



Blueprint to becoming pain free



Includes actionable steps to become pain free and live the life you have always wanted to live.

Hi! who am i?

I go by the name Brock

I spend my time with my beautiful wife and daughters having fun in the sun.

Over the past 15 years I have taken a journey from of getting to know who I am, stripping back all the things I thought to be true to understand what is true to me. What took me on this journey was exercise and learning about the body.

I have made a lot of mistakes and had many injuries aches and pains in the process. Through this journey I have learnt that the most simple methods are the only true path of progression in this world of shinny objects. So many offers of snake oil ready to take your money for something of more false hopes.

A common saying is give a man a fish he will eat for a day or teach him to fish and he is fed for a life time is the perfect analogy for my vision for this program. I want to teach you how to use your body and be self reliant to take care of yourself.

Being able to take control of your health is one of the most empowering things you can learn and where it might take you might just surprise you.

My goal is to enable you go from being in pain, sick or injured to performing at life the way you have always wanted to.

Formally I have spent 5 years at Uni to become an Exercise Physiologist, but generally it is someones experience that really provides the most wisdom, which I hope to portray my wisdom to you.

Brock

Peak Physiology | From Pain To Performing At Your Best



Are you ready?

CARE

Please consult with your doctor before exercising.
This ebook is not medical advice.

Before you start any program please speak with your doctor, to make sure you do not have any health issues that may prevent you from participating in any of the pain to performing at your best program. Programs and exercises assumes that you are in good health physically and mentally and you have a doctors clearance to participate

If you're starting to feel sore then cut back on the exercises or the length of time of your walks. It's about progressing not regressing.

Health isn't a sprint it is a life long journey, you have time, so take care of yourself and go within your limits and learn when you can push to make progress.





GET HONEST WITH YOURSELF



Get honest with yourself, look at where you are right now. Take ownership of your situation and make goals and plans to improve your current situation.

1. Take ownership of your situation
2. Understand your beliefs habits and environment.
3. Make plans to change what habits beliefs and environment isn't serving you.

3 things to action:

1. Take ownership of your situation, write down your problem and how you got yourself there.
2. write down your environments, habits and belief that are not serving you
3. Write down how you are going to change your environments, habits and beliefs that are not serving you



SET YOUR VISION AND GOALS



Without direction and some energy, how could you ever make it to a destination you would ideally want to be at. Everyone most likely has an ideal in their minds of what they would like to be or do, but if you never think about your vision consciously write it down then it is really just a bunch of random thoughts.

2 Things to action:

1. Describe your perfect day in as much detail as possible
2. write down your goals and be as specific, measured, timely and related to your vision as much as possible.



UNDERSTANDING YOUR WHY

Understanding your why helps us understand the driving force and energy behind us being able to flow towards our goals.

our why is normally what gets us out of bed, what gets you through those tough moments or what fills you with joy, love, purpose and fulfilment.

For many this might be family and a cause that is close to them that they are passionate about. But understanding your why is important to carry you through the moments of doubt, confusion pain or uncertainty to understand the reasons for continuing on your journey.



1 thing to action:

1. define your why, what fills you with love passion and energy?



GET YOUR PLAN IN PLACE - NUTRITION, EXERCISE AND MINDSET



Have a structured plan is critical to the from pain to performing at your best program. Having a path to walk with confidence takes the guess work out and takes you on a more direct track to success.

This is where you may need to reach out for support or advice if you are not sure on what plan might be right for you.

Feel free to reach out to us and send me an email if you are wanting support or guidance throughout this journey. Contact details on the last page of this ebook.

3 things to action

1. understand your exercise requirements to attain your goals
2. understand you nutritional requirements to attain your goals
3. understand your mindset and mental health requirements to attain your goals



EXECUTE AND ACTION



All the workbook activities are great but it really all comes down to action. Putting the into place the environments, habits beliefs and plans that you have worked on to move towards your vision and goals.

1 thing to action

1. Show up everyday, be consistant and if you make a mistake, brush it off learn and keep moving.



CONTINUING YOUR GROWTH



It is all good, fun and games progressing along until you get a little stagnant or hit a slow period in progress, this is where we need to bring some more strategies in place to keep you moving forward.

4 tips to continuing growth

1. Journalling your thoughts, goals, emotions and discovering your problems and solutions
2. Vision Boarding - create a vision board with your ideal life to inspire action.
3. Affirmations - complete some simple Affirmations and repeat daily
4. Repeat steps prior in this ebook to discover and go deeper into your journey.



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You're only here for a
breath, so you may as well
make the most of it



Thank You!

let's stay in
touch!



Have any question, contact me?

Website: www.peakphysiology.com.au

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Sign up to the full program here:
<https://www.peakphysiology.com.au/pain-to-performance-program/>

Brock

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