

THE ENERGIZER

A newsletter for clients and fans of GymRoots

VOL. 1, ISSUE 1

9.1.2019

Focus—Love and Labor

A garden requires patient labor and attention. Plants do not grow merely to satisfy ambitions or to fulfill good intentions. They thrive because someone expended effort on them.—Liberty Hyde Bailey

What a Summer!



This summer was full of gymnastics, gymnastics, and more gymnastics! Which is really cool because I was blessed to be connecting deeper with my GymRoots and seeing the sport I love from my new growth vantage point. Here is a summary of the events and how we were represented...

JUNE

US Rhythmic Open Championships—held in Indianapolis and attended by members of our ShowTeam. We won not only the team banner competition, but also were named the top HUGS team in the nation!

USA Gymnastics for All Nationals—held in Houston, Texas. Our entire ShowTeam supported by our non-profit organization, GymLove, participated in three days of gymnastics performances. We were thrilled to choreograph and lead over 400 athletes in the Opening Ceremonies routine and we received a SILVER award for our “This Is Me” show performance.

JULY

World Gymnaestrada—held in Dornbirn, Austria. I personally served as a leader of the US delegation of 329 people from 9 gymnastics clubs across the nation. We joined 18,000 participants from over 60 countries for 10 days of performance gymnastics—without a single judge in sight! I was honored to be selected as the flag bearer for the USA in the Opening Ceremonies and was one of only 12 educational presenters, where I got to share Perfect 10 Posture with the world!

AUGUST

NIU Gymnastics Camp—How cool to team up with my daughter to introduce Perfect 10 Posture to gymnasts from all around the Midwest. Head Coach Sam Morreale let it slip that he credits our work with helping them win their MAC Conference Championships. So we get to keep on rolling with the college team as they get started toward a repeat!

Region 1 Gymnastics Congress—And finally who doesn’t accept an offer to teach people how to be stronger and healthier when the setting is as gorgeous as San Diego? I can’t wait to hear back from some of the attendees about how they are implementing P10P in their programs.

Labor and Love



Before the reward there must be labor. You plant before you harvest. You sow in tears before you reap joy.—Ralph Ransom

So, yeah. It was a great summer with many cool talking points. More importantly each of the adventures had been carefully cultivated over the last several years. It just so happened that the fruits of many plantings became ripe all at the same time. And the sowing was certainly challenging at times.

The biggest reason I go out into the world is to experience, to learn, and to bring back tools which help me serve people. I LOVE when clients have a big AHA moment with a new tool or insight that I gained while out on a “mission”. What I LOVE more is when a client not only says AHA, but also is empowered to take that moment and run with it.

Here’s where the LABOR part comes...

And we’ll relate this to our physical body...

Ask yourself this question...

What would have to happen in the next three months for you to feel you have been successful with your physical goals?

Once you have found an answer, ask this...

Do I LOVE myself enough to LABOR with a few simple tasks that are proven to move me closer to my vision?

Use this questioning to enhance or reenergize your class experience. Or use the answers you get to commit to breaking through any blocks you may be carrying that are keeping your body from accessing its full potential. This is how I see our physical journey together and how GymRoots is equipped to serve you. You really can start moving toward a life full of (more) adventure—one where you don't even have to leave home to find it!

Interested? Curious to know more about HOW to get to your goal? Let's have a conversation!

paula@gymrootsinc.com

Featured Movement—Thoracic Mobility



Your thoracic spine (or ribcage area) is a big key to so many physical issues. Keeping your thoracic area strong and mobile is imperative to creating a strong core—which, of course, means living with less pain and enjoying activities more.

Energetically speaking...

When our ability to love ourselves or love others is diminished, it means our energy center known as the heart chakra is not working as efficiently as it could. Activating your heart will have a big effect on your thoracic mobility. The following exercises is one way to activate your heart. If it works for you, then you have a tool to put in your toolbox which will help you LABOR toward having more LOVE in your life.

Experiment and see for yourself!

1. Sit in a stable chair without leaning back and with your feet firmly planted.
2. Put your hands together in front of your chest and rotate from side to side.
3. Notice the range of motion you have without going into pain. Notice the ease or dis-ease you experience with the movement. Notice how your brain talks to you about the movement (is it saying this is hard or this is confusing?)
4. Activate your heart by closing your eyes and visualizing a person or place or event that simply brings you joy. It can be a memory from long ago or a recent interaction. Take a few minutes to really bring the vision into focus. Be aware of your heart at the same time you are visualizing this happy moment. Say out loud "I am so grateful to have experienced this moment."
5. Now, recheck your rotation. Has anything about the movement changed? Can you turn farther? Does it somehow seem easier? If so, then practice activating your heart daily for a week and see what happens!

Studio Support



If you like what we are doing and want to help us be successful, there are many ways you can be supportive. Here are a few suggestions as we continue moving forward...

1. Continue to show up for classes and purchase packages regularly. Consider adding occasional private sessions to help you align your efforts (LABOR) in the direction of your goals.
2. Take advantage of our new BBGR Store! All of the shirts will be printed to order. We have size samples for you and order forms to fill out. All other items are available for purchase with either cash or check made out to GymRoots.
3. Simply be a product of the product as you go through your daily routines. As you engage with the program and take the principles outside the studio, you will be noticed by your friends and family. Let them ask what you are doing and then tell them from your own experience. Your testimony is our greatest advertising and I have so much gratitude for all of you!

All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence.—Martin Luther King, Jr.