

What performance car drivers and performance athletes (and really all patients) require is someone who can keep the vehicle tuned and maintained (well) so that it can perform consistently at a high level without breaking down. They need an expert in elite health. Innate health is elite health!

In other words what athletes really need is to be healthy!! Healthy athletes perform better!! This point is missed by so many athletes and trainers. Some people actually think that they can sacrifice health for performance. Ridiculous! Healthy cells perform better than sick ones every time!

What maximal, personal best performances really require is well trained, well fed, well rested, well visualized cells. All other things being equal does anyone really want to argue that an athlete that is healthy won't out perform one who is not??

The question then is how to make an athlete healthy. The answer is the same for any human being. Live congruently with your innate genetic intelligence – follow the Innate Lifestyle™)

I have spoken to groups of Olympic athletes and they all want to hear some magic formula for success.

From my experience they virtually all score very high on motivation and willingness to train intensely.

However, my experience also tells me that they virtually all score very low on knowledge of health and wellness and how these variables affect performance.

I make it simple. If you want to perform at an elite level you must:

- Train at an elite level.
- Rest and recover at an elite level.
- Eat and drink at an elite level (The Innate Diet™).
- Utilize elite performance experts (Chiropractic, massage etc).
- Think at an elite level. (Positive visualization, goal setting).

One of the great tragedies to me is that most people now feel that "elite" athletes represent something abnormal and unattainable. The reality is that what we now consider elite athletes were once the norm in every hunter-gatherer society.

There is a great deal of data to show that the strength, agility, stamina, power, bone density, body composition, and muscle mass of average hunter-gatherers was equal to that of today's Olympic athletes.

Hunter-gatherers have been compared to modern day Olympic decathletes because they were cross-trainers by nature of their daily activity demands.

I try to explain to all my patients that we are all professional athletes. We all make a living from our physical and mental abilities and our health determines our abilities more than anything else.

Most people would think it absurd for a professional athlete not to exercise and to take good care of themselves yet they don't consider this important for the "average citizen". This attitude is literally deadly.

Innate Physical Fitness™ Transition and Implementation Strategies

Remember, the goal is health, not weight loss, bigger biceps, fewer chins, less pain, less love handles, less fatigue etc. Looking great or terrible, having high energy or constant fatigue, having high sex drive or no sex drive, sleeping well or not sleeping well, being happy and well or being depressed and sick are all just effects of being healthy or unhealthy.

Health is the goal, feeling, looking, and performing great are just the natural side effects.

The first step is to have the correct goal, you need to know where you want to go before you can ever get there. We will discuss this at length in module 4.

Always think slow constant improvement. Don't make promises you won't keep. Saying you will never miss a workout again is unrealistic for most and besides it is a **NEGATIVE GOAL** not a positive goal.

Never start by focusing on what you are **NOT** going to do; always focus on what you **ARE** going to do.

Also, always understand that there is no "can't" or "have to", only "choices".

You can sit and lie around all day if you choose, you are changing your activity patterns because you choose to, not because you have to. Get that straight from the beginning.

Innate Physical Fitness Implementation Step 1 (0-6 wks)

Walk every day – preferably first thing in the a.m.

Each day increase the amount of time, the distance, or the intensity/pace of your walk – this increment can be as small as one step or one second or as large as you wish. Slow, gradual progression is best.

Try to find a walking partner or group – create your own if needed!
Chiropractic clinics are great places for group sign up sheets!

Try to walk on a trail or on some uneven surface as much as possible.

Find some hills or stairs to walk and include this into your walk at least 2 times a week. Even one stair is fine to start!!

Practice walking backwards at least a few steps on every walk.

Follow The Wellness Practice™ Phase 1 Spinal Hygiene routine.

Innate Physical Fitness Implementation Step 2 (6-12 wks)

Walk every day – preferably first thing in the a.m.

Jog or skip a small distance (between telephone poles) at least once on your walk. Gradually increase the frequency and distance of these jogs and/or skips – smile while you skip!

Continue to progress in intensity and duration of the stairs and/or hills during your walks; include these twice per week.

Follow The Wellness Practice™ Phase 2 Spinal Hygiene routine.

Begin The Innate Strength Workout 2-3x/wk. Starting with a circuit training course or program is a good idea. Get a workout partner!

Innate Physical Fitness Implementation Step 3 (12-24wks)

Walk or jog every day – preferably first thing in the a.m.

Always include some skipping, hopping, or walking backwards during your walks or jogs.

Continue to progress in intensity and duration of the stairs and/or hills during your walks. You are now phasing these into anaerobic speed workouts. Jog up the hills or the stairs and walk back down and repeat; take as much time between work intervals to recover as you need, but make the work intervals very intense. Progressively increase the number of intervals on a weekly basis. You can replace the stairs or hills with any other anaerobic and speed workout activities. Perform these activities 2x/wk.

Follow The Wellness Practice™ Phase 2 Spinal Hygiene routine.

Continue the Innate Strength Workout 2-3x/wk. You should now be performing 3 sets of 8-12 repetitions for each exercise to failure (use enough weight that you could not do another repetition).

Innate Physical Fitness Implementation Step 4 (24wks and on)

Walk or jog every day – preferably first thing in the a.m.

Always include some skipping, hopping, or walking backwards during your walks or jogs.

Perform anaerobic speed workouts 2x/wk. A good goal is to have a total of about 6-8 minutes of work, the total amount of rest or recovery time will vary based on the time intervals for the work. Walking or slow jogging between work intervals maximizes recovery.

Follow The Wellness Practice™ Phase 3-4 Spinal Hygiene routine.

Continue the Innate Strength Workout 2-3x/wk. You should now be performing 3 sets of 3-12 repetitions for each exercise to failure (use enough weight that you could not do another repetition).

*Varying your routine is important for both physical and mental stimulation - never do the exact same workout twice in a row.

Joining a sport or activity that incorporates as many of the Innate Physical Fitness™ components as possible is one of the best things you can do.