

PATH OF MOTION

Holistic Lifestyle Guidelines



Set Yourself Up For Success With Your Daily Routine!



Rise And Shine! Wake with the Sun, avoid flying out of bed, wait to check your phone, hydrate, morning sun exposure.

Work Ins- Synch Up to start the day. 10 min will do.. Affirmations, Box Breathing, Stretch, Meditation, Qigong

Work Out/Exercise/Move- Programs A, B, & C during the week. 20-45 mins will do! General recreational movement too. Get outside!

Breakfast- Options A, B, or C. After workout is ideal.

Eat Your Protein, fat and seasonal veggies. Earn your starchy carbs!

Hydrate Throughout Day: 20 min before meals.

Lunch: Options A, B or C. Enjoy it!

Snacks: Smart Snacks. Eat fruit alone.

Dinner: Options A, B or C. At least 2 hours before bed.

Sunset Stroll. Be grateful to be alive! Nasal breathing..

Dim Lights After Sundown, minimize blue light

Bed By 10. Darken room as much as possible.

C.H.E.K. Foundation Principles

Thinking/Mindset

-No 'stinking thinkin'

Breathing

-Breathe with your nose to your belly!

Be aware of your breathing rate!

-Box breathing, breath work

Movement

-Corrective Exercise/Stretch

-Primal Pattern Movements/Conditioning

-Recreation/Play

Hydration

-1/2 bw in ounces h₂O/day

-Pinch of sea salt in filtered water.

-AM water, warm w Lemon

Nutrition

-You Are What And When You Eat!

-Metabolic Type

-Organic, local, seasonal, colors, rotate foods.

-Lifestyle Meals, Flex Foods

Sleep

-Dim lights after dark, minimize blue light.

-Bed by 10. Rise with the sun.



Stress Management



6 MAIN STRESSORS

Physical

Chemical

Electromagnetic (EMF)

Nutrition

Thermal

Psychic

**-Which could be taking a toll on you?
Understanding and compensating for the
stressors in our lives is vital!**

**-Too much energy out and not enough
energy in and your stress-ometer could be
in the red!**

The Core Of The Matter

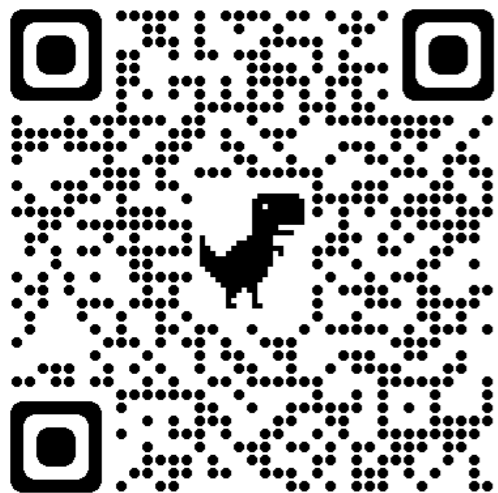
-Good posture combined with a strong and functional core is key for good stability, mobility, performance, endurance and reducing chance of injury.

-By learning to breathe properly, develop better movement patterns and coordination, we mitigate excess stress so we feel better, move better, get stronger, perform better and actually get the results we're looking for.

-And by balancing and training for our particular lives, we can come to understand ourselves on a deeper level and be more prepared when situations and opportunities arise.

-It starts with you and always will. Be a full participant in your life!

Scan Code to Book a Call



Change your Routine
Change your Life

Book your free 15 minute
discovery call right now
before another painful day
slips by.

[BOOK A CALL](#)



IT'S YOUR LIFE. TRAIN FOR IT!
Chris Chandler, CHEK HHP