



## DECLARATION OF HEALTH AND FITNESS

- Have a **"WHY"** that inspires you to be your best as well as to give to others. Practice the **principles** of: **Mindset, Recovery, Nutrition/Hydration, and Movement**. Visit and/or visualize a beautiful, peaceful landscape like a beach or forest; engage all your senses (sight, hearing, smell, taste, and feel). Share time with a friend, loved one and/or pet. **Be** grateful for your **relationships**.
- Practice deliberate breathing exercises to help you feel calm during times of **stress**.
- Wake and sleep with nature's rhythms of light and dark. Expose yourself to fresh air and natural sunlight daily. Avoid caffeine after 12 PM. Avoid alcohol and try to minimize consumption of grains, sugars, and artificial sweeteners close to bedtime. Start winding down 2 hours before bedtime and dim the lights in the house, (incl. TV and Computers). Make bedroom dark and cool. Rest when tired, and **sleep** deeply by 10 PM for 8-10 hours.
- **Hydrate** your body with quality water- approximately .5 - 1 oz. per pound of body weight. Minimize your intake of other beverages like sodas, energy drinks, fruit juices, teas, coffees, and alcohol. Limit your intake of processed-grains, sugar, artificial sweeteners, nicotine and/or narcotics.
- Nourish your body with quality, fresh, **nutritious whole food** that is optimal for your **genetic needs** and health. Eat breakfast soon after awakening. Chew your food thoroughly, enjoy and be grateful for your food, which supports your life. Eat regularly, avoid eating when overly hungry, and eat slowly until satisfied.
- **First move well**, then move often. Enjoy movement with positive-self talk. Master the essential movements first, qualifying you for more advanced exercise. The following movements are in order of hierarchy:

**Fundamental:** Breathing, Gripping, Head-Eye Tracking, Reaching, Leg Raising, Supine, Rolling, Prone, Supine, Hip Flexion/Extension, Short Foot Posture.

**Transitional:** Quadruped, Rotary Stability, Trunk Stability, Crawling, Half Kneeling, Full Kneeling.

**Functional:** Lunging, Stepping, Squatting, Carrying, Gait, Skipping, Running, Deceleration, Acceleration, Jumping, and Hopping.

- Practice and rest in as many of the **primitive postures of restoration** as you can perform well and comfortably. Slowly develop your way into the remaining postures. Emphasize training quality above quantity and intensity. Train within your successful thresholds and **appropriate phases**, using the qualifiers of alignment, breathing, and control. Train towards better fitness and performance **standards** when considering training intensity. Be able to balance healthy stress with rest. **Monitor fatigue** and qualify your training readiness, in order to achieve beneficial sustainable results. Enjoy your journey. **Share** with others helping them with their journey.

Support your moment-to-moment process towards your "WHY" by being supportive of your mind/body with optimal resources and recovery fueling your change. The Pillars of long lasting change are: **Mindset, Recovery, Nutrition/Hydration, and Movement**. For further assistance see UpRight Movement's **Regeneration Guidelines**.