



Functional Fitness the Primal way...

“Exercise is supposed
to be fun”

Exercise has always been a part of life...

From the beginning, humans have exercised functionally. Our ancestors did what was necessary to survive. That didn't happen sitting on the couch, or log in their case. It also didn't happen in the gym. The world was there gym. First, we should understand the need for exercise and be able to manage how we exercise to maintain a health, life balance. Why do we exercise? Is it for fitness, health, weight management, or fun. A bit of each may be a good plan...

It can be daunting to make the decision that you want to improve your body composition and general health through exercise and good dietary practices. What program should I follow? Which one will get me to my goals? There are so many out there; running, weight training, cross-fit to name a few. The Mediterranean diet, vegan, paleo, vegetarian, carnivore and we can't forget my favorite Primal. Today our focus is on exercise but never lose sight of the importance of diet and nutrition.

When most of us reflect on our history of trying to get the best results when adding an exercise regime to our schedule, we may remember that it was hard to stay on track and on schedule. We felt there was little chance to vary activities or schedule. There was no opportunity for intuitive training because of the fear that if we miss one day we will lose whatever gains we have built. We remember the times we had to drag ourselves into the gym even when we felt exhausted and we did the same exercises the same way, measuring our results each time. We hoped each time to improve from the last. Sometimes improvement was slow or even unmeasurable. Exercise should be enjoyable not a chore. Keep it varied as our ancestors did and allow plenty of rest and recover. Your schedule should be intuitive and be guided by how you feel not by fear of missing a session

Intuitive fitness schedule

When thinking about fitness, the goal should be body mind and spirit. Following an intuitive functional fitness model can prove to give the greatest fitness and overall health outcomes. Think about the areas needing to develop... Your muscles, bones, organs, and mind. Strength work, weight bearing exercises, cardio and endurance and of course rest and recovery. Each component is important but how much and how long? A great basic guide can be viewed in the Primal Blueprint Fitness Pyramid below.

THE PRIMAL BLUEPRINT FITNESS PYRAMID

Functional fitness, stress/rest balance, anti-aging benefits



The functional movements mentioned in the pyramid are an excellent philosophy to follow when looking to improve and maintain physical health. But the schedule is not carved in stone. You must listen and respond to your body. Sometimes you might find that your work or home stresses are impacting your rest and recovery. Or you might find the intensity of your last work out has left you depleted. You may need to take a break on a day you had planned to perform a work out. Believe me, to push yourself to workout when you don't feel motivated to do so will only result in negative outcomes. Listen to your body and mind and become intuitive, the results will follow.

Everything in Balance

Functional fitness: An exercise routine that involves assorted activities designed to promote broad athletic competency is a good goal of anyone wishing for healthy fitness outcomes. The combination of frequent low-level aerobic exercise, regular brief, intense strength training sessions, occasional all-out sprints, and assorted forms of play develops cardiovascular endurance, muscular endurance, strength, power, speed, flexibility, and balance. This "jack of all trades" approach to fitness is more likely to promote general health and longevity and delay the aging process than is a narrowly focused regimen that can easily become chronic in nature. It is the Primal Blueprint fitness strategy.

Remember... have fun!

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