

MINI-COURSE: HARDER TO KILL



THE RIGHT HELP FROM THE RIGHT HUMANS



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A BRIEF UNDERSTANDING OF HOW YOUR BODY WORKS

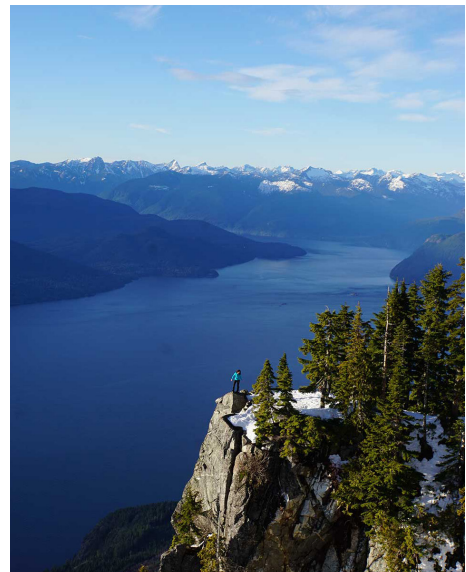
In order to understand the complex structures of your body it's important to look at the ways in which we communicate with our body, and the ways our body communicates back to us.

The number one method we communicate with our body is through the application of force into tissue. This can be something as simple as walking, sitting, or lying down. It can also be through more complex movements such as running, push ups, or high performance and endurance sports. It is by way of generating and absorbing forces that our bodies complete movement-related tasks, and it is in bringing our awareness to this process that we can come to an in-depth understanding of how our bodies function.

Through the law of Specific Adaptation to Imposed Demands (SAID), the body literally remodels itself to better perform the tasks we ask of it. Strongmen build incredible bone density to be able to bear the enormous loads they manipulate; sprinters develop high levels of elasticity in their tissues in order to more efficiently propel themselves forward; and dancers exhibit unparalleled control of their limbs in extreme ranges of motion; and although each type of athlete experiences high levels of force passing through their tissues, each one develops a radically different set of adaptations. If what you are asking of your body is that it sit at a desk eight hours a day, this is what you will be most adept at and it may be difficult and risky to jump right in to a new or complex work-out regime.

The signals that our body relays back to us are also very important and complex. The human body often responds to stimulus by releasing hormones. Some common hormones such as oxytocin and cortisol affect our daily life and can alter everything from our sleep cycles to our mood swings. Genetics, diet, and stressors (including the force we apply to our tissue) all play an important role in our hormonal makeup.

There are two main types of stress that we experience: Distress and eustress. To be somewhat divisive, distress may be considered "bad" stress whereas eustress might be seen as "good" stress. Distress creates a fight or flight response in us and often makes us feel as though our livelihood is threatened in some way. Eustress can be used to fuel a particularly good work-out, or in the execution of a difficult performance-based training session. Recognizing these two types of stress can help us to better understand our bodies, and can give us more autonomy over our day-to-day experience.



Each of us exists in a body with an individual rhythm, unique adaptations, and a particular set of needs. Giving our body the correct stimulus at the correct time can increase our positive stress response, provide us with more energy, and help us move away from pain and towards physical freedom. On the next page are two examples of the application of force into tissue which can create a positive stress response in our bodies, help us to maintain full range of motion, and start us on the journey towards physical freedom and adventure.

TIME TO MOVE AND APPLY FORCE TO TISSUE

FOLLOW ALONG MOVEMENT VIDEOS

These movements are very low risk and safe, however common sense applies; don't do it if it hurts, see a doctor/physiotherapist if in doubt

JOINT CIRCLE SELF CARE ROUTINE

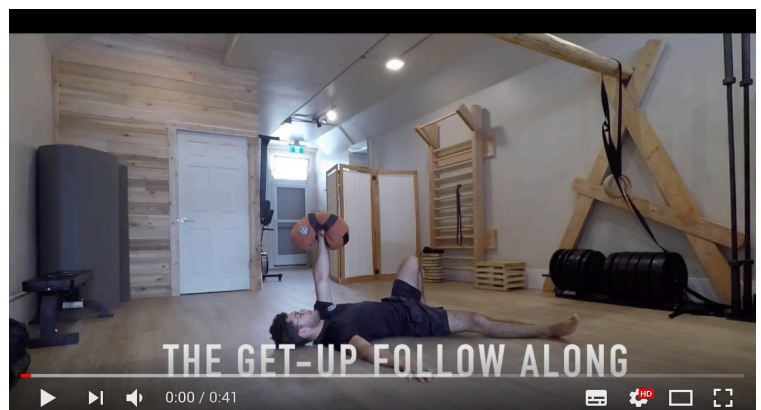


Joint circles are one of the first steps to building a well rounded movement habit. By maintaining a daily joint circle practice, you are ensuring that you add dynamic forces into your joints, expanding their range of movement - something you may not have done throughout a normal day. This is where the old adage of "if you don't use it, you lose it" becomes a reality.

By taking a joint by joint approach, we help to build range of movement strictly in the area that we wish to maintain or improve. This can help with imbalances and compensations, which can sometimes lead to pain.

THE GET-UP FOLLOW ALONG

The Turkish Get-Up is not only simple and adaptable, but it promotes the stability and grace of both the upper and lower body. It can increase proprioception and spatial awareness, and can contribute to good balance and stable weight-shifting. It's effective for both beginners and experienced movers as it can be done with or without weights such as sandbags, dumbbells or kettlebells.



These two are just the tip of the iceberg when it comes to movement options, but they're an amazing foundation for future success

DO YOU REALLY WANT TO BE HARDER TO KILL?

PLAN SMART AND MAKE IT A HABIT

HOW TO DEAL WITH PAIN

DO NOT ignore your pain. This is your body trying to tell you that something isn't working. Is it an acute injury from an accident? Please go seek medical attention and rest it for the next 24 hours.

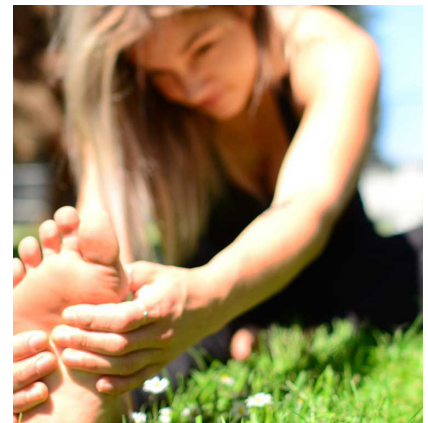
Is it an old injury or something just doesn't feel right? If it is something recent, rest it by not loading it. As soon as you can, move it through the available range. A lot of times, pain results in the development of poor compensatory patterns, which can cause further issues down the line. Don't be scared to use your body – keeping it in a protected frozen position generally does not help old injuries or chronic issues. And last but not least – see a health care professional. Get assessed by a doctor, physiotherapist, osteopath, etc. Not only will these evaluations be specific to your body but also a trained pair of eyes will take you a lot further than Web MD.

But without a doubt, the best course of action is prevention. Stop the pain before you even feel it. Continue moving all your joints and body parts in their full range. Once again "if you don't use it, you lose it."

WHAT TYPE OF MOVEMENT AND HOW MUCH

Each body has its own set of individual needs and abilities that define the amount of force that can be applied to its tissue. In general however, the movement should feel healthy and should apply force to joints in a variety of comprehensive ways. The bias should be towards natural movement, which for most of human existence occurred in the outdoors on complex terrain. Look to recreate natural movement as best you can.

It is important to slowly build on the work that the body has done. Making big leaps to unfamiliar movements or going from one extreme to the next can cause injuries. If you are unsure seek the help of a qualified and experienced Coach, Trainer or Practitioner.



KEYS TO SUCCESS

Community - Work with like-minded individuals who are equally committed to living a movement-enriched life. Find a sustainable and supportive group of humans.

Use Expert Guidance - Make sure you are getting your information from reputable and experienced sources. It's easy to fall for clickbait and workout fads. Avoid these traps and stick to what is proven by science.

No Excuses - If you don't stick with your movement practice, you are the one who will suffer. Embrace the opportunity to thrive. By integrating movement into your everyday life it becomes not just 'something you do' but 'something you are.' Commit to being an adventure ready, thriving human that moves smart, and moves often.

**WANT TO TRAIN WITH ONE
OF OUR COACHES?**

**BOOK A FREE 30MIN
INTRO SESSION**

**DEALING WITH PAIN
OR AN INJURY?**

**BOOK A PHYSIOTHERAPY
INITIAL ASSESSMENT**