



JEDX10: THE 5 PILLAR PIVOT

The JEDX10 Blueprint to Stop
Sucking and Start Winning

By Jedi - Founder JedX10

Stop Sucking and Start Winning

Most health plans are like a bad relationship: they demand everything, give nothing back, and leave you crying in the pantry over a bag of kale chips.

I'm an exercise professional, but I'm also a realist. I know you don't have four hours to meditate on a mountain or live in a squat rack. You have a life. You have a job. You have a limited "BS-meter."

Let's be real for a second.

Most health advice is a mess of over-complicated rules and "sciencey" fluff that requires a PhD to understand and three hours a day to execute. It's designed for robots, not for busy humans with lives to live.

I'm done with the noise. And I'm guessing you are, too.

I created The 5 Pillar Pivot because I wanted a simple, high-impact checklist that guarantees results. No guesswork. No "gym-bro" theory. Just five simple pillars—The 5 H's—that will help you look sharper, feel stronger, and operate at a level most people only talk about.

Stop Sucking and Start Winning

These aren't just "good ideas." They are your goal posts. In a game, if you don't know where the posts are, you're just running around getting tired. But when the posts are clear? You stop guessing and start scoring.

A Note of Gratitude:

I didn't stumble upon these truths alone. I want to give a massive thank you and acknowledgement to Rowena McEvoy. She shared these concepts and this high-performance logic with me at a time when I needed it most. These pillars didn't just change my coaching—they changed my life. Now, it's my turn to share them with you.

Tick these five boxes, and you stop surviving your day—you start winning it.

Ready to pivot? Let's get to work.

HAPPY: The “Choice” Pillar

1. HAPPY: The “Choice” Pillar

The Big Question: Is happiness something that happens to you, or is it something you choose to do? "They" say we can only be happy when things are going great. But what if "They" are wrong? What if being happy is actually the tool you use to make things go great?

THE LOGIC: The Remote Control.

If you wait for the world to be perfect before you decide to be happy, how long are you going to be waiting? Forever? If you choose to be grumpy because of the weather or a mean email, who is really in control of your brain—you, or the traffic? Do you want to be the Boss, or a slave to the "Happy Channel" someone else is clicking?

YES/NO/WHY?

HAPPY: The “Choice” Pillar

THE WHY: The Human Magnet.

Who do people actually want to open doors for—the "Legend" who brings the energy, or the person who carries a "Dark Cloud"? If life is a mirror, does it reflect back the exact energy we put into it? Does being "Miserable" fix a single problem, or does it just make the mountain twice as hard to climb? If energy is our most valuable fuel, can we afford to leak it all away by staying upset? If our mood is a magnet, would we rather attract "Winning Opportunities" or just "Heaps of Stress"? Is choosing to be "Magnetic" the ultimate competitive advantage?

YES / NO / WHY?

THE HOW: The Superhero Switch.

Your brain listens to what your body does. If you slouch and stare at your shoes, your brain thinks you're losing. If you stand tall, pull your shoulders back, and grin like a winner—even if you're "faking it" for 10 seconds—your chemistry shifts. Is it possible to stay "sad" while you are jumping for joy and laughing?

YES / NO / WHY?

HAPPY: The "Choice" Pillar

WIIFM (What's In It For You):

When you realize Happiness is a Choice, you stop needing "stuff" to make you feel better. You stop using junk food to fill an "unhappy hole." You become the most magnetic person in the room.

The JEDX Pivot: Stop being a victim of your mood. Grab the remote control, choose the "Happy" channel, and watch how much easier it is to win.

HUFF and PUFF: The “Engine Flush” Pillar

2. HUFF and PUFF: The “Engine Flush” Pillar

The Big Question: Do you want to be a stagnant, stinky pond or a rushing, clean mountain river? "They" say you need to spend hours slogging away on a boring treadmill to be healthy. But what if "They" are wrong? What if your body just needs a daily "reset" button to blow out the cobwebs and turn your brain back on?

THE LOGIC: The Ferrari in the Garage.

If you bought a million-dollar Ferrari and only ever drove it at 10km/h to the shops, would the engine eventually get "clogged up" with soot and carbon, and the battery would go flat? Is your body any different? If you sit in a chair for 8 hours a day, does your blood start to move as slowly as honey? Does a stagnant pond stay clean, or does it start to grow green scum and smell bad? Is it possible to feel "alive" if you never actually use your heart and lungs the way they were designed?

YES / NO / WHY?

HUFF and PUFF: The "Engine Flush" Pillar

THE WHY: The 10-Second Rocket Fuel.

You can't give 100% effort for an hour. It's biologically impossible. But did you know you have a "Rocket Fuel" system (the Phosphate system) that lasts for about 10 seconds? If that is the only time you can truly operate at 100% power, why are we spending hours "jogging" at 50%? Does the "Brain Fog" disappear the moment that 100% effort kicks in?

YES/NO/WHY?

THE HOW: The 10-Second "Redline."

Does the body only build the strength and energy it actually needs to get the job done? If the body adapts to the load we apply to it, what happens when we never apply a load? (read that sentence again). If we only ever move at 20% speed, does our body decide that's all the energy we need to keep in the tank? Is it a "Use it or Lose it" biological system? If we want a body that is fast, powerful, and energetic, do we have to show our system what that looks like? Can we find just 10 seconds today to move as fast as our body allows?

HUFF and PUFF: The “Engine Flush” Pillar

Whether it's sprinting like a lion or doing fast squats like the floor is made of hot lava—if we go "Full Gas" for 10 seconds (safely for you), does it force our body to "upgrade" its software? If it only takes 10 seconds to signal a total system reset and blow the soot out of the engine, is there any reason to stay in low gear?

YES / NO / WHY?

WIIFM (What's In It For You):

An instant hit of energy that beats any energy drink. You stop the "3 PM Brain Fog" before it starts and feel totally alive in less time than it takes to check your emails.

The JEDX Pivot: Stop "strolling" through life. Redline your engine for 10 seconds, blow out the dust, and turn your brain back to 100% power.

HEAVY Lift: The “Youth Serum” Pillar

3. HEAVY Lift: The “Youth Serum” Pillar

The Big Question: Are we getting "old" because of the calendar, or is it because our muscles have gone on strike? "They" say that getting weak and stiff is just "part of aging." But "They" are wrong. The secret to staying young isn't a cream or a pill, but simply picking up something heavy once a week.

THE LOGIC: The Body's Pharmacy.

Your muscle is a giant "Chemical Factory." When you lift something heavy, you "open the pharmacy" and release Myokines—internal medicine that tells your body to "Wake up and stay young!" This work sends out a "Police Patrol" of Natural Killer Cells to destroy germs and bad cells. Do you want your internal pharmacy to stay open or close its doors?

YES/NO/WHY?

HEAVY Lift: The “Youth Serum” Pillar

THE WHY: The Independence Bank.

Do you want to be the person who can carry all the groceries in one trip, or the person who needs help getting out of a chair? If you never signal your body to stay strong, will your bones get brittle like dry twigs? Does "lifting heavy" tell your brain to keep sending out the "Stay Young" signals? If you were building a house, would you want a foundation made of solid rock or wet cardboard? Which one lasts longer in a storm?

YES / NO / WHY?

THE HOW: The “Stink Face” Rule.

Do we need to spend three hours in a gym wearing neon spandex? Or can we just lift something heavy for us once a week? Can you find something—a barbell, a bag of potting mix, or even a heavy suitcase—and lift it 5 to 10 times? If the last rep is so hard that you have to make a "stink face" just to finish it, have you done enough? If it only takes a few minutes once a week to tell your body "Don't get old yet," is there any reason to skip it?

YES / NO / WHY?

HEAVY Lift: The “Youth Serum” Pillar

WIIFM (What's In It For You):

You turn your body into a fat-burning furnace that works even when you're on the couch. You stand taller, feel more powerful, and stop worrying about "getting old."

The JEDX Pivot: Muscle isn't just for bodybuilders. It's your armor. Lift something heavy today and tell your body that you aren't done yet.

HEAPS of Fruit and Veg: The “High-Octane” Pillar

4. HEAPS of Fruit and Veg: The “High-Octane” Pillar

The Big Question: Is there really such a thing as "bad" food? Or is it just about the amount and the balance?

(Note: I use the word HEAPS because it fits the 5 H's—and because most people are simply starving for the nutrients found in real, living food. It's not about overdoing it; it's about finally giving the body enough of the right stuff to get the job done.)

THE LOGIC: The Laboratory Balance.

Is any food truly "evil," or is the dose the only thing that matters? If you ate nothing but apples, would you eventually get sick? If you ate nothing but pizza, would you eventually get heavy and sluggish? Is your body just a giant chemical laboratory that needs a specific mix of ingredients to function at 100%? If you want the engine to run clean, do you need to provide the vitamins and minerals that act as the "Spark Plugs" for your system?

YES/NO/WHY?

HEAPS of Fruit and Veg: The “High-Octane” Pillar

THE WHY: The Energy Spark.

That 3:00 PM slump happens when your body is missing the micronutrients it needs to turn food into power. Fruit and veg are packed with "Living Energy" that keeps your skin glowing and your brain sharp. If you want to wake up feeling "light" instead of "heavy," do you need enough color on your plate to keep the chemistry balanced?

YES / NO / WHY?

THE HOW: The "Five Plus" Rule.

Forget the 500-page nutrition textbook. Can you just make sure that at least five times a day, you put a piece of fruit or a handful of veggies into your system? If you fill up on the high-fiber "Good Stuff" first, does your body naturally start to feel more balanced?

YES / NO / WHY?

WIIFM (What's In It For You):

Vibrant energy that makes you look and feel years younger. You notice you stop "confusing" your body and start feeling satisfied without needing a nap.

The JEDX Pivot: Stop worrying about "good vs bad" food. Focus on the Balance. Hit your "Five Plus" goal posts every single day and watch your engine roar.

HEAPS of Water: The “Clarity Switch” Pillar

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(Note: I use the word HEAPS because it fits the 5 H's—and because most people are walking around like dry, shrivelled raisins. It's not about mindless volume or carrying a gallon jug; it's about the right balance. You need enough flow in your internal pipes to keep your energy moving, without flooding the engine.)

The Big Question: Are you actually tired... or are you just thirsty? "They" want to give you math equations and milliliters to track. Forget that. Water is just the electric switch that turns your brain from a foggy mess into a high-speed supercomputer.

THE LOGIC: Grapes vs. Raisins.

Is a raisin just a grape that ran out of water? If your brain and your muscles are mostly liquid, what happens to them when you are dry? Do they get wrinkled, shrivelled, and slow? Can a "shrivelled" brain think as fast as a "juicy" one? If your muscles are dry sponges, can they ever be strong and powerful? If you want to look and perform like a fresh grape instead of a dusty raisin, do you need to keep the tank full?

YES/NO/WHY?

HEAPS of Water: The “Clarity Switch” Pillar

THE WHY: The Internal Plumbing.

Imagine trying to flush a toilet when the tank is empty. The "stuff" just sits there and stinks up the house. Your body has miles of pipes that need to move waste out. If you are dry, does your "waste" get stuck in the pipes like dry clay? Can you feel like a "High-Performance Legend" if you are literally full of yesterday's trash?

YES/NO/WHY?

THE HOW: The Toilet Test.

Keep it JEDX-simple.

The Morning Flush: Drink a big glass of water the second you wake up—before the coffee and the chaos. The Color Check: Look in the bowl. Is your pee dark yellow (Raisin) or is it clear (Grape)? If your goal is "Clear Pee" by lunchtime, is it impossible to fail?

YES/NO/WHY?

HEAPS of Water: The “Clarity Switch” Pillar

WIIFM (What’s In It For You):

The "Brain Fog" lifts. Your joints stop creaking, your skin looks younger, and your digestion finally works so you feel light, fast, and powerful.

The JEDX Pivot: You aren't tired, and you aren't "slow." You're just a raisin with clogged pipes. Flip the Clarity Switch and turn your system back on.

The Whistle Has Blown. Now, Execute.

You have the formula. You know the goal posts. "They" say changing your life is a long, slow, painful process. But what if "They" are wrong? What if a better life is just five simple choices away?

THE LOGIC: Playing the Game

Does knowing the rules of a game make you a winner, or does actually playing the game? If you tick these five boxes today—even if you aren't "perfect"—will you be closer to the person you want to be than you were yesterday?

YES / NO / WHY?

THE WHY: No More Excuses

If it only takes 10 seconds to reset your brain and 10 seconds to redline your engine, do you really "not have enough time"? If your health is the foundation for everything else you do, is there anything more important than protecting it?

YES / NO / WHY?

The Whistle Has Blown. Now, Execute.

THE WIN: The Legendary You

When you stop being a spectator and start hitting these goal posts, you reclaim your power. You gain the mental clarity of a pro athlete, the strength of a protector, and the energy of someone who is actually enjoying the ride. Is the prize of feeling totally alive worth the effort of the pivot?

YES/NO/WHY?

THE SCORECARD: Your Daily Game Plan

Knowledge without execution is just a hobby. No math, no PhD, and no more excuses. Just five goal posts. Aim between them every single day.

- **HAPPY (The Choice):** It really is a choice and the choice is YOURS. Are you letting the world control your remote? Stand tall, pull your shoulders back, and grin for 10 seconds. Be the magnet for results, not a drain for stress.
- **HUFF and PUFF (The 10s Redline):** Find 10 seconds to go "Full Gas." Sprint, do fast squats, or power up the stairs. Move as fast as your body allows to trigger a total system reset.
- **HEAVY Lift (The Pharmacy):** At least once a week, pick up something that makes you pull a "stink face." Lift it 5–10 times to open your internal pharmacy and tell your body to stay young. Don't be silly with this, no ego lifts, just something a little heavier than you are used to. Start lite and build.

THE SCORECARD: Your Daily Game Plan

- **HEAPS of Fruit & Veg (The 5+ Balance):** Hit your "Five Plus" today. Add in portions of color to keep the laboratory balanced and the "Spark Plugs" firing.
- **HEAPS of Water (The Toilet Test):** Drink a big glass of water the second you wake up. Then, check the bowl. Is it yellow or clear? Stop being a shrivelled raisin and start living like a juicy grape.

The JEDX Pivot: This isn't about being a saint. It's about being a Legend. If you miss a post, don't quit the game—just pivot and hit the next one.

The final logic check: If you hit these five goal posts today, is it even possible to stay the same? Does the person who chooses these habits eventually become the strongest, sharpest, and most magnetic version of themselves?

YES/NO/WHY?

THE SCORECARD: Your Daily Game Plan

The goal posts are clear. The whistle has blown. Stop surviving your day and start winning it.

Stay consistent. Stay legendary. Start winning.

Jedi

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Get Fit with No S#!T

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