

## EXERCISE

(Screen shows EXERCISE)

The second Wellness Tier is Exercise. You have already made part of your exercise plan by working on Eating Right in the First Tier. Eating Right is your number one tool to support your desire and ability to Exercise.

(Screen shows Goal)

The first step on our Exercise Worksheet is to pick a goal. Refer to your sample worksheet for the tips and instructions to complete the worksheet in this tier. Like with nutrition, we can focus on what exercise actually does in our bodies to understand what goal we want to choose. And again like with nutrition, our society has blurred exercise with how we look, how much we weigh, whether or not we have a flat stomach, and how our clothes look on us. These things are all results. Remember that focusing on a result is an ineffective goal. Results can be tracking and accountability tools, and when the results are positive, they can also be opportunities to cycle Above the Line by feeling grateful for feeling better.

Check out the difference in goal setting in this example. A woman has a class reunion coming up (or a wedding, or a vacation) and sets a goal to lose 20 pounds because she wants to look good when her classmates see her. Let's analyze this situation from *Above and Below the Line*. Her goal was really triggered by a fear of being judged by other people as lacking. In this case, lacking in looks because of extra weight. Her goal of losing 20 lbs. is a result rather than an action, and it stems from a *Below the Line* fear. She tries to exercise more to reach her goal, but "underwater" she really fears that she could fail to lose the weight, and her programming wants to protect her from doing something she could fail at. She is not aware of what is going on underwater with her POWER, so she is operating with only with her WILL to move her forward. It feels really hard to motivate herself to follow her exercise regimen, and she winds up following it less and less until it is too late. Then she consciously feels like she has failed. The irony is that we experience the very thing our subconscious is protecting us from (failure in this case) because it creates a *Below the Line* state that generates self-sabotage.

At the reunion, while getting dressed in the hotel with her friends, she keeps making self-deprecating comments about how she looks like, "these pants make my stomach stick out, and I don't think I can wear this shirt because my arms look big." Her friends follow her lead and start analyzing how they look. She isn't FEELING good about herself which is the opposite of how we treat ourselves from *Above the Line*. She goes to the reunion, but because she is partially focused on being self-conscious, she misses out on being able to connect and thoroughly enjoy being around the energy of people she has known most of her life. When she gets home and her spouse asks her how it was, and if she wants to go to the next one she says, "It was okay. You know how those things are. I am not sure if I'll go again."

How could she have Created Her Own Luck from Above the Line? She could have decided prior to her reunion that she didn't FEEL as good as she wants to. She doesn't feel the energy she wants, or the lightness and springiness in her body when she moves. Even getting in and out of

the car or deep couches, cleaning bathtubs, and going on a hike or a bike ride are starting to feel hard. She recognizes that this not-so-good feeling is her body's CLUE that she is not treating herself right. She sees that it is her responsibility to start to CHANGE right now or suffer the consequences later of feeling even worse. She creates a plan with a goal to feel more mobile and energetic, and starts to take actions using tools, skills, tracking, and working through her Below the Line blocks. She chooses to accept her present circumstances with gratitude rather than judgment so that she feels good about herself inside regardless of how she looks outside. She realizes that how she looks at any moment is really in the past by the time she judges it, and she doesn't want to waste her energy on the past where she has no control. So she chooses to keep her focus on the actions in her plan which are things she can control. When she gets to her reunion, she is feeling good and because of following her plan, she feels energetic dancing and her clothes are even feeling better on her because she has lost weight as a result. She inspires her friends in the hotel room not to judge themselves and redirects their focus to feeling connected by telling old stories. She has an absolute blast and wants to go to the next one.

(Screen shows Movement)

I like to look at exercise as **movement** to separate it from all the media self-image issues. Simply put, if you don't move it, you lose it. Our bodies require movement to be able to keep moving. Here is what movement actually does in the body: it encourages healthy muscle and fascia tissue for muscular-skeletal mobility, it increases circulation so that your cells are receiving the oxygen and nutrients they need to function, it helps food keep moving through your digestive track, and it triggers feel-good chemicals like endorphins for emotional health. These can be the reasons for your exercise plan rather than body image. **Movement is mandatory for health, not optional.**

Can you feel like you know this on an emotional rather than just an intellectual level? Can you feel the importance of it in a way that inspires you to want to do it? You can practice generating these feelings of positivity to help you by using your imagination and visualization. Because you know that your underwater POWER communicates with images and feelings from the Living *Above the Line* section of this program, you can understand why "visualization" has become popular, and you can add it as a "skill" to practice in #4 of your worksheet. Your subconscious is controlling your muscle movement, so you want to give it the correct instructions by visualizing what you want.

(Screen shows How do you Feel)

Now that you truly are focusing on what exercise does, you can take a deep breath and feel the weight of all of society's judgments about how we look just melt away because their focus points us in the wrong direction. Take this time to check in with how you feel about exercise because how you feel about it will determine what you experience in spite of your best intentions to embrace it.

Do you feel Above the Line and empowered to create the habits for healthy movement? Do you feel good inside about moving your body in ways that increase mobility? Or do you feel some

Below the Line thoughts and emotions like, “I don’t have time, I don’t have the energy, I don’t like exercise, I don’t really know what exercise I should do or how to do it, I can’t afford to go to the gym, I have health problems making it hard, or I have failed so many times in trying to make it part of my life.” This is the time to begin to flush out the *Below the line* feelings in #6 on your worksheet. These below the line feelings are just telling you what you truly believe about exercise and those beliefs will determine your outcome.

Trace your negative feelings back to their roots and figure out what you are really afraid of. Then ask yourself if your fear is 100% founded. Are you 100% sure that the fear is accurate? Or can you use the logical part of your brain to make an argument against that fear? Can you detach from your emotion so you can objectively evaluate the situation? Do you need more facts or to experiment before you are 100% sure the fear is true. If you find there is room for argument and you don’t want fear to control your choices, then focus on feelings of gratitude for having the ability to create a plan that you can help yourself with. Tap into your creativity and see what happens! Whenever you fall back *Below the Line* about part of your plan, spot the self-sabotage and just go through the process again.

(Screen shows hourglass)

For example, let’s say I feel like I don’t have time for exercise. What could I be afraid of? When I focus on feeling like I don’t have time, it makes me feel a little hopeless because I know I have to exercise to feel the way I want, but I can’t figure out how to fit it in. I feel disempowered and a little sorry for myself. I make **excuses** and **complain** like, “how am I supposed to work, raise kids, keep my house up, not drive myself into the ground, find time to eat right, and now exercise too? That is just not realistic. I can’t do everything.” Then I feel a little righteous anger when I really dwell on it, like my focus starts to shift to **blame** when I think of how my spouse and kids could actually help out more to make more time for me to take care of myself. Remember from the *Living Above the Line Section* that blame, complaining, excuses and self-pity are all distractions. Check out how I am cycling *Below the Line* on the *Above the Line Quick Guide*. However, what I am really afraid of is that I will fail, and deep down I know what the consequences are so I feel guilt too. My underwater programming is trying to protect me from things that I subconsciously believe are scary like failing, so it diverts my focus to blame, complaining and excuses, and from this state I am unable to have any POWER to add to my WILL. Exercise is a struggle because my conscious and subconscious are in conflict. “Failure” is guaranteed...a self-fulfilling prophecy because we always experience the very thing that we are trying to protect ourselves from by cycling *Below the Line*.

(Screen shows Create)

Spend some time on #6 on your worksheet detaching from the emotion and figuring out what you are trying to protect yourself from. Then you can switch to an open mind from *Above the Line* and see if you can figure out some creative ways to incorporate more movement into your life. Switch your focus from what you CAN’T do to what you CAN do: what do I have time for? Something is better than nothing. Realizing at an emotional level, not just an intellectual level, that not exercising will lead to health problems and decreased quality of life will help you form

a belief in your underwater programming that exercise is not optional – it is mandatory. From here you can make a plan and start to Create Your Own Luck.

(Screen shows watching TV)

How do we apply the concept of Natural vs. Synthetic lifestyle choices to exercise to help guide us as to what we need to do? Just like our bodies have not evolved to realize that some of us do not need starvation protection because we have ample food supplies, our bodies have not adapted to occupations that need to be done at a desk or computer all day. Our bodies have also not adapted to our leisure activities that include hours of sitting and watching screens. This is not how our bodies are designed to NATURALLY maintain health. Modern society has created a man-made version of how much we move, i.e. SYNTHETIC.

Nature, however, requires a lot of movement of varied kinds each day. Our synthetic version of movement has developed from the fact that we don't have to do the daily activities of survival anymore like gather and hunt food, make our own shelter and clothing, and make our own remedies. However, our DNA still resembles that of a human thousands of years ago.

From the opposite extreme, sometimes our synthetic version allows for more intense and less varied types of movement than nature requires. For instance, intense weight training, marathon running on pavement and other forms of exercise that are more extreme can be very taxing on certain parts of our bodies. Our best guide is to pay attention to the feelings, both physical and emotional, that we experience as a result of our exercise choices.

Nature requires us to focus on several aspects including our cardiovascular system (we need to get the blood pumping), flexibility to keep our muscles, fascia and connective tissues pliable, and strength to support our skeletal system. Nature also requires that our movement is performed throughout the day and not just for 45 minutes and then we sit the rest of our waking hours. (Although something is always better than nothing!)

Our focus needs to be on more movements that help our cardiovascular, flexibility and strength that occur more frequently throughout the day. This opens up many options for shorter periods of movement throughout the day rather than trying to find a big block of time. Fire up your creativity! How can you incorporate more movement into each part of your day? Connect with what your instinct tells you about how nature wants you to move when you are analyzing your options. This is where the internet can be fascinating to see what other people have come up with.

(Screen shows research)

I do not do your research for you because it is an important part of creating your plan. Rather than me directing you toward something that appeals to me, you will be drawn to what appeals to you. It is funny how when we go looking for something, we find what we need. Sometimes it seems like a coincidence and some people call it manifesting or synchronicity. Asking other people for ideas and researching books or the internet is opening up your ability to create opportunities and options. The results of an *Above the Line* search where all of our focuses and

feelings are coming from Above the Line, often makes us feel Lucky. We start to hear, “I can’t believe what I found, it is a perfect fit for me!” This leads to an *Above the Line* Cycle of empowerment.

You can search things like how to move more at a desk job, what are great exercises to do each hour that only take 2 minutes, can I combine making lunches or dinners with some kind of exercises like mini one-legged squats? Can I do some stretching while I am waiting for my ezkial bread to pop from the toaster? Can I take more stairs, park farther from the store entrances, or walk a sports field during my child’s game? Remember that small, consistent efforts add up to big improvements over time. Remember that something is better than nothing. Remember that it will be hard at first to change your body’s patterns of non-movement until you become used to it. Remember to start small and work up to more movement. Don’t bit off more than you can chew. When you are creating your plan FOCUS ON WHAT YOU CAN DO, NOT WHAT YOU CAN’T DO. If you can go to exercises classes and the gym, or take time for outdoor recreation...great! But if you can’t, then you still have many, many options to find something you CAN do.

(Screen shows Stay focused)

Make your plan for accountability and tracking in #5 of your worksheet with reminder notes, alerts, charts, etc. Until it becomes a habit, you need to find a way to consciously remind yourself to do your new actions. Brainstorm with friends, join my workshops live or online, and follow my Facebook group. These types of changes open up all kinds of new possibilities in your life. You might meet new people, find new resources, and discover options completely unrelated to exercise that improve your life. You Create Your Own Luck by opening new avenues that allow more opportunities to enter into your world. Then people will start to think of you as “lucky.” But you will know the secret about where luck really comes from - *Living Above the Line* 😊

Find as many opportunities as possible to incorporate forms of movement that you like. Maybe you like stretching but not cardio. Start with stretching and practice creating new habits. You can eventually make a habit out of creating new habits. You can create underwater programming that perceives change as something positive when you start creating some positive experiences for it to base its belief on. This will be your foundation to rolling with all the changes in products, tools, and science about what is “good” for us and what is “bad” for us. We can look at new products, services and research studies as opportunities to improve our plan. We will understand how to evaluate each based on the facts without attaching to *Below the Line* emotions, and to understand that we are not expected to choose every new option. Some will work for us and some are not a good fit. Some are the right fit, but this is not the right time. Give yourself the freedom to treat yourself kindly and maintain emotional balance in your life. The more adept we become at *Living Above the Line*, the more energy we have to expend on actually doing the things in our plans. We are able to become more productive without losing our emotional balance.

Do you like hiking, playing tennis, yoga, dancing, walking? Are there any sports you like and/or people you like to do them with? Start with these and then you can incorporate more varied forms as you progress.

(Screen shows roadblock)

Do you have pain or lack of energy as roadblocks? Remember that your nutrition plan is going to be the first step toward addressing these issues. A whole food nutrient intake will decrease the inflammation that is causing pain and fatigue as opposed to continuing with processed food intake which will increase inflammation and fatigue. In addition, I will recommend some products that can be great tools, and you may need to incorporate some professional help into the 6<sup>th</sup> tier of your Wellness Lifestyle like chiropractors, DOs, trainers, physical therapists, massage therapists, or energy workers. The important thing is to always keep trying to move through the obstacle. Don't accept no for an answer from your body – there is always something you CAN do. Keep searching, researching, trying new things, listening to your intuition and never give up. No matter if something works or doesn't, it is always providing you with useful information to add to solving the puzzle. Knowing what doesn't work for movement helps you narrow your search. For instance, with my knee injuries, I would keep trying sports that resulted in more injuries. I just kept changing my activities until I found things better suited to my situation like canoeing, cross-country skiing and yoga.

HELPFUL NATURAL PRODUCT TOOLS for section #3 of your Worksheet:

First, see what you can incorporate from the Nutrition Class products because your nutrition is your main tool to support your exercise efforts.

(Screen shows Mito2max)

Mito2max -Is lack of energy one of your obstacles to exercising? This supplement is specifically designed to give an extra boost to the energy production factories in your cells. Some of the ingredients are alpha lipoic acid, coenzyme Q10, quercetin, ginseng, and ashwagandha. I will take this often times in the afternoon if I am having intense days and start to feel drained. Mito2max can help support an exercise plan that has to take place after work. Also, instead of drinking a stimulant like coffee, soda or energy drinks for a pick me up, this is a great NATURAL substitute with no stimulants. You can find more information in the Resource section.

\$ saving tip: You can add Mito2max to your Life Long Vitality Pack on the Loyalty Rewards Program for \$20 rather than \$39.50.

Informational Links

1 minute video: <https://www.youtube.com/watch?v=YUIYWNy6a7o>

Product Information Sheet: <https://www.doterra.com/US/en/p/supplements-mito-2-max>

(Screen shows Deep Blue Complex)

Deep Blue Complex: Is discomfort and inflammation an obstacle to exercising? This supplement is a powerhouse of nutritional rockstars like turmeric, ginger, boswellia, resveratrol, pomegranate and more that promote healthy inflammatory responses that soothe muscles and joints NATURALLY. Are you taking synthetic over the counter medications for pain? Those medications take a toll on your organs over time. This is an opportunity to see if providing your body with this specific nutrition reduces your need for synthetic relief. I have used this supplement daily as a natural tool to reduce the discomfort in my knees, along with several essential oils listed for joints in my reference book.

You can also use this complex as-needed rather than every day when something causes a short-term condition of discomfort in your muscles and/or joints.

\$ Saving Tip: You can add this supplement for \$20 with the LLV on the Loyalty Rewards Program rather than \$59.50. HUGE savings!

Personally, I use the LLV and add Mito2max, Terrazyme, and Deep Blue complex the most frequently. But some of the add-ons last me for more than a month, so some months I get the PB assist (probiotic), or the supplements from the Daily Nutrient Pack for my kids to take (multivitamin and omega 3 supplements).

(Screen shows Deep Blue Rub)

Deep Blue Rub: This lotion has Deep Blue essential oil blend in it and is wonderful for rubbing into sore muscles. This is an opportunity to switch to a product with Real Essential Oils rather than synthetic active ingredients.

You can combine Deep Blue Complex and Deep Blue Rub together during the times you need a higher level of relief, even if this is on a daily basis. Again, we are focusing on tools for natural options to reduce your synthetic load and promote your ability to exercise.

(Screen shows Breathe oil)

Breathe and Peppermint Essential oil: these can bring more circulation and greater respiratory capacity during times of exercise. You can apply them topically on the sinuses and chest and breathe them in by cupping your hands to your nose and inhaling, or by putting the oils on a shirt collar and bringing the collar up to your nose and inhaling periodically. Breathe also comes in a stick for easy application and in throat drops. You can learn more about Essential oils and exercise in the Resource section.

Here are two series in Doterra's Empowered Life Series on how to use the products to support exercise no matter what level you are at from beginner to advanced:

Live an Active Lifestyle: <https://www.doterra.com/US/en/empowered-life-series-live-an-active-lifestyle>

Fitness and Weight Management:

<https://www.doterra.com/US/en/empowered-life-series-live-an-active-lifestyle>

Now you can start to fill in your worksheet by using the Sample worksheet as an example. You can just switch the nutrition focus to an exercise focus, and the instructions and tips will still apply. Have fun with it!