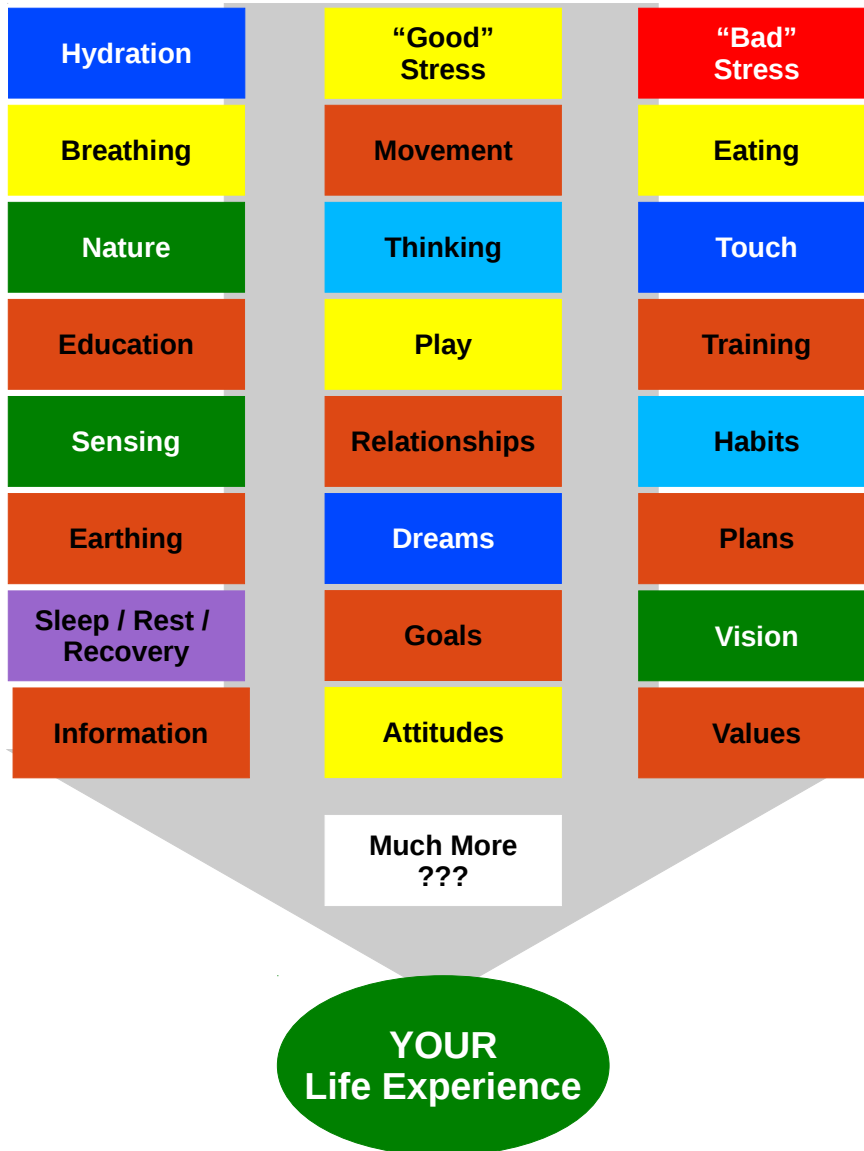


Holistic Lifestyle Coaching Overview

Does your **lifestyle** promote **LIFE**?

Or are you struggling with health challenges, low energy, weight issues and/or chronic injuries? Have you been unsuccessful in making lasting changes? Could the issue be more complex than just a few random changes that worked for other people, but maybe not for you? Or maybe what used to work is not working anymore? Maybe the problem isn't just biological? Or not just structural? Or not just psychological or just social? **Maybe it is more complex.**



Have you ever considered how lifestyle impacts our life experience? Do you understand how much lifestyle figures into disease, energy levels, body composition and injury risk?

Have you pondered how rapidly human lifestyles have changed in the last 100 years compared to the prior 3 million years? Changes to diet, shelter, movement, contact with nature and the quality of soil, water and air?

Does it make sense that your heritage helps determine the best foods for YOU? Eskimos are healthy eating primarily animals, while warmer climate populations thrive on primarily plants. Disrupt these balances and illness can emerge in each population.

Are you paying attention to the right things? Are you even paying attention?

Awareness is the key that starts the engine of lifestyle change!

CHEK Holistic Lifestyle Coaching seeks to provide you the insights, information and inspiration needed to sustain the process of improving your life experience.

There is no magic here, **YOU** have to do the hard work with ongoing education, exploration and execution of basics like introspection, evaluation, movement, breathing, rest, hydration, nutrition and energy / activity management.



The figure to the left illustrates a simplified model of how a lifestyle might emerge from conscious and unconscious contributors to create a life experience. Our actual lifestyles emerge in a more complex manner, including variables like history, pain, emotions and environment. However, this simple view can help us to understand *why* complex issues arise from our emergent lifestyle.

This model posits that our values inform our dreams or visions. Unfortunately, some of us are more driven by our nightmares or fears than our dreams. Our dreams help set our goals. Our goals drive our thoughts. Our thoughts determine our actions. Our actions become our habits. Our habits form our lifestyle and our lifestyle influences our life experience.

Evaluating our life experience then allows us to fine tune any of these variables. **If our life experience is not what we want, maybe just addressing our actions is not the first place to start?** We will not consistently follow through with modified actions if they conflict

with our thoughts, goals, dreams or values.

If conflict occurs between any of these elements, we are bound to eventually experience problems. What happens when our thoughts conflict with our goals? Or our actions? Or it all conflicts with our current values? My experience is that we will hear from the pain teacher.

The solutions to most our lifestyle issues are more complex than doing the same workout as the person on the next treadmill or bike. Or following your friend's or partner's diet. Much more complex than this simple diagram. And more personal!

Improvements require constant attention and deeper understanding, especially of our values and their priorities. What do you value? Health? Relationships? Freedom? Safety? Power? Fame? Money? Material things? How do you define wealth? Are these values different today than when you established your current lifestyle? How long can you support your values if your body is sacrificed in the process?

Most of us can greatly benefit from simply better understanding basics like movement, breathing, nutrition, hydration, rest and how they impact our life experience. One sane approach to these basics is contained in Paul Chek's book, **How to Eat, Move and Be Healthy!** You can do this work without help, but sometimes a coach can help us see what we miss and encourage us to dig deeper.

As an example, I'd like to share a model of my personal hierarchy of priorities, primarily based on my ability to survive and thrive if they were taken away. This approach helps me make better decisions that improve my quality of life.

Energy, whatever that is, forms the base of the triangle or pyramid. Many different names have been used to describe the forces behind matter and life. Ultimately, it simply cannot be named or described well by humans, but its presence is an obvious requirement.

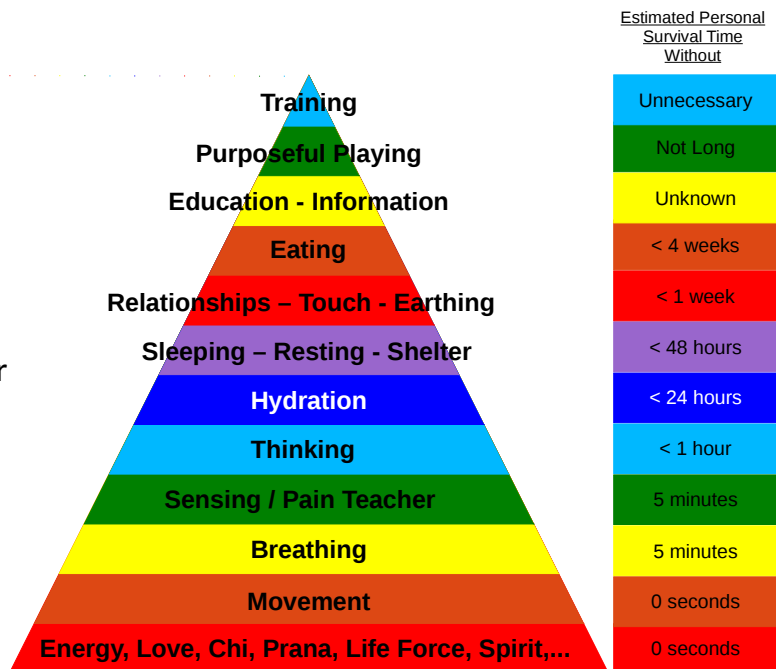
Movement is driven by this energy or will. Life is defined by movement. I honor movement as the basis of my body's life. We cannot even breathe without movement.

Breathing provides us with our most important nutrient, oxygen, and removes wastes. It straddles the automatic and volitional parts of our nervous system.

Sensing is required for the body to know when to breathe and maintain its internal and external balance. Sensing allows us to interact with our external environment and regulate our internal environment. **The pain mechanism uses these inputs to teach and protect us.** Thinking allows us to use the lower level capabilities to find life sustaining nutrition like water, food and information. We cannot think well if we do not breathe well. And we cannot breathe well if we are not moving well (and paradoxically, vice versa).

Hydration serves to replenish the water we lose and is the basis for all the chemical reactions required for life to survive. Sleeping, resting and shelter are critical for physical, mental and emotional recovery, which are required for survival, maintenance, growth and reproduction.

We are programmed to seek safety, sustenance and reproduction, which drives us to supportive relationships which include communication through words, energy and touch with animate and inanimate objects. How long could you survive without running fresh water,



plants providing oxygen, bees pollinating plants, symbiotic bacteria, your family, society or a network connection?

Eating allows us to transform and incorporate different life forms into our own life force. The quality of our food and water are key to a great life experience, yet most of us primarily eat over processed, dead junk from dying soils and contaminated waters. Education and information are just another form of nutrition that allow us to grow and improve our lives, or deplete us further. All our nutrition should be carefully cultivated and selected to support life.

Play, particularly purposeful play, is the ultimate expression of all the supporting elements below it. Play integrates movement, thought, relationships, information and more into a creative expression of ourselves. Note that to me, work or a job, should be purposeful play that integrates with our values, visions, goals and ultimately lifestyle. **Play lubricates the mechanisms behind innovation, change and progress.**



The apex of my triangle, the pursuit everything else supports, is training (or working out). I focus on functional training, something that helps me be a better animal and human. So you won't catch me in gyms or strapped to machines. I tend to train in the environments in which I naturally operate: home, work, the road, the trail, or where ever I find myself. I cultivate the

base of my triangle to ultimately support limited training.

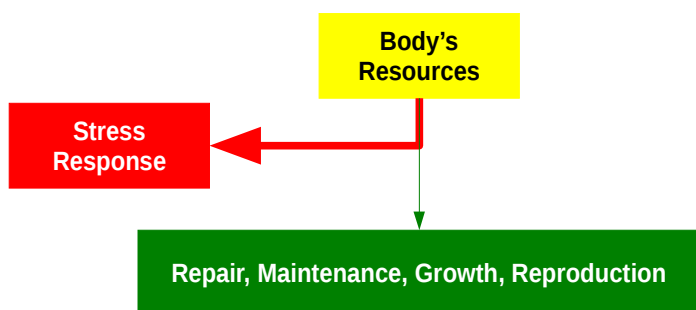
Yet training is where most people **START** to attempt to improve their lifestyle every January, without a firm base of support from more fundamental aspects. Or they may start at nutrition, which is better, but only if done correctly.

The point of sharing this information isn't that this approach is the only correct approach, but that we all should spend time exploring and understanding our individual needs, environments and priorities. I know that I have to attend to the issues lower in my triangle to optimize efforts higher in the triangle. Is it perfect? No, sometimes I need to eat before I address a relationship issue and sometimes a relationship issue keeps me from eating and digesting well. The ultimate goal of introspective work is to improve self understanding so that you can fine tune the components that make up your lifestyle in real time.

Sometimes all we need is renewed awareness of simple truths that we already “know” via intuition. We need to work on breathing and sensing to the point they become habits. We need to listen and think well to create a system for success starting with values and ending with a lifestyle. We need to take in the highest quality nutrition of air, water, food and information. We need to rest and recover to bring our best selves to relationships and play. Finally, we need to train in a way that we are constantly challenging our bodies, minds and spirit.

You may look at all this differently, but you should LOOK at it. Make conscious decisions based on the best information available. Play with the process and you will progress. This life long journey should be fun and interesting!

Did you know that “stress” can steal from you? Stress is neither good or bad for us. We use stress to become smarter, stronger and better at many things on a regular basis. Stress is “good” when we balance it with appropriate recovery to accomplish goals and “bad” when it steals from other aspects of our life, like our health.



Our amazing bodies maintain, grow, repair and reproduce using available resources. This system evolved to best insure survival of the organism. Our bodies view stress as an immediate threat and will preferentially divert resources to fight, flee, freeze or adapt.

When it comes to stress response, your body doesn't know the difference between being chased by a lion, frustrating traffic, a hard work out or work pressures. All it knows is that immediate survival is more important than repair, maintenance, growth or reproduction. This means you will not digest as well when stressed, you will not fight off illness as well, you will not recover from injuries as well, you will not grow optimally and your sex drive will be reduced or eliminated. Long term stress responses may be literally stealing your life!

The bad news is that your body has already prioritized reacting to stress above virtually all other functions, it is more important to escape the lion than digest lunch. The good news is that we have all survived to this point and can now begin to recognize and manage stress more effectively in our lives. The pain teacher may be our most important ally in these efforts.

Nature has given you wonderful tools for healing, but you need to get out of its way. Nobody else can heal you, we each ultimately heal ourselves. Healing comes from within, not external sources. External sources, like medical and health professionals, provide information, motivation and other resources to improve your own self-healing system.

The ultimate goal of this work is to broaden your horizons and provide you with a deeper understanding of how to improve your lifestyle. The focus of any of our sessions is to invite healing and assist you in exploring how to improve your lifestyle. This quest for improved vision into our lives should only get deeper and deeper, there is no fixed destination on this journey. When I cannot help you further on your journey, I am committed to help you find the next step. **You have the responsibility to continue seeking and doing the work, with or without my assistance.**

The following pages contain questionnaires and information for you to start evaluating, identifying and tracking various stress impacts on your current lifestyle using the CHEK Level 1 Holistic Lifestyle coaching system. Please complete them as indicated below and return them to me (email) prior to our first session (face-to-face, teleconference or email) where we will discuss the impacts and possible approaches to improved management.

I suggest you ultimately purchase the book **How to Eat, Move and Be Healthy** by Paul Chek to complement these materials.

The following forms can be edited using Adobe Acrobat markup capability. You may have to save the document with edit permissions. Please complete the following document sections, I can score them when you return them, but you may be interested in your results so feel free to proceed on your own.

- You Are What You Eat
- Stress
- Circadian Health
- You Are When You Eat
- Digestive System Health
- Fungus & Parasites
- Detoxification System Health
- Primal Pattern Diet Type Questionnaire

Additional documents are included for information on the Primal Pattern Diet and fine tuning it.

The Poop Police Line-Up is included to foster further inquiry on your part, but spoiler alert, you want yours to look like the police man.

Fliers on Organic, Wheat/Gluten Free, Nutrition in a Nutshell and Food Safety are included for your independent investigation.

Happy Hunting!