

Think Before You Move!

How to be calculated with your efforts

Chat with James Brady, C.S.C.S.
Personal Trainer & Wellness Specialist

jamesmbrady2@gmail.com

Why aren't you successful?

Think Before You Move!

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Biggest Mistakes

1. Health/Fitness Goals don't align with Lifestyle

- Priorities (Career, Family, Adventure)
- Direction (What's "Healthy"?:Running to get Stronger, Lifting to Lose Weight)
- Effort/Intensity (Understanding what it takes to get there)
- Capabilities (Sedentary to CrossFit, Couch to 5K)
- Duration (6 weeks, Event)
- Support System

2. Trying to do it ALL at once!

- Changing programmed behavior is difficult, and your "will-power" is a finite resource
- The body is incredibly adaptable, so changing all your habits at once can minimize its impact on physical adaptation

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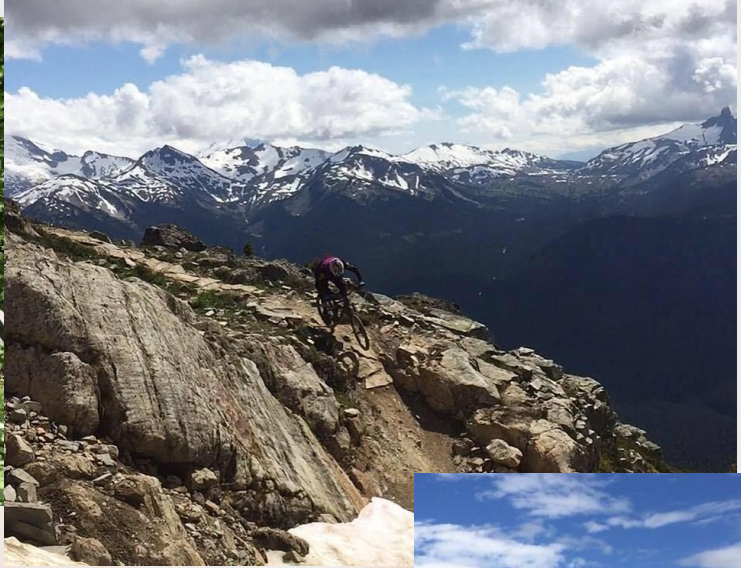
Strategize Your Efforts


- Align your Physical Activity/Fitness with **your real-life priorities**
- Establish a realistic definition of **what a Healthy You looks like**
- If you're **making a sacrifice**, know exactly why, and measure its effectiveness
- **Know your limits**, or learn them safely
- Set **long term goals and implement phases** to achieve them
- Seek out or **recruit friends and family** to join the journey
- **Recognize your struggles** and set yourself up to better deal with them
- Choose **“the Best Exercise Ever”** and do it as often as possible

What's the Best Exercise (Ever)?

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MOUNTAIN BIKING!!!





What's the best exercise ever for you?

If you don't have one, spend time thinking about what you'd like it to be?

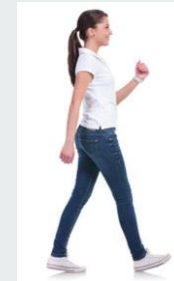
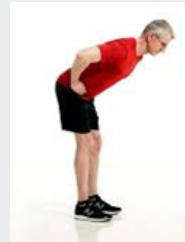
We Need to *Know*
Move! *How to*

Think Before You Move!

Think Before You Move!

Fundamental Movements

- Squat
- Lunge
- Push
- Pull
- Rotation
- Hinge
- Gait



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Squat



General Business



1. Feet Hip to Shoulder width apart
2. Either feet forward or slight external rotation (0-30 degrees)
3. Pressurize the Tripod at the top and bottom of the squat.
4. Stand up TALL with strong posture
5. Sit your hips down and back as if there was a small chair behind your feet
6. Keep your Spine tall and straight with your heels pressing firmly into the floor
7. Keep your knees in line with your toes
8. Pressurize your abdomen for the bottom

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Lunge



1. Stand up TALL with strong posture
2. Brace your core, step your 1 foot back and stabilize in that position
3. Keep your Spine tall and lower your back knee towards the floor
4. Keep your front heel down
5. Keep your back foot straight
6. Keep your knee inline with your toes

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Push Up



1. Lengthen the distance between the top of your head and tailbone.
2. Lower your body towards the ground, leading with your chest
3. Brace your abdominals harder the lower you go.
4. Press evenly through the hands and do not lose posture as you press back up into the start position
5. Body should move as a unit and not in segments

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Pull (Row)



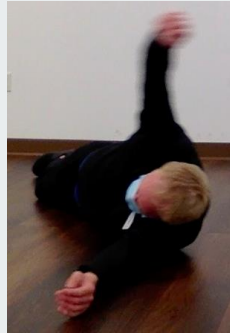
1. Lengthen the distance between the top of your head and tailbone.
2. Brace your glutes and abdominals before initiating movement.
3. Focus on pulling your elbows back/down and keeping wrists and elbows in alignment
4. Torso and posture should remain rigid as the arm moves

Think Before You Move!

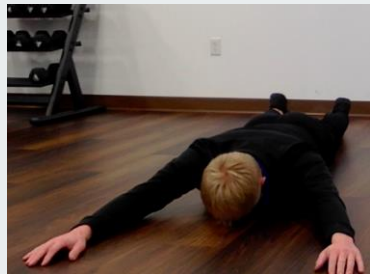
Twist



Roll back to Front without using arms



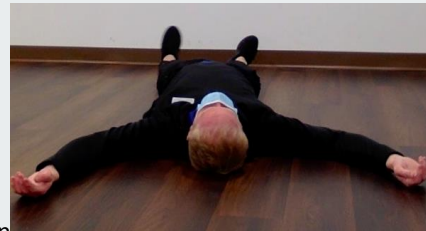
1. Be TALL and focus on strong posture
2. Rotation should come from the Shoulders and/or Hips, NOT the knees or feet
3. Error on the safe side:
 - a. Don't force any movement
 - b. Learn your range before loading
4. Move fluid and slow



Roll Front to Back without using legs



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Hinge



1. Stand up TALL with strong posture
2. Slight bend in your knees, shoulder blades down and back, press your hips backward and lower your belly towards the thighs
3. Keep lengthening the distance between the top of your head and tailbone.
4. Pause when you feel a gentle stretch of the hamstrings OR your flat back is parallel with the ground
5. Maintain your Foot Tripod at all times

Breath is Life

The better you breathe, the
better you are at everything

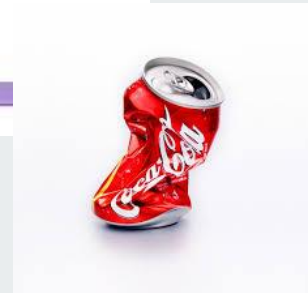
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Role of Breath in Movement

Your CORE is like a can of Coke!

When full and pressurized, they're stiff and strong.
When empty, they're more fragile and malleable.



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The Missing Link

Breathing is the only mechanical system in your body that is both Voluntary and Involuntary.

That overlap is what gives us the most access to your emotional and subconscious self.



Stressed/Scared Breath

- Short
- Shallow
- Fast
- Chest
- Audible
- Mouth



Relaxed/Safe Breath

- Long
- Deep
- Smooth/Slow
- 360 Degrees
- Soft
- Nasal

Breathing Techniques/Exercises

Breathing affects us in every aspect of life.

Improving quality, control and awareness of your breath will help you everywhere you go.

1. 360 Breath (Belly, Ribs, Chest)
2. Nasal Breathing Physical Activity
3. Box Breathing 1:1:1:1 (begin at 4sec)

Bringing it all together

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Movement Strategies

Improve your mobility in 3 steps

1. Prep Tissues



2. Increase Range of Motion (stretch w/ breath)






3. Stabilize in End Ranges



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Key Takeaways



- Set yourself up for success
 - Put your energy where your passion lies
 - Move well and Move often
 - Learn to use and control your breathing
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Ask me anything!

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