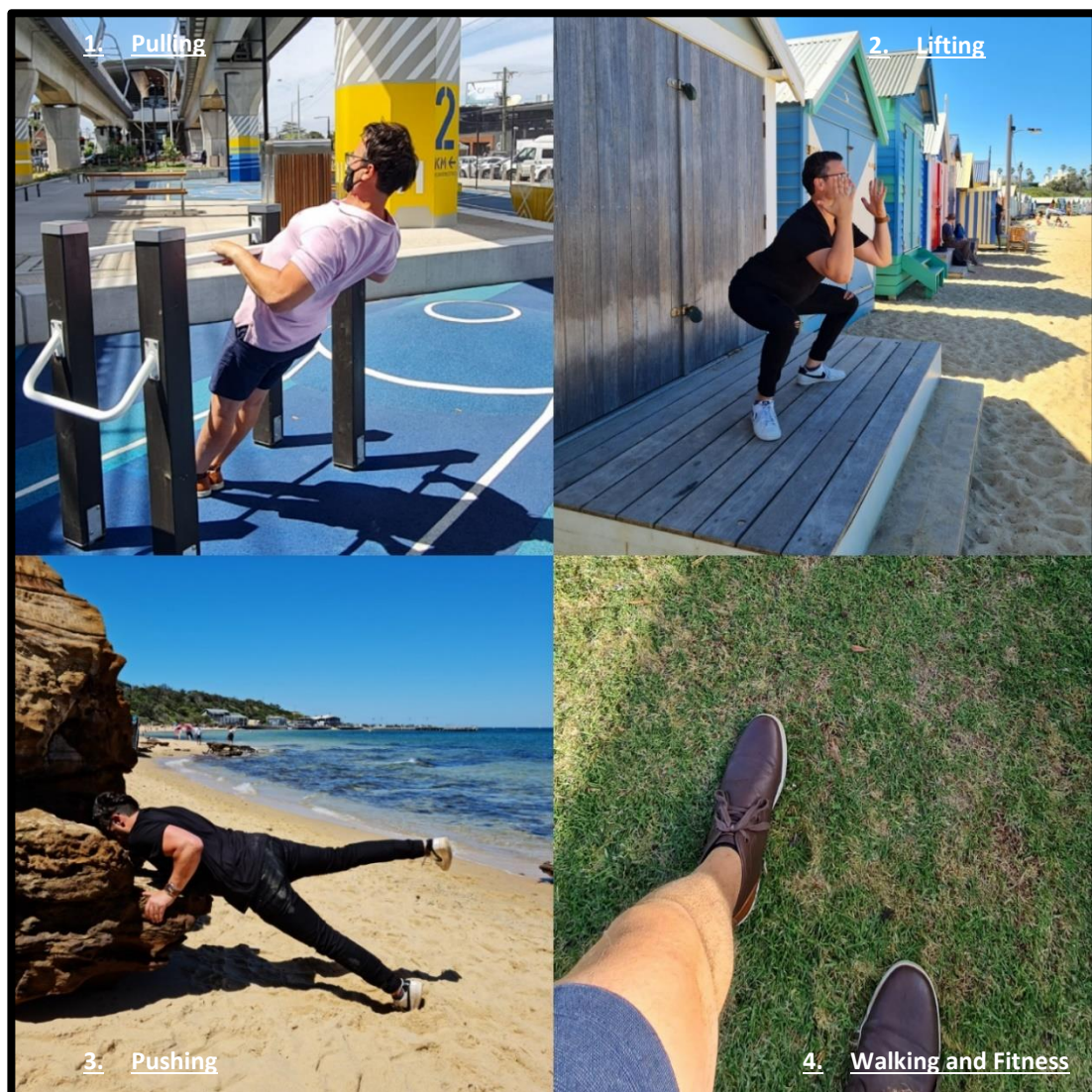
Our core movements in our day's experiences are:

1. **Pulling** - Back & biceps muscles activate (The 'Back Row' is a highly effective movement that activates these muscles).
2. **Lifting** - Leg, thigh, back and core muscles activate (The 'Squat' is a highly effective movement that activates these muscles).
3. **Pushing** - Chest, shoulder & triceps muscles activate (The 'Push Up' is a highly effective movement that activates these muscles).
4. **Walking and Fitness** - Every muscle is activated with these movements.

By choosing to regularly practice strength development movements that focus on these muscle groups, we are optimising our *Physical Body's* ability to perform our daily activities and minimising our risk of injury.

Our core movements are 'Whole Body - Compound Bodyweight' exercises. This means they engage every muscle group in our body to practice the movement. These movements are highly effective for the development of these muscle groups, accessible anywhere, anytime and can be adapted to all age groups and current levels of ability.

Let's work through each one.



PUSHING

Push Up (the pushing movement activates the chest, shoulders, triceps and body core muscles)

- The closer the elbows are to our torso the more the triceps are activated during the movement.
- The further the elbows are from the torso the more the shoulders are activated during the movement.
- When the elbows are around a 45 degree angle from the torso the chest muscle is predominantly activated during the movement.
- The closer our hands are to our body the more our shoulders are activated during the movement.
- The further our hands are from our body the more our chest is activated during the movement.
- Our core is engaged during the movement. We engage our core by tilting our pelvis slightly forward. We feel it engage.

Variations include:

- Flat push up
- Incline push up
- Decline push up



A **Flat push up**: a wider hand position below the shoulder line predominantly activates the chest muscle with some triceps activation.



A **Flat push up**: a wider hand position above the shoulder line predominantly activates the shoulders and chest muscle with some triceps activation.



A **Flat push up**: the hands are positioned directly under the shoulders and the elbows stay close to the torso during the movement. This predominantly activates the triceps muscles with some chest muscle activation.



A **Flat push up**: the hands are facing away from torso, positioned below the shoulder line. This predominantly activates the chest muscles.



An **Incline push up**: the hands are positioned directly under the shoulders and the elbows stay close to the torso during the movement. This predominantly activates the triceps muscles with some chest muscle activation.



An **Incline push up**: a wider hand position below the shoulder line predominantly activates the chest muscle with some triceps activation.



A **Decline push up**: Top line pictures - the closer hand position below the shoulder line with the elbows close to the torso predominantly activates the triceps muscles with some chest activation.

Bottom line pictures - a wider hand position below the shoulder line predominantly activates the chest muscle with some triceps activation.

VARIATION is the key to:

1. Full muscle and joint development
2. Minimising the risk of injury by overtraining a movement position
3. Sustainable motivation.

For every set vary:

- Position of hands, feet or body angle
- Repetitions per set
- Movement combination
- Movement speed.



Dip (the pushing movement activates chest, shoulders and triceps muscles)

- The closer the hands are to the torso during the movement the more the triceps muscles are activated during the movement.
- The further the hands are from our torso during the movement the more the chest muscles are activated during the movement.
- Our spine is aligned (straight) during the movement. This minimises the risk of causing an injury during the movement.

Variations include:

- Bench dip knees bent
- Bench dip straight legs



Bench dip knees bent.



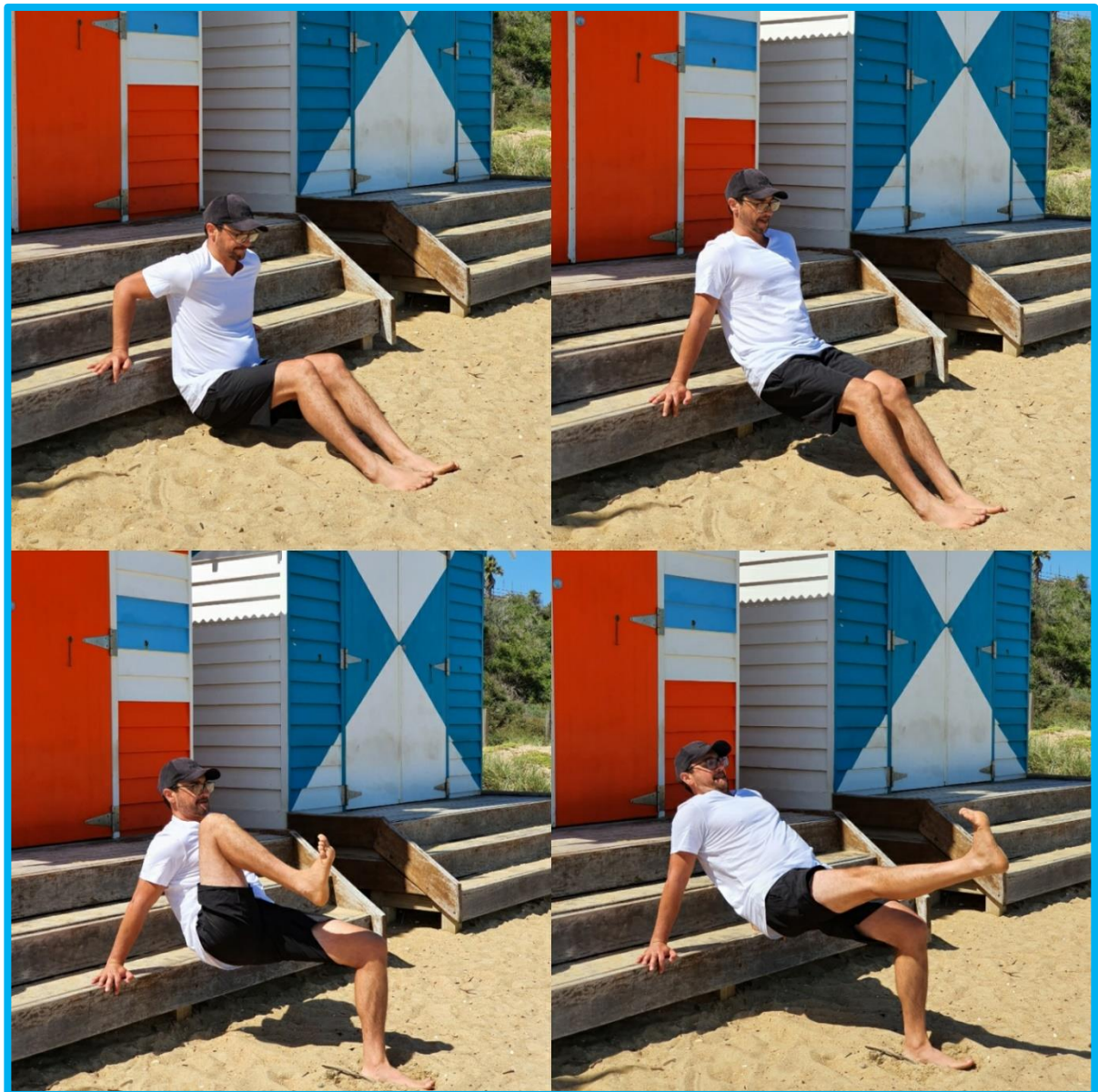
Bench dip straight legs.

VARIATION is the key to:

1. Full muscle and joint development
2. Minimising the risk of injury by overtraining a movement position
3. Sustainable motivation.

For every set vary:

- Position of hands, feet or body angle
- Repetitions per set
- Movement combination
- Movement speed.



Shoulder Press (the pushing movement activates shoulders and triceps muscles)

- The closer the hands are to the torso during the movement the more the triceps muscles are activated during the movement.
- The further the hands are from our torso during the movement the more our shoulder muscles are activated during the movement.
- Our spine is aligned (straight) during the movement. This minimises the risk of causing an injury during the movement.

Variations include:

- Bodyweight shoulder press



This is a **basic shoulder press**.



The top row photos are an example of the **beginners shoulder press**.

As you develop your strength from consistent practice of this movement, you will develop your muscles to the bottom row shoulder press position, which is an **advanced movement**.

VARIATION is the key to:

1. Full muscle and joint development
2. Minimising the risk of injury by overtraining a movement position
3. Sustainable motivation.

For every set vary:

- Position of hands, feet or body angle
- Repetitions per set
- Movement combination
- Movement speed.



Push Punch (the pushing movement activates chest, shoulders, triceps and body core muscles)

The movement starts with the hips. The hips rotate with the open hand punch.

Variations include:

- Straight push punch
- Cross push punch
- High push punch



You can include other movements with a **Push punch**: walking, squatting (shown above), knee raises, lunges.

LIFTING

Squat (the lifting movement activates, quadriceps, glutes, hamstrings, calves, body core and back muscles)

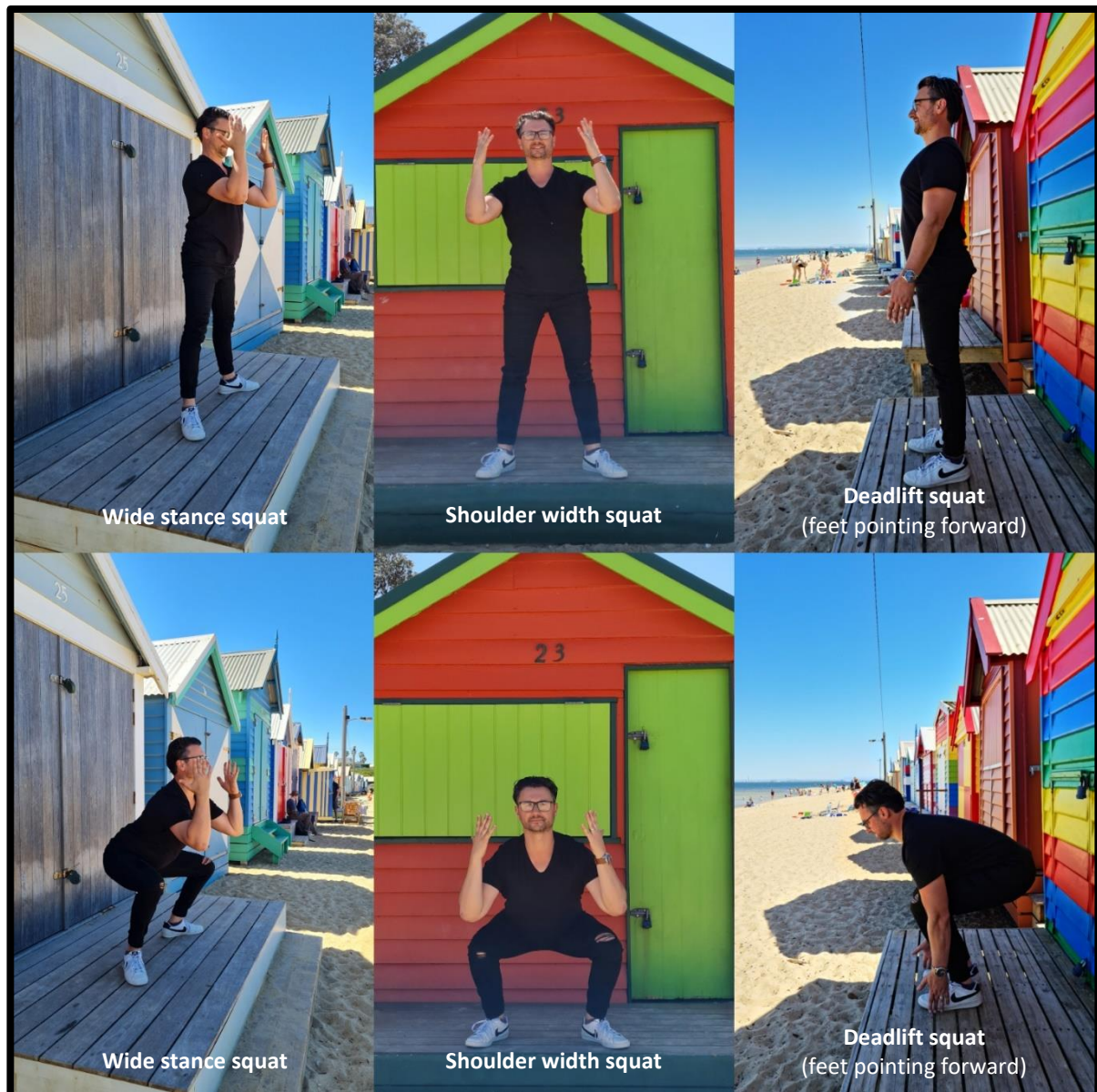
- Our feet are placed around shoulder width apart pointing slightly outward.
- Lower our body using our hips and bending our knees until our thighs are parallel to the ground.
- Our spine is aligned (straight) during the movement. This minimises the risk of causing a back injury during the movement.
- Our shoulder blades are being squeezed together and down during the movement.

Variations include:

- Shoulder width squat
- Wide stance squat
- Deadlift squat (feet pointing forward)
- Step up one leg squat
- Seated chair squat
- Performing lunges



Shoulder width squat.



Left to right:
Wide stance squat.
Shoulder width squat.
Deadlift squat (feet pointing forward).



Step up one leg squat.



Seated chair squat.



Performing lunges.

VARIATION is the key to:

1. Full muscle and joint development
2. Minimising the risk of injury by overtraining a movement position
3. Sustainable motivation.

For every set vary:

- Position of hands, feet or body angle
- Repetitions per set
- Movement combination
- Movement speed.



Squatting with core movements.

PULLING

Back Row (the pulling movement activates back, body core and biceps muscles)

- The closer the elbows are to the torso during the movement the more the back muscles are activated during the movement.
- The further the elbows are from our torso during the movement the more our rear shoulder muscles are activated during the movement.
- Our spine is aligned (straight) during the movement. This minimises the risk of causing an injury during the movement.
- Our shoulder blades are being squeezed together and down during the movement.

Variations include:

- Bodyweight back row



Bodyweight back row: Top row – Shoulder width supinated (palms facing up) back row, the biceps are focused in this movement position. The bottom row is the shoulder width pronated (palms facing down) back row ‘L Sit’ back row.

Both movements activate the upper back muscles. We pull our chest to the bar, hands are placed in line with the abdomen, activating the larger back muscles.



This is a very *accessible* position of the **back row**.

When we hold the hands in line with the abdomen and the elbows are close to the torso, we are activating the larger back muscles during the movement.

When we hold the hands in line with our face and the elbows are away from the torso, we are activating the upper back muscles during the movement.

VARIATION is the key to:

1. Full muscle and joint development
2. Minimising the risk of injury by overtraining a movement position
3. Sustainable motivation.

For every set vary:

- Position of hands, feet or body angle
- Repetitions per set
- Movement combination
- Movement speed.



WALKING AND FITNESS

Walking outside and on earthy uneven ground at enjoyable pace (activates the body core, back, quadriceps, hamstrings, glutes and calves)

Walking on earthy surfaces has many benefits including joint health, guides us to bring our awareness to the present moment and it activates our heart muscle promoting a healthy heart, lung and blood flow.

Walking is a foundation of heart health and overall wellbeing.



- Make use of walk and talk meetings outside.
- Walk to appointment schedules.
- Walk to your local cafe.

Star jumps

Start in the anatomical position (standing straight, arms by your side, feet facing forward).

Jump whilst spreading your arms and legs apart, away from the mid-line of the body. Land your feet.

Jump, bring your legs and arms back to the starting position. Land your feet. Repeat.

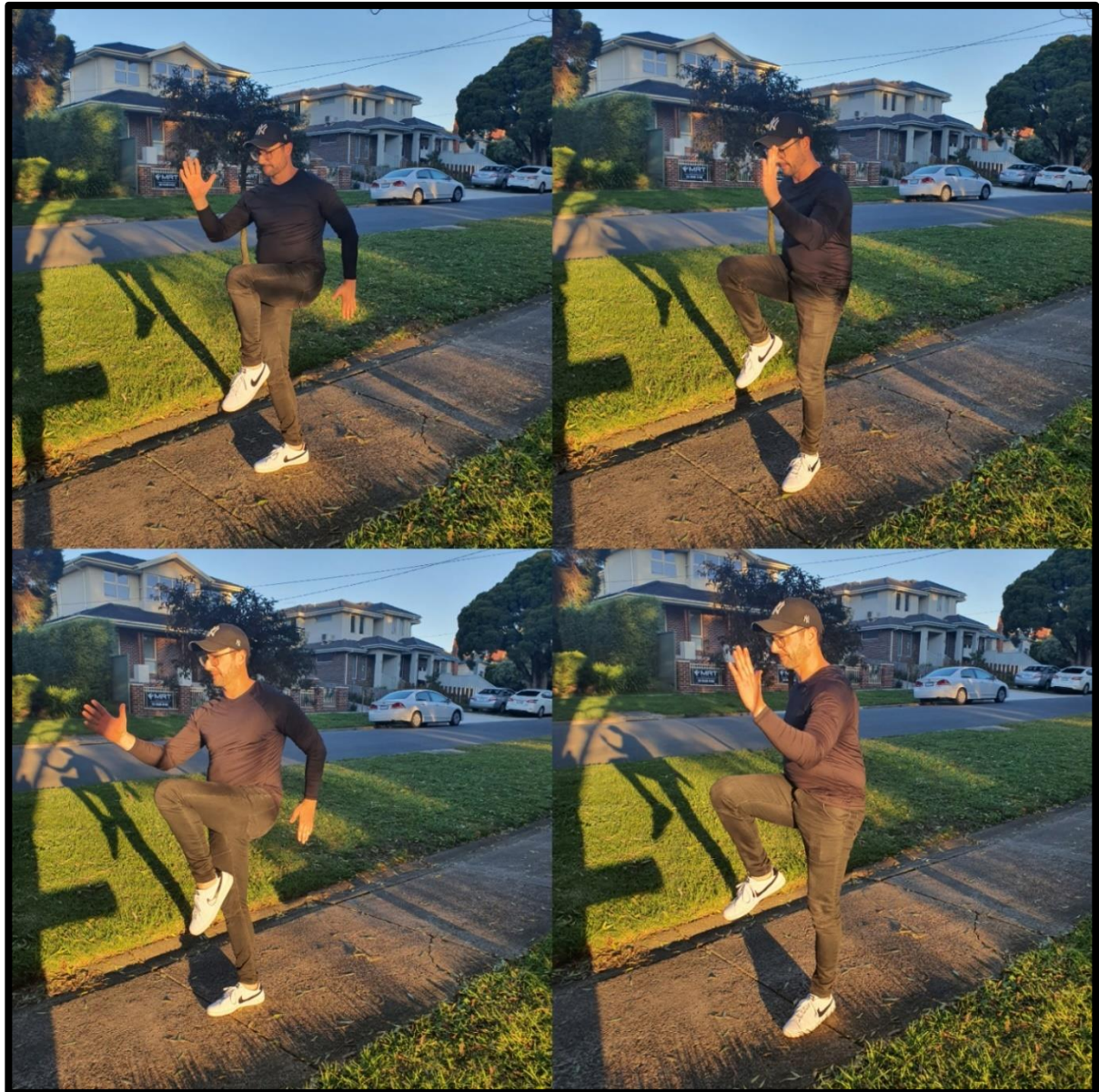


Star jump.

Running on the spot

Swing your arms and bring your knees high. This movement is effective when we put maximum effort in for 30 seconds. Repeat for 3 rounds for 30 seconds each round. Rest for 60-90 seconds between rounds.

- Swinging arms with high knees



Running on the spot.



Fitness Fun Fact...

20 to 30 seconds of High Intensity Training (HIT) at our maximum level of effort has the equivalent effect of a 60 minute cardio workout.

MOVEMENT SUMMARY

CONSISTENCY is the key to creation:

- ➡ The more sets we perform throughout our day's experiences over time leads to greater hypertrophy (muscle growth).
- ➡ **Everything improves with daily movement in nature.** We are never too old and it's never too late to start our strength, fitness and wellness adventure.
- ➡ To maximize the outcome of our movement training and really use our body muscles from all different angles, for every movement set **vary**:

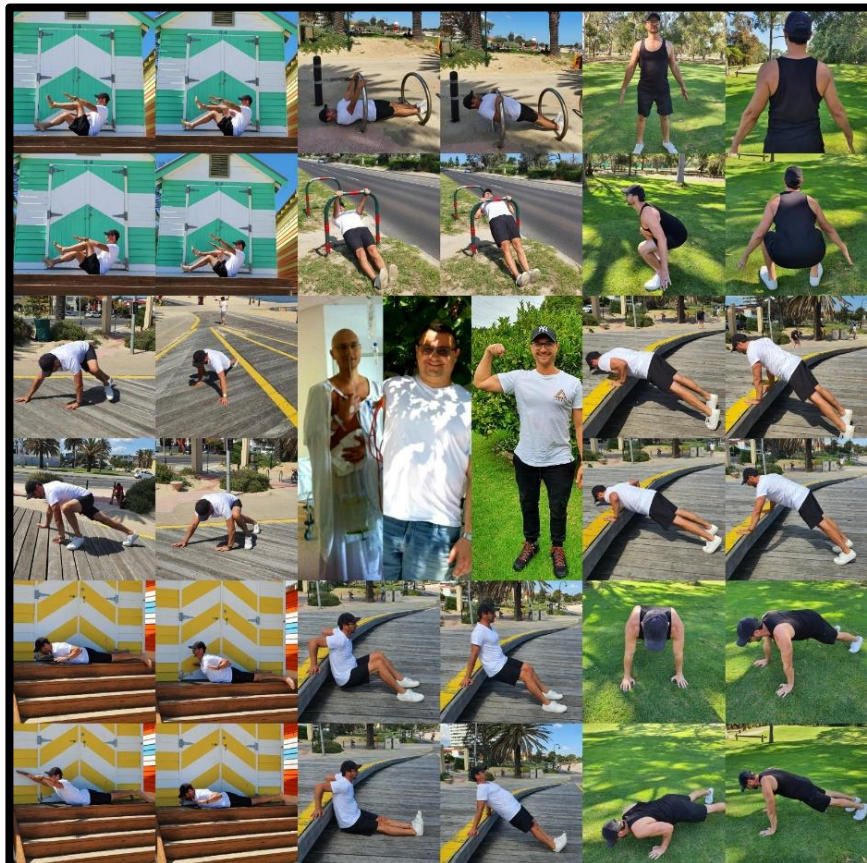
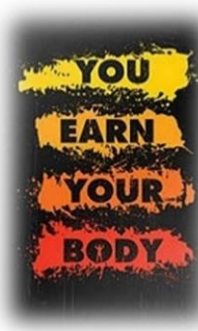
1. The position of hands, feet or body angle
2. Movement combination (change it up to challenge our body)
3. The number of repetitions
4. Motion speed (move faster and/or slower)

- ➡ Practice these movements often throughout the day, every day.

★ **IMPORTANT:**

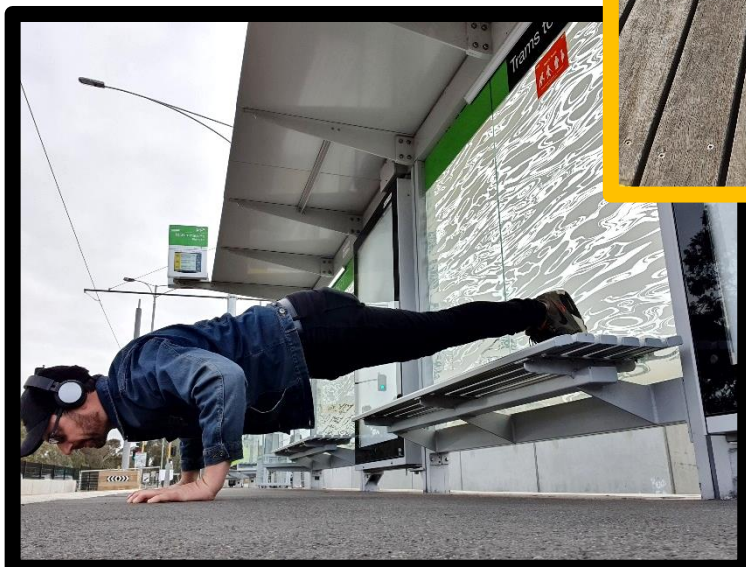
1. **Core stability** - Always engage our core by tilting our pelvis slightly forward. We will feel it engage.
2. **Controlled movement** - The pace of the movement is being controlled by our effort. It is a steady motion. There is no gravity or momentum to complete the movement.
3. **Lifting alignment** - When practicing a lifting movement our spine needs to be in alignment (straight). We use our hips and our core and we bend our knees to practice the movement.

These movements are accessible anywhere, anytime and can be adapted to cater for all ages and current levels of mobility, strength and fitness.



Movement is Movement.

Anywhere,

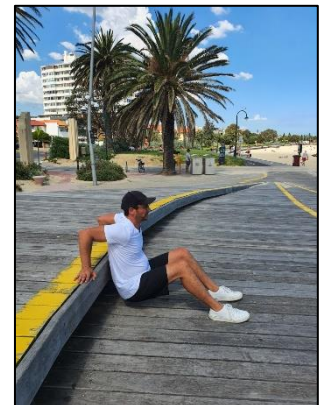


Anytime.

We are serious...



Anywhere.



Anytime.

WHY OUR PHILOSOPHY IS EFFECTIVE

THE CORE ELEMENTS OF OUR EXERCISE PHILOSOPHY

1. We integrate movement into 'every day' experiences. Our present moment environment is our gym. Small amount of movement throughout the day, every day, compounds to considerable positive sustainable outcomes over time.
2. Our movement philosophy is accessible anywhere, anytime.
3. Our philosophy can be adapted to all age groups and levels of mobility, strength and fitness.
4. It's simple, evidence based and proven.
5. Our meal choices are predominantly plant based whole foods: fruits, vegetables, nuts, seeds, legumes, leafy greens, plus animal foods provided without any harm or suffering caused to the animals, e.g. free range happy chicken eggs.
6. Our moment to moment behaviour choices are guided by Self-Belief, Truth, Authenticity, Transparency, Responsibility, Love, Kindness, Gratitude and Forgiveness for ourselves and others. These are powerful behaviours for healing our health, wellness and successful sustainable creation.

We earn our health, happiness and wellbeing daily by our chosen mindset, attitude, behaviour and actions with our-self, all living beings and our planet.



STRENGTH & MUSCLE DEVELOPMENT TECHNIQUES

Evidence Based Techniques to develop *Strength & Fitness*:

CONSISTENCY is the *key* to creation of everything. Small steps each day towards creating our intentions at an enjoyable pace is how we manifest everything. Small amounts of movement every day is very effective.



VARIATION is the *style* to sustainable enjoyment, motivation, creativity, full muscle and joint development. For every set, vary position of hands, feet or body angle, repetitions, movement combination and motion speed. We will feel our body muscles engage. That's progress!

BE PRESENT IN THE MOMENT. *Mindfulness* is a powerful technique of creation. Scientists have proven that choosing to focus our awareness on our movement increases blood flow to the muscle during the movement. Increased blood flow to the muscle stimulates growth.

GROUPING MUSCLES. *Train muscle groups that operate together within a movement in the same session:*

- a) Pushing muscles - Chest, triceps, shoulders
- b) Pulling muscles - Back, biceps
- c) Lifting muscles - Quadriceps, hamstrings, calves

STRENGTH ENHANCING TECHNIQUES. Mix each session up with:



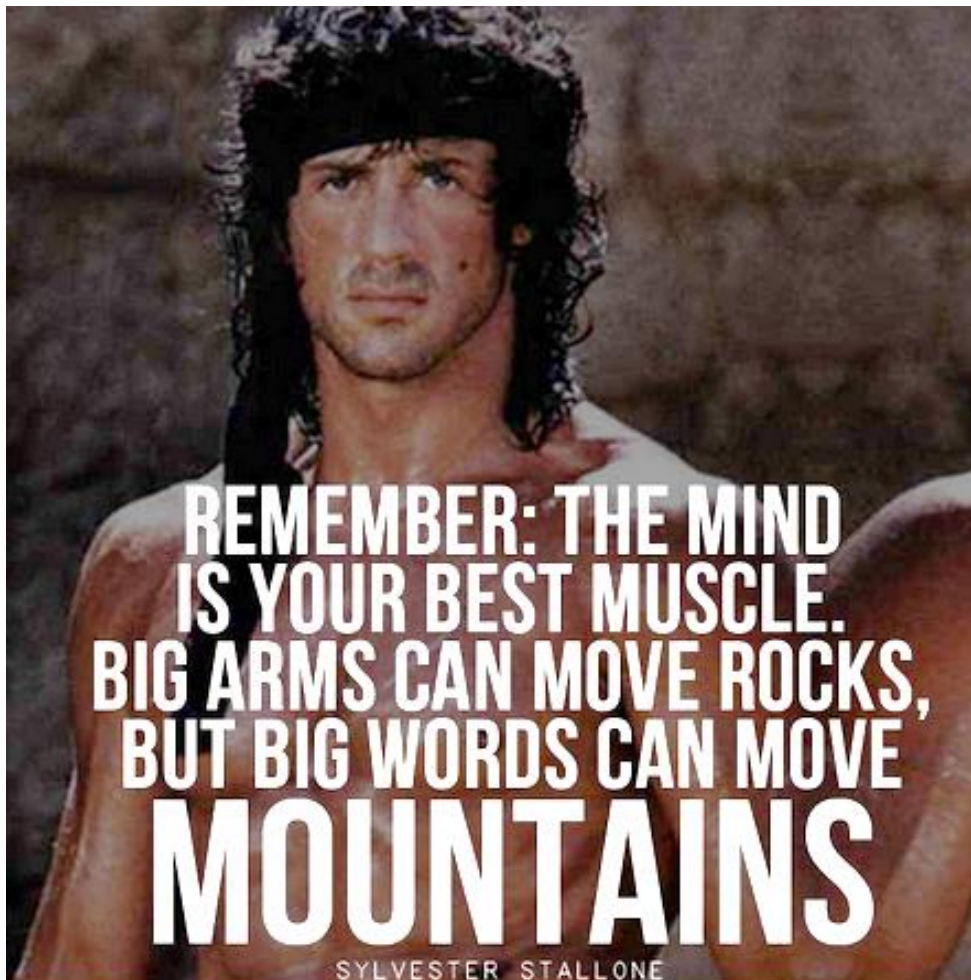
- A 'Super Set' - This act combines two or more movements into one set. For example, 10 push up repetitions plus 10 body dip repetitions.
- A 'Drop Set' - Essentially, this is a technique that is performed by starting with the heaviest weight and keep scaling down to the lightest weight in one continuous set. For example, start with the Elevated push up to muscle exhaustion then drop to Flat push up to muscle exhaustion.
- Performing 'Negatives' - Lowering the weight lifted at the end of your set. Our muscles are stronger in the negative motion (lowering the weight used in the movement) than the positive motion (when performing a pushing, pulling or lifting motion). When we have exhausted positive motion strength in the set, do 1 to 3 negative repetitions.

- The state of 'Pre-Exhaust' - Our muscles grow when they are challenged, when we take them to the point of exhaustion or fatigue (when we can't complete another repetition in that set). Our smaller supporting muscles fatigue sooner than our larger muscles during weight movement techniques. For example, a pushing movement (e.g. bench press and push ups) involves the chest and triceps muscles. The triceps are a smaller muscle group than the chest and therefore will exhaust prior to the chest muscle reaching its point of exhaustion. To *balance* that exhaustion point we pre-exhaust the larger muscle group, such as the chest muscles, with an isolation movement (this is when one muscle group is used in the movement). For example, the 'chest fly'. The chest muscle group used to perform this movement brings the point of exhaustion closer to the triceps during the pushing movement (push up).

SLEEP & RECOVERY. Research has demonstrated that *adequate sleep and recovery* is a huge positive contributor to our strength fitness wellbeing, our sustainable high performance state and minimising the risk of injury.


TIME UNDER TENSION. It's more about how we *practice the movement*, not the weight we are lifting. Slower controlled movement increases the tension (weight load) which exhausts our muscles and stimulates growth.

*Where you
movin?" I said,
"Onto energising
things"*



**YOU CAN'T KEEP
DOING THE SAME
THINGS YOU HAVE
BEEN DOING AND
EXPECT TO GET
DIFFERENT RESULTS.
STOP MAKING
EXCUSES AND MAKE
A CHANGE.**

THEGODPRINT.CO



Healthy Eating

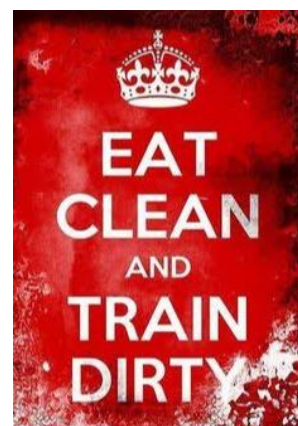
NOURISHING OUR PHYSICAL BODY



We choose to predominantly nourish our physical body with plant based whole foods for sustainable energy levels. Any animal food provided without any harm or suffering caused to the animals is also nourishing for our human body, for example, free range happy chicken eggs.

In our philosophy it's about the *energy created from the intentions of the experience.*

I personally prefer to not eat meat as part of my body's nourishment. However, if I am invited to a lunch or dinner with a prepared lamb roast for example and the host's intention is to have a wonderful gathering with me, then I choose to enjoy that experience with others, with acceptance and loving kindness. The energy from that experience is still nourishing for my physical body because it is accepted with kind intentions.



Nourishing our body will fuel us for our high performance and recovery for our daily movement. Eating a variety of fresh, natural whole foods will not only colour our plate, but also colours our body palette from the inside out. Feeding our organs real food elements is how we deliver essential minerals and nutrients throughout the human body. When we have prepared our mind and body with the nourishing ingredients, it's then time to get moving.

We can even have some fun in getting creative with food and drink recipes, especially in the summer time with many varieties of fruit. See below.

This 'Watermelon Agua Fresca' is made with fresh watermelon and lime juice, all blended together into a bright and flavourful drink. You can make this drink with other varieties of fresh fruit, including strawberries, mango and pineapple.



Ingredients

- 4 cups cubed watermelon
- The juice of 1 lime
- 3 cups water
- Optional garnishes: mint sprigs, lime slices, watermelon wedges

FOOD FOCUS



I Love sleep because it's like a time machine to breakfast.

Food is not just energy, it's an experience. Dine well. Live well. Once upon a time, food was organic. Now we can make a choice to buy organic. Organic food is ideal, where possible, select natural whole foods and what is in season. Choose to eat natural food and care for your body.

Choose helpful moment by moment choices every day.

1. Remove, minimise processed foods from your eating behaviour; anything that has a number in the ingredients is not nourishing for our human body, it is a preservative or additive.
2. Get creative with fresh plant based whole foods, plus seasonal options. Modern research has proven the bulk of our nutrition comes from plant based whole foods.
3. Eat all meals between an 8 & 12 hour window, for example, between 8am and 8pm. This is called 'intermittent fasting'. Research has shown that if we give our digestive system a break between 12 to 16 hours every day, this stimulates healthy digestion and healthy weight management.
4. Start and end the day with a glass of water. This helps you start your day energised and helps with a good night's sleep. Hydrating our body at the start, throughout, and at the end of the day is essential for bodily function and sustainable energy.
5. Remove, minimise meat or cow products. Cow's milk is a complicated protein that is difficult for the human body to process.
6. Be mindful of meal portion sizes; ideally, make your largest meal 'breakfast', 'lunch' is a medium size serving and 'dinner' is the smallest portion of the day.

Get cooking with some great recipe ideas!

www.womensweeklyfood.com.au/recipes
www.womensweeklyfood.com.au/vegan
www.eatingwell.com/recipes
www.goodchefbadchef.com.au/our-recipes



Healthy

Thinking





Our whole human experience: physical body, mind, soul and heart responds positively to us choosing to live every moment with Self-Belief, Truth, Authenticity, Responsibility, Love, Kindness, Gratitude and Forgiveness.

Our Healing Wellbeing State = Self Belief + Authenticity + Truth + Transparency + Responsibility + Moving Forward with Evolved Mindset-Attitude-Behaviour and Actions at an enjoyable pace

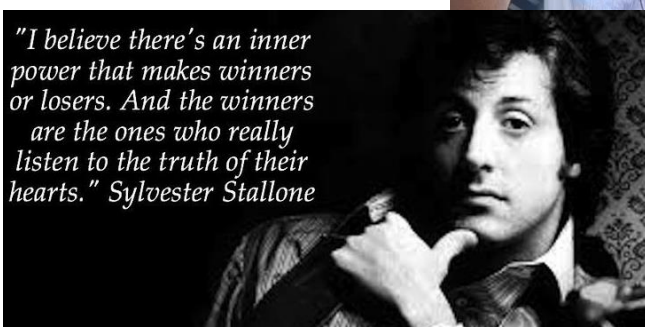
Authenticity - Choose to be present in the moment without judgement or expectations, be your unique self and speak your truth. Make your own choices guided by your unique body: heart, soul, gut instinct and intuition. This is how we access our intelligence and connect to the constant flow of abundance which is creation's natural state.

Responsibility - Choose to take and accept responsibility for your past, present and future choices without judgement or expectations. This switches on our creative power state. One of the most powerful ways to do this is to stop blaming and judging others for what is happening.

Moving forward at an enjoyable pace – There's no failure in life. Every experience is temporary and a learning and growth opportunity. Choose to Stop, Reset, Rest, Recover, Learn, Grow and Move Forward with *evolved mindset-attitude-behaviour* and actions as often as we feel we need to. Let go of everything that feels draining and harmful to us and our intentions (mindset, attitude, behaviour, relationships, environments, naysayers judgement, expectations).



We earn our healthiest state of joy and wellbeing daily by our moment to moment choices.



"I believe there's an inner power that makes winners or losers. And the winners are the ones who really listen to the truth of their hearts." Sylvester Stallone



WE ALWAYS HAVE THE POWER OF CHOICE

Choose to focus 100% of our effort, energy and time on helpful and empowering mindset-attitude-behaviour and actions that will manifest our intentions over time.

This is the key to successfully learning how to use and develop our unlimited power to create. We are all loveable, worth, enough and capable of being powerful creators. We simply need to choose to be consistent with our daily choices over time.

The most rewarding project you will ever work on is YOU. That's an investment worth having, every day of your life.

By practicing the mindset, attitude and behaviour that will manifest our intentions over time we are consciously re-wiring, re-programming and evolving our human experience.

I have experienced some very draining and harmful behaviour from people I loved, supported and trusted in my personal and professional life. The most healing and energizing things I have done to move forward with creating a life experience I love every moment, was to choose to forgive myself and others and reflect on the empowering lessons from these experiences. Then I chose to wish these people well and move forward with *evolved mindset-attitude-behaviour* and actions that will manifest my intentions of a happy, healthy, peaceful and adventurous life experience every moment.

This process of consciously choosing our 'mindset, attitude, behaviour and actions' every moment is how we heal, grow and evolve over time.

I have learnt to enjoy the process of creation, moment by moment, by choosing to be present without judgement or expectations.

A technique I use when I become aware that the thoughts my mind is producing are not helping me create my desired intentions, is to slowly count backwards from 5 to 1, this brings my awareness to the present moment (mindfulness). In that moment I consciously choose a helpful, empowering mindset-attitude-behaviour. I repeat this process every time I feel I need to during my day's experiences.

The only moment that matters and exists is this 'now' moment. What we choose to focus our effort, energy and time towards in this moment, we will manifest.

If you are searching for that ONE person who will change your life forever...
FEARLESSMOTIVATION.COM

Look in the mirror.

IN ORDER TO LOVE WHO YOU ARE, YOU CANNOT HATE THE EXPERIENCES THAT SHAPED YOU.

“THE VERY BEST TIME TO PLANT A TREE WAS 20 YEARS AGO, AND THE SECOND-BEST TIME IS RIGHT NOW.”

The graphic features two side-by-side photographs of a man. In the left photo, he is outdoors, wearing a white t-shirt with a blue camouflage pattern and sunglasses. In the right photo, he is indoors, wearing a plain white t-shirt and glasses, standing in front of a wall with a framed picture.

We always have the power of choice.

YOU ARE BEING
PRESENTED WITH
TWO CHOICES:
EVOLVE OR REPEAT.

**Today you are you,
that is truer than true.
There is no one alive
who is Youser than You.
-- Dr. Seuss**



THE FOUNDATIONS OF CREATION



The foundations for our health, happiness, wellbeing and successful sustainable creation are **Self-Belief, Truth, Authenticity, Transparency, Responsibility, Love, Kindness, Gratitude, Forgiveness** for ourselves and others, **plus Grit Determination, Work Ethic** and **Character**.

We can choose these and develop them by our daily choices over time. We grow when we are challenged. When we choose to challenge our 'self' with our daily movement we are also developing our 'Grit Determination, Work Ethic' and 'Character'. Choose to **Face Everything And Rise (FEAR)**. The true purpose of fear is to help us grow.

Everything works out well when we choose to approach the situation and experience with Self-Belief, Truth, Authenticity, Transparency, Responsibility, Love, Kindness, Gratitude and Forgiveness for ourselves and others. It's OK to Stop, Reset, Rest, Recover, Learn, Grow and Resume with *evolved mindset-attitude-behaviour* actions as often as we feel we need to. This is our process for success.

We all have the potential to be powerful creators. Our 'Authenticity' is our superpower and we always have the power of choice.

We will manifest what we choose to focus our effort, energy and time towards.

LET GO

Choose to let go of 'everything' that feels 'draining or harmful' to us and our intentions (mindset, attitude, behaviour, relationships, environment, naysayers, judgement, expectations).

This is a major contributor to our health, happiness, wellbeing and success. I have experienced serious abuse, immense betrayal and abandonment from people I loved, trusted and supported. The most valuable healing - energizing positive thing I chose to do was forgive myself, forgive them, speak my truth with them, and let go of those relationships and move forward with creating my true heart and soul desired experiences during my temporary time on this planet. That experience itself, was a 'huge' contributor to my healing, wellness, joy and success.

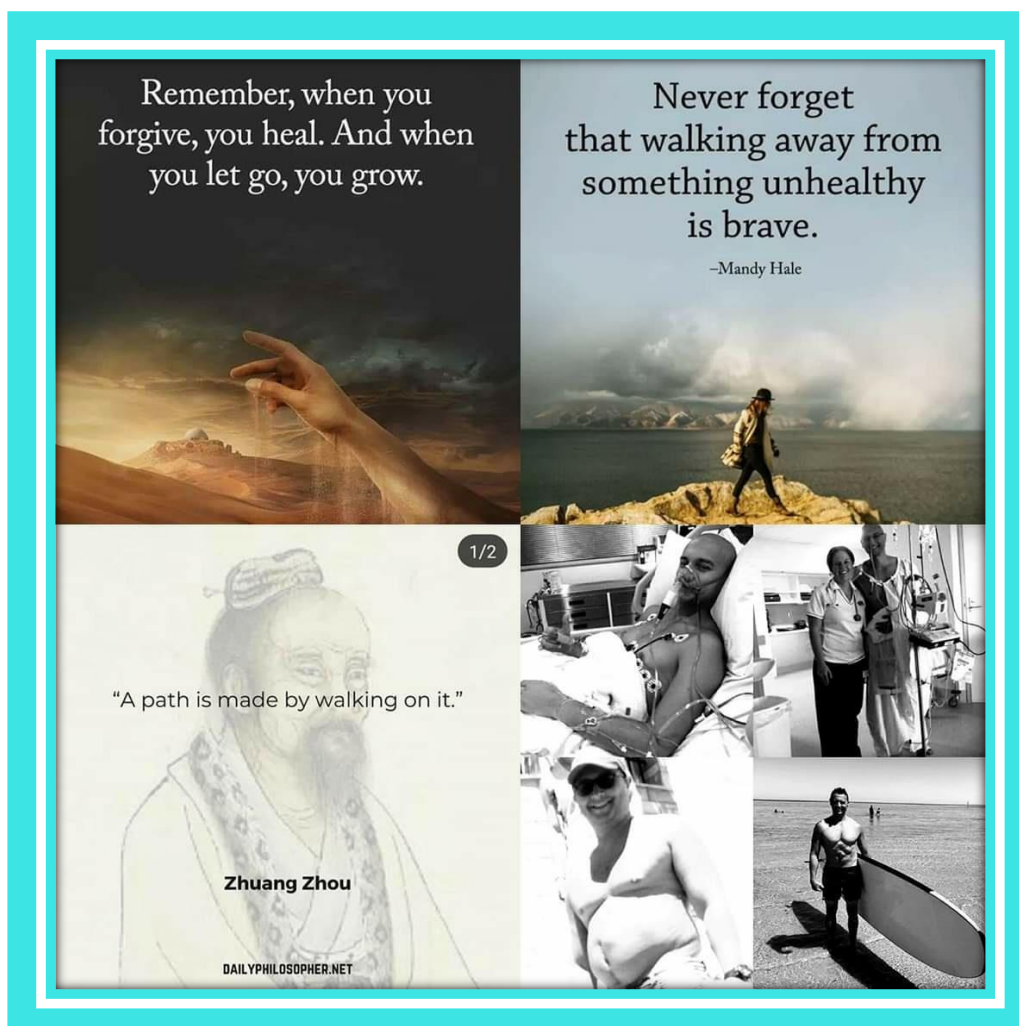
We earn a great life experience every moment by our chosen mindset, attitude, behaviour and actions.

We can't buy a great life experience or be gifted it.

Our behaviour is the real currency of life.

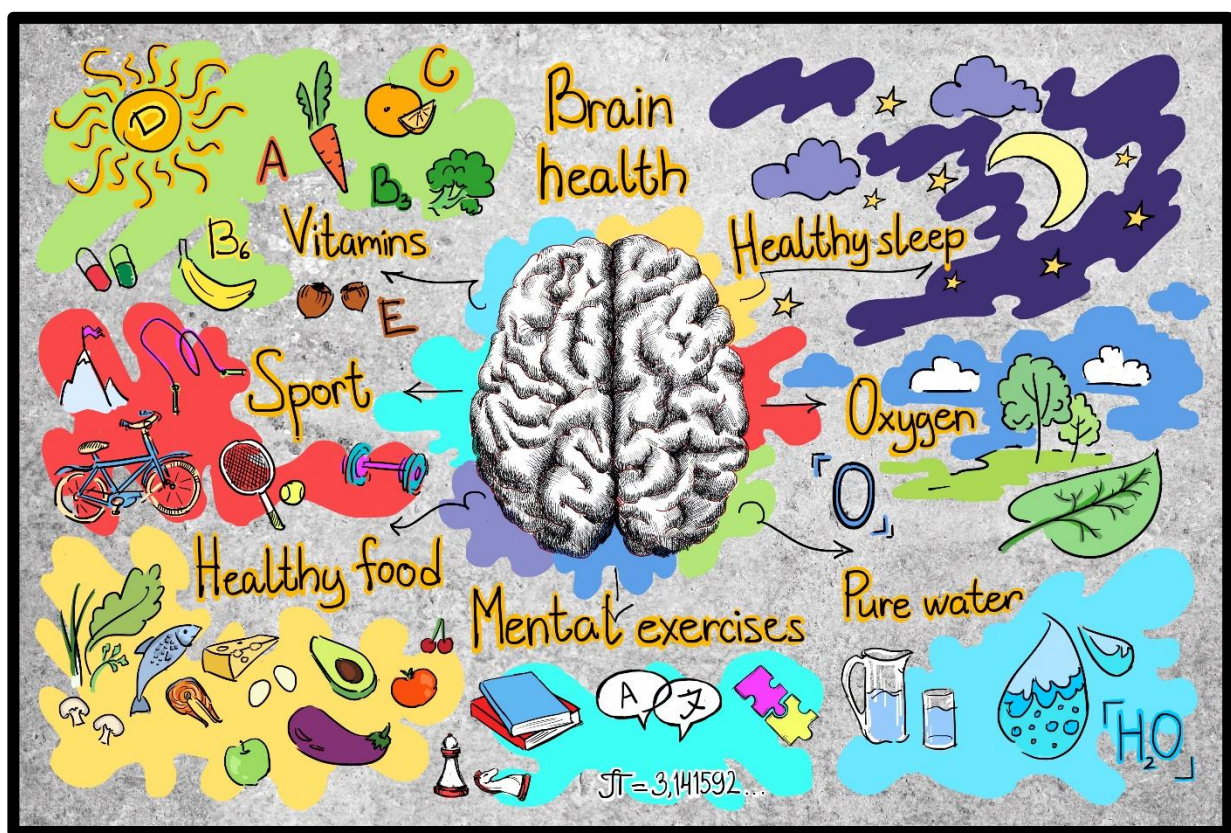
Health, happiness and wellbeing is '[real wealth](#)'. We can all earn these daily by our choices.

We are all loveable, worthy, enough and capable of being powerful creators. We just need to be consistent with our daily choices over time. Choose helpful empowering mindset-attitude-behaviour actions. It's really this simple. Our 'Authenticity' is our superpower and we always have the power of choice.



Keeping our brain fit and healthy is quite simple.
It's all in this picture.

Do a little bit of this each day.



3 Simple Rules in Life

1. If you do not go after what you want, you will never have it.

2. If you don't ask, the answer will always be NO.

3. If you do not step forward, you will always be in the same place.

The All Natural Health & Fitness Philosophy



The 'All Natural Health & Fitness PHILOSOPHY'

OUR CORE PURPOSE

Our core purpose at **All Natural Health & Fitness** is to sustainably, positively and effectively contribute to the health, happiness and wellbeing of our global community, all living beings and our planet. ❤️

We all have the potential to be powerful creators. Self-Belief, Truth, Transparency, Authenticity, Responsibility, Love, Kindness, Gratitude and Forgiveness for ourselves and others are powerful behaviours for healing health, wellness and successful sustainable creation. We can choose 'all' these. Who we are, our 'Authenticity' is our superpower and we always have the power of choice. We will manifest what we choose to focus our effort, energy and time towards. It's really this simple.

The core values of the 'All Natural Health & Fitness PHILOSOPHY' brings awareness to how we can choose to use our creative power to manifest our intentions, it's within us all. Our chosen core values are foundations of creating and experiencing a happy, healthy, fulfilling life experience every moment.

Our core values are:

1. Truth ❤️
 - Speak our truth.
2. Authenticity ❤️
 - Be our unique authentic self.
 - Make our own choices, guided by our unique body: heart, soul, gut instinct and intuition.
3. Responsibility ❤️
 - Take, accept responsibility for our past, present and future experiences and choices without judgment or expectations.
4. Love ❤️
 - Embrace acceptance and gratitude for 'our' whole world experience; life happens for us, not to us.
 - Everything we experience is temporary and a learning and growth opportunity.
 - Cause no harm with intention to any living being and our planet.
 - Help others and our planet when we feel they need it, without judgement, expectations or conditions.
 - Forgive 'our-self' and 'others', knowing we are all on an experience of learning and growth, choosing to always keep moving forward with evolved, helpful, energising, healthy, positive and empowering mindset, attitude, behaviour and actions with our-self, all living beings and our planet.

In our philosophy, we choose to believe that a great day and everything we truly want to create and experience during our temporary time on this planet is *manifested* by our chosen mindset, attitude, behaviour and actions with our-selves, all living beings and our planet.

Experiences throughout my life so far have brought my awareness to some laws of creation:

1. We switch on our power to create anything we truly desire by choosing to take and accept responsibility for our past, present and future experiences and choices without judgement or expectations.
2. We access our intelligence and plug into the constant flow of abundance, which is creation's natural state, when we choose to be present in the moment without judgement or expectations, be our unique authentic self, make our own choices guided by our unique body: heart, soul, gut instinct and intuition, and speak our truth.

The process of 'creation' is simple:

1. Set our intention.
2. Every day, take small incremental continuous steps towards creating our intention.
3. Let go of everything that feels draining or harmful to us and our intention (mindset, attitude, behaviour, relationships, environment, naysayers, judgement, expectations).

4. Honour the time our intention needs to manifest. Healthy, happy, sustainable successful creation is nurtured at an enjoyable pace, never forced. Never place a time frame on our intention.

5. Enjoy the process of creation by 'choosing to', be present in the moment without judgement or expectations, be our unique authentic self, speak our truth, make our own choices guided by our heart, soul, gut instinct and intuition, moving forward at an enjoyable pace and to also be grateful for every learning and growth opportunity experience along the way.

The only moment that exists and matters is the 'NOW' moment. We can all make every moment a great one by our chosen mindset, attitude, behaviour and actions with our-self, all living beings and our planet.

Our 'Authenticity' is our superpower and we always have the power of choice.

~~yesterday~~
NOW.
~~tomorrow~~

Our 'Authenticity' is our superpower and we always have the power of choice...

We are not our **body**, we have a body.
We are not our **thoughts**, we have thoughts.
We are not our **feelings**, we have feelings.

Our **body** (our 'avatar' for this temporary *Planet Earth* experience) begins to grow from a single cell in our mother's womb. During that process, we come into our body - our 'avatar' - to begin our *Planet Earth* experience.

We can observe our **thoughts** without judgement and choose to *not focus* our energy or effort on them. We always have the power of choice. In *every* moment we can *choose* our mindset, attitude, behaviour and actions - this is conscious thinking and behaviour.

We can observe our **feelings** without judgement and choose to *not focus* our energy or effort on them. We always have the power of choice. In *every* moment we can *choose* our mindset, attitude, behaviour and actions - this is conscious thinking and behaviour.



We are all powerful energies of creation having a temporary Planet Earth experience. Creation is intelligent, we are all intelligent. We access our intelligence by choosing to be present in the moment and be our unique authentic self, speak our truth and make our own choices guided by our unique body: heart, soul, gut instinct and intuition.

If everything we want to create and experience during our lifetime is manifested by our chosen mindset, attitude, behaviour and actions with our-self, all living beings and our planet, then make a point of:

- Choosing a positive, energizing, helpful, empowering mindset, attitude, behaviour and actions with our-self, all living beings and our planet that will create our intentions over time.
- Choosing to focus our effort, energy and time practicing conscious thinking and behaviour every moment until we have manifested our intentions. It's really this simple.

We can train ourselves to be positive, solution focused, creative and to be present in the moment every moment.

We can train our bodies to be strong, fit and healthy.

If we really want it, we can train ourselves to be skilled at anything.

By choosing to practice daily we are rewiring, reprogramming and redirecting our entire human experience to respond positively to help us with our intentions.

Our whole human experience (mind, heart, soul and physical body) responds positively to us choosing to live every moment with Self-Belief, Truth, Authenticity, Transparency, Responsibility, Love, Kindness, Gratitude and Forgiveness for ourselves and others. These are powerful energies for healing health, wellness and successful sustainable creation.

The cure to our 'dis-ease' is behaviour change. We earn our health, happiness and wellbeing daily by our moment to moment choices.

**Falling
down is an
accident.
Staying
down is a
choice.**



Everything improves with daily movement in nature and nourishing our body predominantly with plant based whole foods provided in abundance for all living beings by our planet. In our philosophy, any animal food provided without any harm or suffering caused to the animals is also nourishing for our human body, for example, free range happy chicken eggs.



**Life is 10%
what happens
to us and
90% how we
react to it.**



The All Natural Health & Fitness PHILOSOPHY

THE BIRTH AND EVOLUTION OF OUR PHILOSOPHY

Everything we desire to create and experience is manifested by our chosen mindset, attitude, behaviour and actions with our-self, all living beings and our planet over time.

Self-Belief, Truth, Authenticity, Transparency, Responsibility, Love, Kindness, Gratitude and Forgiveness for ourselves and others are very powerful behaviours for healing, wellbeing and successful sustainable creation. These are all a choice. Everything shifts in a positive and energizing way for our heart, mind, body and soul when we choose to experience every moment with these behaviours. This is when our healing and energizing change begins.

We all have the potential to be powerful creators. It's within us all. Our 'Authenticity' (our real genuine self) is our superpower and as individuals we always have the power of choice. What we choose to focus our effort, energy and time towards, will manifest. Let our 'Authenticity' be our compass. Choose to be our-self and be present in the moment every moment.

When we choose to be present in the moment without judgment or expectations, be our unique authentic self, speak our truth and make our own choices guided by our unique body: heart, soul, gut instinct and intuition, we access our intelligence and connect to the constant flow of abundance. This is creation's natural state.

When we choose to take and accept responsibility for our past, present and future experiences and choices without judgement or expectations, we switch on our creative power state.

The only moment that exists and matters is this 'now' moment. What we choose to do this 'now' moment will create our next moment. This is our power state moment. Be mindful of our 'now' choices and make helpful, healthy, energising, empowering, positive choices that will create our intentions over time.

Our philosophy is based on a chosen mindset, attitude, behaviour and actions with our-self, all living beings and our planet. All natural, using our own body strength and continuously building on fitness. No supplements, special powders, diets or equipment. No excuses!

We create our own luck and miracles by our moment to moment choices. Everything shifts and transforms in an energizing, motivating and positively healing way when we choose to move in a direction guided by our heart, soul, gut instinct and intuition.

We are all loveable, worth, enough and capable of being powerful creators.

We are all a powerful energy of creation.

We started our temporary experience on this planet as a single life cell in our mother's womb. Self-Belief, Truth, Authenticity, Transparency, Responsibility, Love, Kindness, Gratitude and Forgiveness for ourselves and others are very powerful behaviours for healing health, wellness and successful sustainable creation. We always have the power of choice. We can create anything we choose to focus our effort, energy and time towards. It's your unique life experience, it's your responsibility to create an experience you enjoy every moment.

Our choices create our high performance state. We have a structure that switches on our high performance state in any moment. It's the **All Natural Health & Fitness** high performance formula.

WE ALL HAVE THE POTENTIAL TO BE POWERFUL CREATORS, WE JUST NEED TO DO THE WORK.



We all have the potential to be powerful creators.

Our 'Authenticity' is our superpower and we always have the power of choice.

What we choose to focus our effort, energy and time towards, we will manifest.

Our human High Performance/Creative Power State = Authenticity + Be present + A strong, fit, healthy physical body + Take responsibility

Authenticity

- Be our unique authentic self.
- Speak our truth.
- Make our own choices guided by our unique body: heart, soul, gut instinct and intuition (this connects us to the constant flow of abundance which is creation's natural state, it's also how we access our intelligence).

Be present

- Be present in the moment without judgement or expectations (mindfulness).

A strong, fit, healthy physical body

- Eat plant based whole foods provided in abundance for all living beings by our planet and hydrate your body:
 - a) Vegetables, fruits, leafy greens, nuts, seeds legumes, etc. promote healthy digestion and provide a sustainable, healthy and energizing positive life.
 - b) Drink plenty of water throughout the day.
- Daily movement practice:
 - a) Engage in resistance training for muscle strength, joint health and strong bones.
 - b) Practice aerobic movement for healthy heart and lungs.

Take responsibility

- Take and accept responsibility for past, present and future experiences and choices without judgement or expectations (this switches on our creative power state).



PHILOSOPHY PRINCIPLES

The laws of creation that we base our PHILOSOPHY on

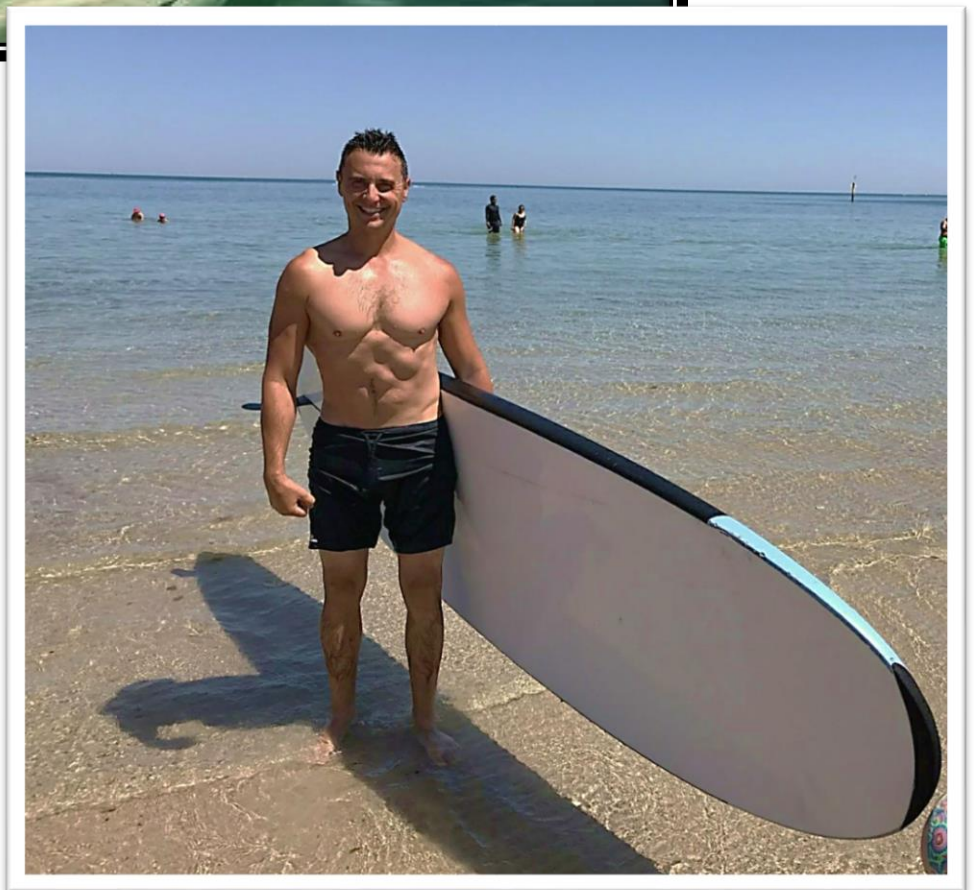
- ♥ *The Compound Effect* - Small incremental, continuous steps towards creating our intentions every day is how we manifest everything we desire to create and experience during our temporary time on this planet.
- ♥ *Be nurturing* - Sustainable, healthy, happy successful creation is nurtured at an enjoyable pace, never forced. We don't put a timeframe on our intentions. We choose to focus 100% of our effort, energy and time towards the mindset, attitude, behaviour and actions with our-self, all living beings and our planet that will manifest our intentions over time, choosing to always move forward at an enjoyable pace.
- ♥ *Choose conscious growth* - We grow when we are challenged. So choose to approach every experience as a learning and growth opportunity. Stop, Reset, Rest, Recover, Learn, Grow and Resume, moving forward with evolved, helpful, healthy, energising, empowering *mindset-attitude-behaviour* and actions. Repeat as often as we feel we need to. We never stop learning and growing from experiences.
- ♥ *Take responsibility* - Accept responsibility for our desired experiences and choices without judgement or expectations. This switches on our creative power state.



- ♥ *Make helpful, energising, healthy, empowering choices* - We earn our health, happiness and wellbeing daily by our moment to moment choices. We all have the potential to be powerful creators, we simply need to choose to focus our effort, energy and time on helpful empowering mindset-attitude-behaviour and actions that will manifest our intentions over time.
- ♥ *Choose to use our power of creation* - Everything we need to create what we truly desire to experience and manifest is already within us. Choose to be unique, authentic and speak your truth. Make choices guided by your unique body: heart, soul, gut instinct and intuition. This connects us to the constant flow of abundance which is creation's true nature. It's also how we access our intelligence.
- ♥ *Turn on our healing state* - Self-Belief, Truth, Transparency, Authenticity, Responsibility, Love, Kindness, Gratitude and Forgiveness for ourselves and others are powerful behaviours for healing health, wellness and successful sustainable creation. We can choose all of these every moment.
- ♥ *Eat fresh plant based foods and move our body every day in nature.*

GOAL SPECIFIC TRAINING GUIDELINES

what will you
do to feel
the way
you want
to feel?



These are guidelines for developing specific outcomes:

- **BEGINNERS STRENGTH AND FITNESS GUIDELINES**
- **HEALTHY SUSTAINABLE WEIGHT LOSS GUIDELINES**
- **GENERAL STRENGTH FOCUS**
- **STRENGTH/MUSCLE DEVELOPMENT**

BEGINNERS STRENGTH AND FITNESS GUIDELINES

Integrate movement into our everyday experience.

- Walking on earthy uneven ground at an enjoyable pace; have walk and talk meetings, walk to get your lunch, take the stairs. Look for the movement opportunities and take advantage of them.
- Perform bodyweight, strength, flexibility, mobility movements. Below is a five week schedule example.

First week – every 1 to 2 hours

- 5 push ups - on a desk/dining table/bench/steps/floor
- 5 squats - using a chair
- 5 back rows using trees or poles/railings

Second week – every 1 to 2 hours

- 10 push ups - on a desk/dining table/bench/steps/floor
- 10 squats - using a chair
- 10 back rows using trees or poles/railings



Third week – every 1 to 2 hours (*add a new variation to challenge yourself*)

- 15 push ups - on a desk/dining table/bench/steps/floor
- 15 squats - using a chair
- 15 back rows using trees or poles/railings
- 5 shoulder presses
- 5 dips

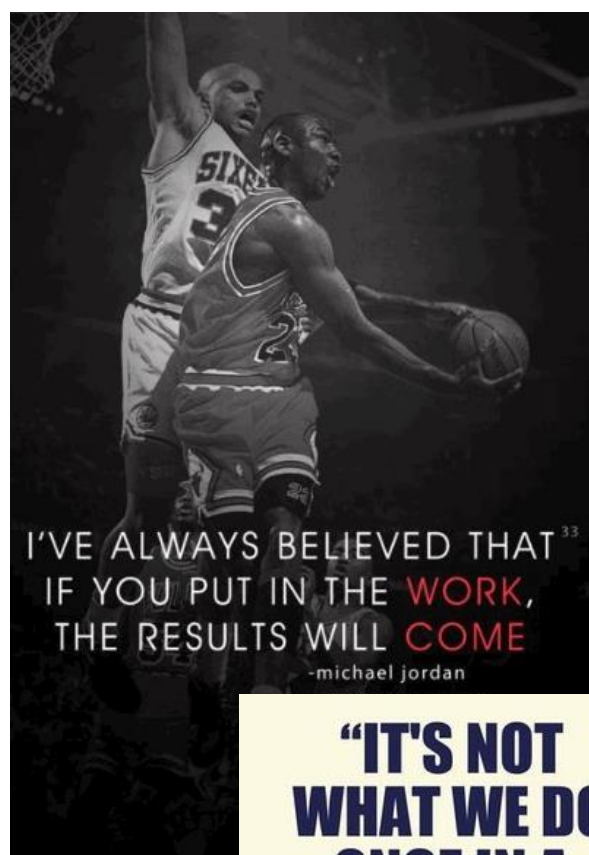
Fourth week – every 2 to 3 hours

- 20 push ups - on a desk/dining table/bench/steps/floor
- 20 squats - using a chair
- 20 back rows using trees or poles/railings
- 10 shoulder presses
- 10 dips

Fifth week and onwards, keep up daily movement with enhanced movement combinations, more repetitions and challenging body positions. *Get creative.*

Consistency is the key to creation. Consistency is about continuous incremental effort. Consistently bringing our effort and energy into every day is where transformation happens. Change happens through movement. If we want to be successful, be consistent in all that we do. Consistent actions create consistent results. Small incremental continuous steps towards creating our strength and fitness wellbeing every day is how we manifest our intentions.

First we feel the changes, then we see them, after everything has improved on this inside. Choose to persist with helpful, healthy, empowering mindset, attitude, behaviour and actions that will manifest our intentions. I know you will create your desired outcomes over time.



**"IT'S NOT
WHAT WE DO
ONCE IN A
WHILE THAT
SHAPES OUR
LIVES. IT'S
WHAT WE DO
CONSISTENTLY..**

CONSISTENCY
Is What
TRANSFORM
AVERAGE
Into
EXCELLENCE



HEALTHY SUSTAINABLE WEIGHT LOSS GUIDELINES

Healthy weight comes from choosing to make helpful moment by moment choices every day.

Those daily choices become our new habits that will create our desired intentions over time.

The foundations of successful sustainable weight loss are:

1. Eat smaller food portion sizes.
2. Eat predominately plant based whole foods. Any animal food provided without any harm or suffering caused to the animals is also nourishing for the human body, e.g. free range chicken eggs. Remove/reduce consumption of processed foods; candy bars, soft drinks, packet chips, etc.
3. Move our body every day.

For more details on this, see the section on 'Healthy Eating'.

Small amounts of movement throughout our day's experiences every day is how we create our healthy weight intention. From this intention comes movement focus.

Choose to live less out of habit and more out of intent.



Our intention
creates our
reality.

GENERAL STRENGTH FOCUS

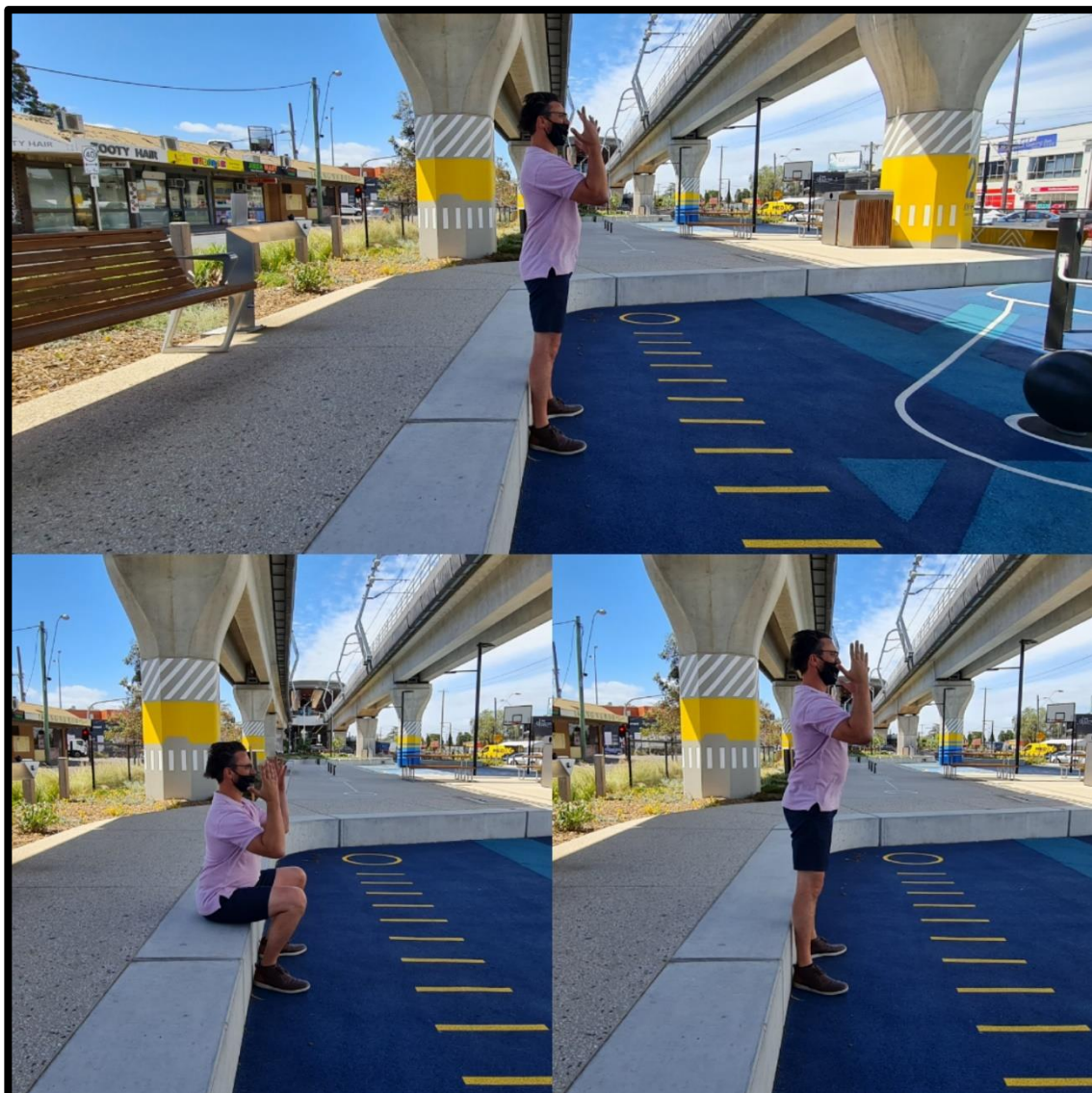
These movements are compound exercises (they incorporate every muscle in the body during the movement). Consistency is the key to sustainable strength and fitness development. Variation is the key to full joint and muscle development, sustainable enjoyment and minimising the risk of injury by overtraining a movement position.

These movements are effective strength and fitness development exercises accessible anywhere, anytime and can be adapted to suit your current level of ability. Everything improves with daily movement. Try to do at the very least a minimum of repetitions of each exercise once a day. Just a reminder, when it comes to strength development, the more consistent we are over time with our movement, the greater the hypertrophy (muscle growth).

Small amounts of movement throughout our day's experiences every day compounds to massive positive outcomes over time. Rest and recover as often as you feel you need to.

Core movements:

- **Squat** - Activates glutes, thigh and leg muscles





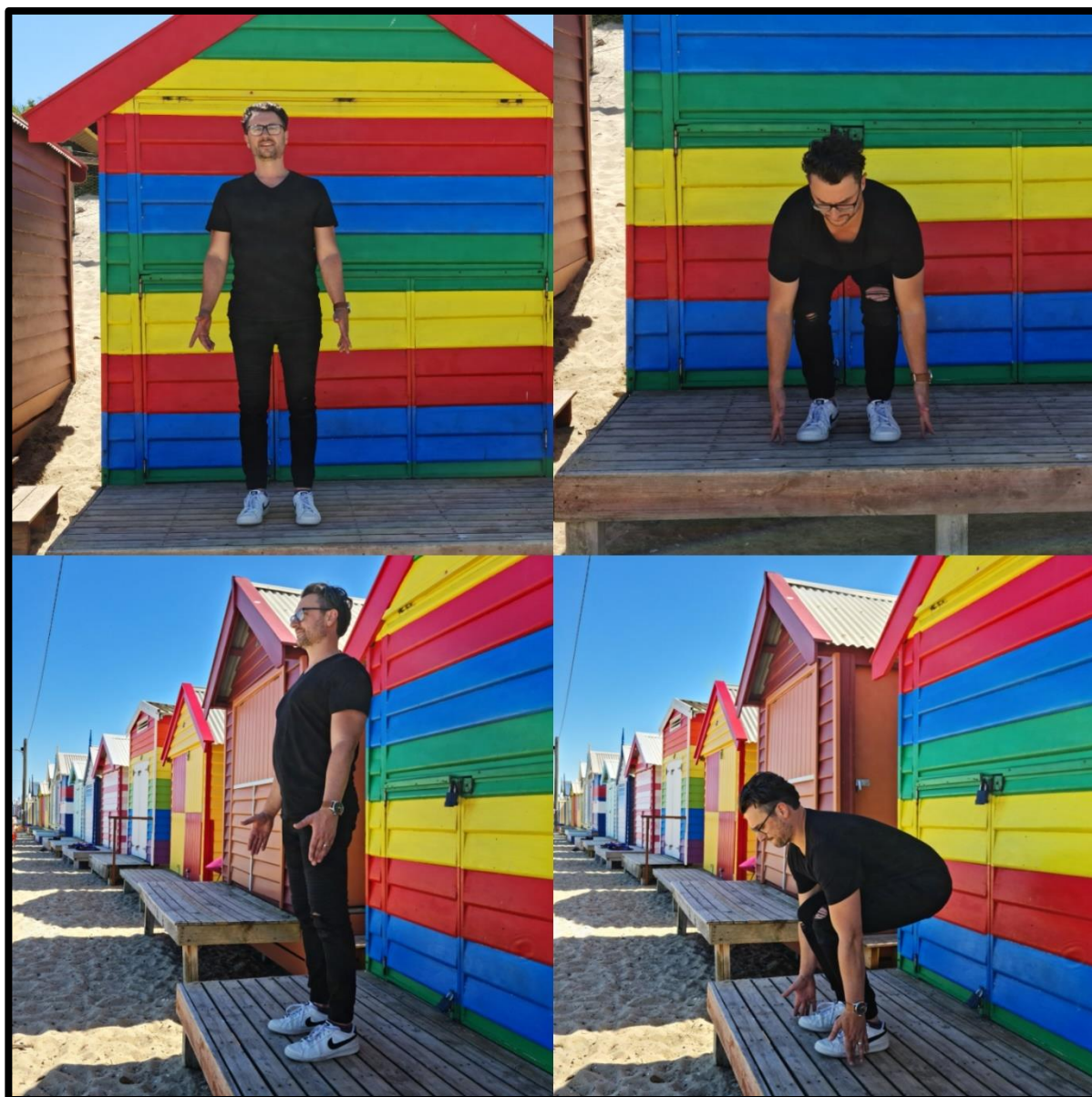
Shoulder width squat.

Feet are shoulder width apart pointing slightly outwards, hold arms in front with palms at head height turned to the face, squeeze shoulder blades together and down, lower glutes until the thighs are parallel to the ground, pause for a moment, then come up using your hips, knees and core. Our back is aligned (straight) throughout the movement.



Wide stance squat.

Feet are wider than shoulder width apart pointing slightly outwards, hold arms in front with palms at head height turned to the face, squeeze shoulder blades together and down, lower glutes until the thighs are parallel to the ground, pause for a moment, then come up using your hips, knees and core. Our back is aligned (straight) throughout the movement.



Deadlift squat.

Feet are shoulder width apart pointing slightly forwards, arms are stretched out to the side of the body alongside the torso, squeeze shoulder blades together and down, lower glutes until the thighs are parallel to the ground, pause for a moment, then come up using your hips, knees and core. Our back is aligned (straight) throughout the movement.

- **Push Up** - Activates chest, shoulder and triceps muscles

Variations include:

- Push up to 'Downward Dog'
- Push up to 'Cobra Shoulder Press'



Wide push up.

Hands are placed two hand widths away from the shoulder, positioned in between the collar bone and the sternum, elbows are at 45 degrees from the torso, lower your body until your chest nears the ground/surface at the bottom of the movement, then return up to the starting position.



Shoulder push up.

Hands are placed directly under the shoulder, elbows are at 55-65 degrees from the torso, lower your body until your chest nears the ground/surface at the bottom of the movement, then return up to the starting position.



Triceps push up.

Hands are placed in line with the bottom of the chest close to the torso, elbows are close to the torso, lower your body until your chest nears the ground/surface at the bottom of the movement, then return up to the starting position.

- **Back Row** - Activates back and biceps muscles

Variations include:

- Back row to L sit
- Back row to L sit chin up
- Bent knee back row



Top row is **Wide grip** back row & bottom row is **Anatomical grip** back row. When we pull the abdomen to the bar with *bent knees*, we are activating the major back muscles.

Wide grip back row - Place arms two hand widths from shoulder, pull torso to the bar towards the abdomen, squeeze shoulder blades together, pause for a moment, then return down to the starting position.

Anatomical grip back row - Place arms one hand width past shoulder, pull torso to the bar towards the abdomen, squeeze shoulder blades together, pause for a moment, then return down to the starting position.



Close grip back row. When we pull the abdomen to the bar with *bent knees*, we are activating the major back muscles.

Hands are close together, pull torso to the bar towards the abdomen, squeeze shoulder blades together, pause for a moment, then return down to the starting position.



Top row is **Wide grip** back row & bottom row is **Anatomical grip** back row. When we pull the chest to the bar with *straight legs*, our core is engaged throughout the movement, we are predominantly activating the upper back muscles.

- **Dip** - Activates back, chest and triceps muscles

Performing the 'dip' motion - Place hands shoulder width apart, slight bend in knees, lower glutes until the elbow is at 90 degrees, pause for a moment, push up.

Variations include:

- Dip to hip raise



Dip to hip raise.

- **Shoulder Press** - Activates shoulder and triceps muscles

Performing the 'shoulder press' - Place arms one hand width past shoulder, lower until the elbow is at 90 degrees, push up.

Variations include:

- Shoulder press to plank



Shoulder press.

General Strength Focus – Bodyweight Movement Guidelines:

Average repetitions per set: 10 to 15

Number of sets per muscle per session: 1 to 5

Average number of sets per movement session: 10 to 15

You can practice these movements daily

The more sets we perform over time, the greater the hypertrophy (muscle growth).



IMPORTANT:

1. **Core stability** - Always engage our core by tilting our pelvis slightly forward. We will feel it engage.
2. **Controlled movement** - The pace of the movement is being controlled by our effort. It is a steady motion. There is no gravity or momentum to complete the movement.
3. **Lifting alignment** - When practicing a lifting movement our spine needs to be in alignment (straight). We use our hips and our core and we bend our knees to practice the movement.

All of these ensure we maximise our power and minimise the risk of injury.

**FITNESS IS NOT
ABOUT BEING
BETTER THAN
SOMEONE ELSE...IT'S
ABOUT BEING
BETTER THAN YOU
USED TO BE.**

STRENGTH/MUSCLE DEVELOPMENT



A highly effective way to develop muscle strength is to ***train muscles that work together in the same movement session:***

1. **Pushing muscles** - chest, shoulder, triceps
2. **Pulling muscles** - back and biceps
3. **Lifting muscles** - quadriceps, hamstrings, calves

In muscle strength training this is called a 'Push Pull Lift' split.

In a weekly training cycle it looks like this:

Monday - Pushing muscle focus

Tuesday - Pulling muscle focus

Wednesday - Lifting muscle focus

Thursday - Rest and recover day (walking, swimming etc.)

Friday - Pushing muscle focus

Saturday - Pulling muscle focus

Sunday - Lifting muscle focus



Include 1 to 3 negative repetitions in a few sets in every movement session.



Include a drop set variation in every movement session.



Finish every movement session with one or two sets of 20 to 30 seconds of High Intensity Training (HIT). Our maximum level of effort has the equivalent effect of a 60 minute cardio workout: Try. . .

1. Running on the spot
2. Star jumps

Everyday movement - Walking at an enjoyable pace throughout our day's experiences.

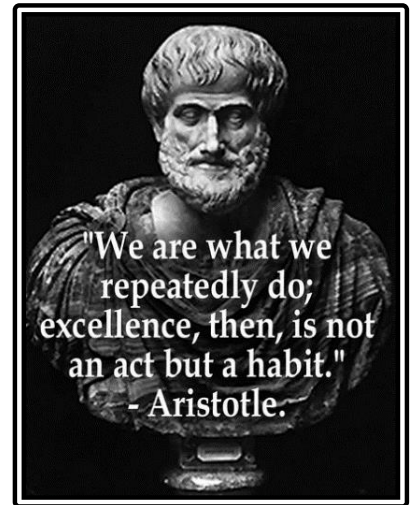
Variation is the key to:

1. Sustainable motivation
2. Full muscle and joint development
3. Minimising the risk of overtraining a movement position.

Consistency is the key to creation.

Pushing movements:

- Push up (activates chest, shoulders, triceps and body core muscles)
- Dip (activates chest, shoulders and triceps muscles)
- Shoulder press (activates shoulders, triceps and body core muscles)



We should not exercise the body without the joint assistance of the mind; nor exercise the mind without the joint assistance of the body.

— Plato —

Pulling movements:

- Back row (activates back, body core and biceps muscles)
- Pull up/Chin up (activates back and biceps muscles)

Lifting movement:

- Squat (activates quadriceps, glutes, hamstrings, calves, body core and back muscles)

For every set vary:

1. Position of hands, feet or body angle
2. Repetitions
3. Movement combination
4. Movement speed.

Maximum number of sets per muscle per movement session is 5. For example: 1 to 5 sets of Chest focused movements, 1 to 5 sets of Back focused movements, 1 to 5 sets of Biceps focused movements, 1 to 5 sets of Shoulder focused movements, 1 to 5 sets of Triceps, 1 to 5 sets of Leg focused movements etc. Average number of repetitions per set for muscle growth is 10. Average rest time between sets is 45 to 60 seconds.



IMPORTANT:

1. Always engage our core by tilting our pelvis slightly forward. We will feel it engage.
2. Have controlled movement. The pace of the movement is being controlled by our effort. We are not using gravity or momentum to complete the movement.
3. When practicing lifting movement our spine needs to be in alignment (straight). Use our hips, body core and bend our knees to practice the movement.
4. Warm up before practicing strength movement - 30 to 50 star jumps is an effective warm up.
5. Cool down with a gentle walk and stretching.

OUR ALL NATURAL HEALTH & FITNESS PHILOSOPHY FORMULA FOR HEALING, HEALTH AND WELLNESS IS:

1. Choose to be our unique authentic self, speak our truth and make our own choices guided by our unique body: heart, soul, gut instinct and intuition.
2. Choose to take responsibility for our past, present and future choices without judgement or expectations.
3. To be present in the moment without judgment or expectations.
4. Let go of everything that feels draining or harmful to us and our intentions (mindset, attitude, behaviour, relationships, environments, naysayers, judgement, expectations).
5. Move our body in nature every day.
6. Nourish our body predominantly with plant based whole foods.

Self-Belief, Truth, Transparency, Authenticity, Responsibility, Love, Kindness, Gratitude and Forgiveness for ourselves and others, are powerful behaviours for healing health, wellness and successful sustainable creation. We can choose all these and develop them by our daily choices over time.

Every experience is temporary. Every experience is a learning and growth opportunity. This 'now' moment is all that matters and exists. Choose helpful, empowering mindset-attitude-behaviour and actions.

We all have the potential to be powerful creators. We just need to be consistent with our daily choices over time and never place a time frame on creation. Healthy sustainable creation is nurtured, never forced. Choose to move forward with creating our intentions at an enjoyable pace.

We will manifest what we choose to focus our effort, energy and time towards.

It's really this simple.



**There are
only two
options:
Make
progress
or make
excuses.**



We always have
the power of
choice

A message from
me to you

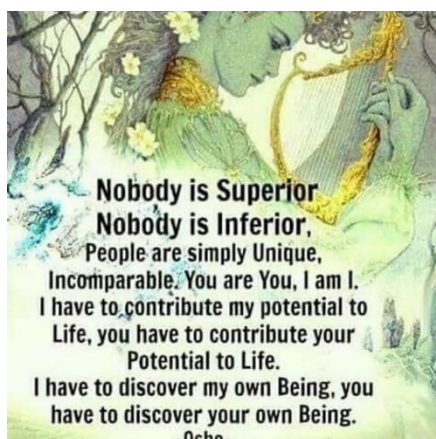


WE ALWAYS HAVE THE POWER OF CHOICE

Steve Buchler and Kat John brought my awareness to something very powerful during a lunch experience we shared together. I want to experience a peaceful, energizing, joyful, adventurous, inspiring and fulfilling life experience every moment I am gifted on this planet. To create this I need to choose to focus 100% of my attention, effort, energy and time, on the mindset, attitude, behaviour and actions with myself, all living beings and our planet that will manifest those feelings for me every moment.

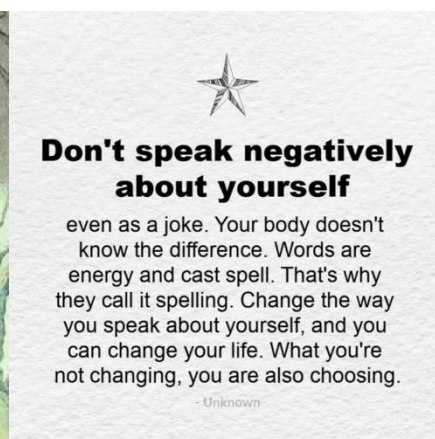
That moment I chose to 'let go' of the need to pursue things that only fed my ego and distracted me from my intention of a peaceful, energizing, joyful, adventurous, inspiring and fulfilling life experience every moment, and focused 100% of my attention, energy, effort and time, on the mindset, attitude, behaviour and actions that I need to manifest my intentions.

It was really this simple. Thank you Steve and Kat. You are both wonderful human beings and exceptional-effective coaches.



The only thing that separates successful people from the ones who aren't is the willingness to work very, very hard.

Helen Gudley Brown



The past no longer exists. It served a purpose of a lesson or a blessing. I chose to be grateful for all of the toxic and wonderful experiences, as each of those experiences allowed me to learn, grow and evolve into the person I choose to be this moment, and I love the person I am this moment.

Self-Belief, Truth, Authenticity, Transparency, Responsibility, Love, Kindness, Gratitude and Forgiveness for ourselves and others are powerful behaviours for successful sustainable creation. We grow when we are challenged, so choose to 'Face Everything And Rise (FEAR)'. The true purpose of fear is to help us grow. We are all powerful creators. Our 'Authenticity' is our superpower and we always have the power of choice.

Whatever we are not changing, we are choosing. If something or someone is not helping create our desired life experiences or feels harmful to us and our intentions, then it's our responsibility to change something about our present moment situation and move forward with evolved mindset-attitude-behaviour and actions with ourself, all living beings and our planet.

The only moment that exists and matters is the 'now' moment. There's no failure in life. Every experience is temporary and a learning and growth opportunity. Choose to evolve your mindset-attitude-behaviour from every experience in a healing, healthy, energising, empowering way. This moment, choose a helpful, empowering and positive, mindset, attitude, behaviour and actions for your-self, all living beings and the planet that will create your true and desired intentions during this life experience in this world. *Repeat every moment. It's really this simple.*

Our healing, health, wellness, joy and success are our responsibility. Our 'Authenticity' is our superpower and we always have the power of choice.

HOW WE DO IT

Our behaviours

The 10 behaviours of our Philosophy

The most obvious expression we have as human beings, is that ***our body responds to our behaviour.***

Everything *shifts* in a positive, energizing, healing, abundant and empowering way the *moment* we ***choose*** to:

1. Be our unique authentic self.
2. Speak our truth.
3. Make our own choices guided by our unique body: heart, soul, gut instinct and intuition. This is how we connect to the constant flow of abundance which is creation's natural state.
4. Be present in the moment without judgement or expectations.
5. Take responsibility for our past, present and future choices without judgement or expectations. This is how we switch on our creative power state.
6. Move our body in nature every day.
7. Nourish our body, predominately with plant based whole foods provided by Planet Earth for all living beings.
8. Sharing our time with people we love, feel safe around, are supported and encouraged by, and who bring us joy.
9. Let go of everything that feels draining or harmful to us and our intentions (mindset, attitude, behaviour, relationships, environments, naysayers, judgement and expectations).
10. Help others without judgement, expectations or conditions.



This moment at age 44, I am the strongest, fittest and healthiest, at peace, present, optimistic and joyful.



I hugged trees! Connect with nature – restoration and health. A tree's vibrational patterns have a healing, revitalizing effect, which can help us feel more grounded. Did you also know that just like hugging a human, it increases levels of oxytocin (the love hormone), which reduces stress and increases happiness.

Our Philosophy

This is how I cured my *Anxiety, Depression, Cancer and Acquired Brain Injury* leading to total mental and physical disability.

It's really this simple. We can all do this.

Our 'Authenticity' is our superpower and we always have the power of choice.

The only moment that exists and matters is this 'now' moment. Choose a helpful, healthy, energising, empowering mindset, attitude, behaviour and actions, and be consistent with your daily choices over time. It's really this simple to manifest our intentions.

I believe in you, *choose to believe in yourself, every moment.*

I believe in you.....

We are all loveable.
We are all worthy.
We are all enough.
We are all capable of being powerful creators.

We all deserve a happy, healthy, adventurous, joyful, abundant life experience, every moment we are on this planet.

Our healing, health, wellness, joy and success are our responsibility. Our 'Authenticity' is our superpower.

We always have the power of choice. Choose to believe in yourself, then start to move in a direction guided by your unique body: heart, soul, gut instinct and intuition.

I believe in you and I know you can do it.

Thank you for letting me share my philosophy with you. I truly hope it has helped you.

Love & Best Wishes,

George Takianos

believe



FALL
IN LOVE
WITH
TAKING CARE
OF
YOUR BODY.

SUMMARY OF OUR PHILOSOPHY

Life happens for us, not to us.

Every experience is temporary and a learning and growth opportunity. Choose to Stop, Reset, Rest, Recover, Learn, Grow and Resume with *evolved mindset-attitude-behaviour* and *actions* as often as we feel we need to. This is our process for success.

Our healing, growth, joy and success is our responsibility. Everything shifts in a healing and positively energizing way when we choose to approach the situation or experience with Self-Belief, Truth, Authenticity, Transparency, Responsibility, Love, Kindness, Gratitude, and Forgiveness for ourselves and others, plus Grit Determination, Work Ethic and Character. These are powerful behaviours for healing health, wellness and successful sustainable creation. We can choose all these and develop them by our daily choices over time.

Our 'Authenticity' is our superpower and we always have the 'power of choice'.

The only moment that exists and matters is this 'now' moment.

Choose to be present in the moment without judgement or expectations, be your unique authentic self, speak your truth, make your own choices guided by your unique body (heart, soul, gut instinct, intuition), and take responsibility for your past, present and future choices without judgement or expectations. This is how we access our intelligence, connect to the constant flow of abundance which is creation's natural state, and switch on our creative power state and start our process of healing and growth.

Choose to believe in yourself every moment.



The **Tree of Life** represents our universal connection to the Mother Earth, and our dependence on her to grow and flourish.

Celebrate life.

Every ending brings a new beginning.

Thank You

Thank you to everyone who has been a part of this process. You have all in your unique way positively contributed to this outcome.

This book is the result of the amazing collaborative work of my amazing friend StJohn Miall (Founder, Keep Evolving), my incredible sister, Anna and me. I am proud of our focused effort, energy and determination to create a book that is simple to follow, understand and be empowered by. It was a real pleasure working with these exceptional humans.

I am also very grateful for the love, encouragement and support from my gorgeous partner Maria and my parents. You are all wonderful people and together we have all made this book intention a reality.

THANK YOU ❤️

Love you all HEAPS.

George

About the Author

Hello, my name is George and I started to be interested in fitness watching my dad exercise around the house as a kid. He would regularly be doing push ups, running, and arm strength work in the shed or around the house.

I was a skinny kid growing up. Around 16 years of age, I discovered a body-building magazine with Arnold Schwarzenegger on the cover. I bought it, read it and from that moment I was hooked on the idea of building muscles.

I went to Kmart and purchased some dumbbells. The main movements I was practising regularly at that time were the push up, sit up and biceps curl. All I was really concerned with was my beach muscles; chest, abs and arms.

Fast forward to my first year at university, I was 18 years of age. I joined my university gym and was trying to work things out reading magazines and experimenting with the machines in the gym.

I trained around lunchtime and often I would see this particular person workout. I was wowed by his strength, defined lean muscles and his training techniques. One day I approached him, said "Hello, my name is George. You look like you know what you are doing. Can I train with you and learn from you?". This person's name is Mike Leach, he was in his 30's at the time and he kindly said yes. That moment was the beginning of my apprenticeship in strength and fitness development and a friendship with Mike. Mike worked in the Civil Engineering department of the university and was regularly keeping up his fitness. He is a qualified personal trainer and fitness instructor, and has actively played soccer and tennis to keep in good shape. My strength and fitness knowledge massively increased whilst training with Mike. Today, Mike is the strongest, fittest and youngest looking 67 year old I know.

Throughout the years and my experiences with 'dis-ease' I connected with many wonderful people, including StJohn and Alexia Miall (Keep Evolving), Petrea King (Quest for Life Foundation) and Ian Gawler (Gawler Foundation). I attended their workshops, retreats and was opened up to the world of nutrition, health, healing and well-being.

StJohn and I have become good friends and I am grateful we have connected in this life experience and are now working together.

I prefer to learn from people who are doing well in their field. Over the years I have attended classes in Yoga, Power Lifting Training Sessions, Kick Boxing Classes and other forms of fitness.

I have also been incorporating and facilitating strength and fitness development into my leadership and coaching roles with clients since 2007. It makes a huge positive impact on their performance in their professional and personal lives.

All of these experiences have helped me to learn, grow and evolve my strength, my fitness, and my wellness philosophy, which is simple, effective, accessible anywhere, anytime, and can be adapted for all age groups and current levels of mobility, strength and fitness.

I know you can create your strength, fitness and well-being intentions. I believe in you, choose to believe in yourself.

Everything improves with daily movement in nature.

Love,

George





THE BEST 6 DOCTORS ARE...

SUNSHINE
WATER
REST
AIR
EXERCISE
DIET

It's not about your reflection, it's about what you see beyond it.



Self-Reflection

Setting and fulfilling your unique goals are vital to your success. To reflect and ask yourself questions is a vital part of the process to achieving your goals. We learn from reflecting on our experiences.

Step 1. Reflection.

Write down your thoughts after reading this book, whatever comes to your awareness. No judgement, just write what you are thinking and feeling with truth, transparency and authenticity.

Step 2. Goal Setting is setting your intentions for yourself.

Write out the steps you need to do to manifest your short term and long term goals.

Start your first step this very moment to begin the process of creating your intentions.

Keep moving forward at an enjoyable pace, adapting, learning, growing and evolving after every experience.

It's really this simple.

Your Notes

[illegible]

[illegible]

[illegible]

[illegible]



Believe
in yourself
—— & ——
you will be
Unstoppable

All Natural Health & Fitness

This is a temporary *Planet Earth* experience, not competition or acquisition.

Our time on *Planet Earth* is the most valuable thing we own and can share with another. We can't buy, steal, be gifted or pray for more time on *Planet Earth*. ***We can earn more time on this planet by our daily chosen behaviour over time.***

Our healing, health, wellness, joy and success are our responsibility. These can't be purchased, stolen, gifted or outsourced to another person or the God we choose to believe in. *They are earned daily by our chosen behaviour over time.*

The best time to start anything is this 'now' moment. It's the only moment that exists and matters.

It's ok to Stop, Reset, Rest, Recover, Learn, Grow, and Resume with evolved mindset-attitude-behaviour as often as we feel we need to. ***This is our process for success.***

It's our unique temporary *Planet Earth* adventure and it's our responsibility to create an experience we enjoy every moment by our chosen behaviour.

Q. How do you eat an elephant?

A. One small bite at a time.

It doesn't matter where you start, just choose to start.

Creation is nurtured incrementally over time at an enjoyable sustainable pace.

6 simple tips to help you get started. *Choose to:*

1. Be present in the moment without judgement or expectations. This 'now' moment is all that exists and matters.

2. Behave with integrity. Do what you say you will do with Truth, Authenticity, Transparency and Responsibility.

3. Let go of everything that feels draining or harmful to you or your intention (mindset, attitude, behaviour, relationships, environment, naysayers, judgement, expectations). This has a massive positive effect on our healing, health, wellness, joy and success.

4. Move your body in nature every day.

5. Be your unique authentic self, speak your truth and make your own choices guided by your unique body: heart, soul, gut-instinct and intuition.

6. Rest and recovery are just as important as effort.

I believe in you. You CAN!

Best wishes,

George Takianos

All Natural Health & Fitness PHILOSOPHY

YOU ARE THE
Creator OF
YOUR OWN
Destiny!