

BE FIT BE USEFUL

THE OFFICIAL FIT2BUSEFUL NEWSLETTER

May Focus

Wednesday Stretch Specific

7:30am



ANKLES & FEET



Walking isn't just for people who can't do more!

Excerpt from article ON GMB by Jarlo Ilano
<https://bit.ly/3NmWeOM>

Are you under-appreciating the benefits of walking? I know I have! Even if you are fit, walking will benefit you.

Polarized training combines a high volume of low intensity work with a lower volume of high intensity training. You are either going pretty easy for a long time, or going very hard for a bit. This has been shown to have superior endurance improvements, it also fits into the research where doing lower level physical activities throughout the day works better than 20 min of intense work & then nothing else the rest of the day.

Walking can absolutely be part of improving your health, appearance & fitness. But it should be more than just that. Physical autonomy involves control & awareness. It can be tough to focus on balance & agility while you're pushing hard, so we end up with underdeveloped body control. Since walking is a simple activity, it's a great opportunity to develop these things in a less taxing environment.

Even better: it doesn't have to be separate practices! Walking integrates movement, awareness & breathing. The rhythm & repetition are a great way to practice Body alignment. "Think Tall" is a great cue for this.

Asymmetries don't usually cause any issues. They are natural & simply part of organic life. But they can become a problem when repetitive habits prevent us from being diverse in our movements. We don't need to be perfectly balanced. Instead, we need diversified movement for more physical autonomy. When you start being more mindful of your gait pattern, you might discover things you do that you do want to change, or at least delve into further.

The prompt of "soft steps" gets you both more aware of what you are doing and automatically changes how you move without too much extra thought.



What about breathing? Sport scientist and Olympic medalist Dr. Jack Daniels discovered an interesting phenomenon in elite runners. Without prompting or instruction, they all fell into a pattern of rhythmic breathing that corresponded to their strides:

- Starting out with a 2:2 pattern, that is inhalation for two footfalls and exhalation for two footfalls.
- Then near the end of the race or session, going to a 2:1 or 1:2 with the increased exertion at the finish.

Learning to control your breath like this improves stamina and endurance. For walking, the rhythm should be with deeper breaths, a good starting point would be 6:6, gradually increasing to 8:8 or more. Syncing these deeper breath patterns with your foot strikes can become the foundation for meditative practice.

Make Walking Part of Your Life

Walking more is great, but it's only one example of simple things you can do to build a healthy, active lifestyle. We all have things we want (or think we need) to alter in our lifestyles, particularly in regards to health and fitness. So we start on making choices. Make sure that there is something really meaningful for you backing up these choices.

For walking we've talked more about its impact on your health and longevity than about losing weight or looking better. Those aren't bad things of course, but when those are the only reasons, you're more likely to either stop or not enjoy it. Neither of which leads to living a better life.

Walk often during the day and try not to restrict yourself to a walking period. By all means take a long walk BUT then keep walking throughout the day... MOVE MORE! Along with walking, practicing balance, coordination, symmetry and breathing, add mobility, stretching, flexibility and strengthening. Again, try to do these things ALL day long. **Challenge your body & make it work. Love everything you do, even the awkward, hard, uncoordinated and taxing.**



Be Fit Be Useful!

HOW TO MAKE A 1000 DAY PLAN & DESIGN YOUR BEST LIFE



A podcast with Rich Roll and Gordo Bryn
<https://apple.co/3Hn6m8j>



Uprooting & Replanting

by [Cecilia Kremer, Empathy Coach, PhD](#)

An uprooted tree is a view of tragedy. Devastated after the storms, the depths of this majestic Californian sequoia have surfaced above ground, viscerally exposed.

They remind me that uprooting happens to us too. Whether it's the loss of a job, the move into a new city and leaving behind our people and culture, the departure of a loved one or a new baby joining the family, these are all changes that suspend life as we know it. With roots up in the air, we feel lost, and wonder how life will be sustained again moving forward.

The pull towards the familiar is strong. We wake up at the same time only to realize there's no office to go to. We imagine a trip to our local coffee place but "local" now means "strange". We reach out to our people, longing to meet, and being reminded that hugging is not an option as it once was. It's part of the process.

Little by little we start to accept that the familiar is no longer possible. We can't replant a sequoia tree. Neither the way our life was shaped can fit the new reality. That's the moment when we are called for the self-empathy work of connecting more deeply with ourselves.

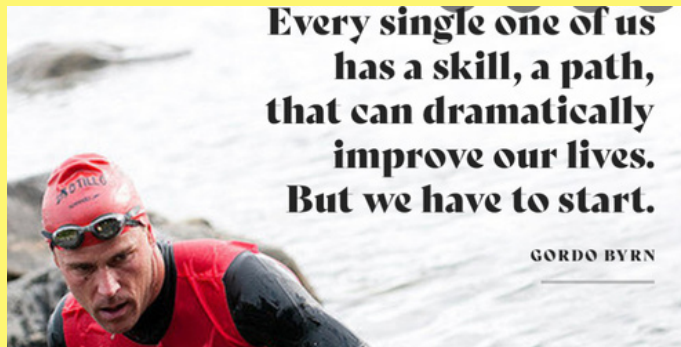
In turning towards mind & heartfelt self-care, we uncover: The essential values we hold dearly, no matter where we live or the work we do,

- ✨ The wisdom we have accrued and that knows where, inside of us, lives the source of our vitality,
- ✨ The internal courage to create a new way of living that is more meaningful and authentic.

This is when we uncover our true substance: one that can be composted to give birth to a new version of ourselves, shaped to thrive under the new conditions, with increased self-consciousness, creativity & strength.

Are you ready to embark on an empathic journey of awakening to who you are at your core & reshaping your relationships, purpose & life? Send me a message and let's talk about your needs:

<https://www.ceciliakremer.com/contact>



We all have these talents in us that we have no idea about. And we have these paths in our life that we can take at any time that we never get to see because we never take them. If you know yourself you can give yourself something to do. You can replace dark thoughts with other thoughts. You can make a small promise to yourself. It might be a walk, it might be just waking up before noon. It is a small promise, and it is going to seem tiny. But all you need to do is keep that promise to yourself. Almost every positive change in my life has been built because I have kept that promise. Change starts small and it's a daily habit to start YOUR day. And you turn yourself in to a winner by having a small win every day. AND THATS HOW IT HAPPENS!

- Gordo Bryn

Quotes to live by, to aspire to, to dream about ...



An athlete is a mindset.

It's how you prepare, think and execute.

Not because of some elite status or physical stature.

Anybody can be an athlete.

- Chris Hauth