

# Healthy Gut Healthy Bones

## Movement

Use Daily Movement to Make  
Your Bones Strong





# Group Coaching Session # 5

## Movement

### Checking In...

How have you been honoring your diet, supplements, and gut healing?

How consistent have you been with trying to go to bed around 10 pm and have you noticed anything shifting?

Are you using your compliance checklist? What are you managing well and where are you struggling?

**Healthy Gut  
Healthy  
Bones**



# Your Gut Healing Journey

Truly healing the gut requires a 3-Prong Approach:

✓ Remove Inflammatory & Pathogenic Foods

**IN PROGRESS** - Heal The Gut Lining (Heal Leaky Gut!)

**IN PROGRESS** - Eradicate Pathogens (Bacteria, Parasites, Yeast)

Gut  
Healing





# How Can You Make Your Bones Stronger

## Stronger

There are two main things needed to make your bones stronger:

- 1** An adequate and constant supply of nutrients, such as calcium, protein, magnesium, phosphorus, vitamin D, potassium, and fluoride
- 2** Mechanical stimulation

**Exercise**





## Safe Strong Movement to Build Strong Bones

1. Appropriate stress
2. Not too much




**Ask and You Shall Recieve**



# Managing Stress is Critical to Every Aspect of Your Health

Stress in your body leads to...

- Bone Loss
- Hormone imbalance
- Poor sleep
- Leaky Gut
- Acidity
- Loss of resilience



Yoga is  
about your  
mind





## Exercise As Stress

Exercise is typically good stress- your body responds to build stronger muscles and bones

**ONE EXCEPTION = IF THE BODY IS UNDER TOO MUCH STRESS ALREADY**

\* I see this in women who are trying so hard to be healthy and they overdo it and deplete themselves



# Detoxing and Bone Remodeling

**Exercise is essential for:**

Your bones

Detoxing

Your bone health

Lymphatic movement

Healthy  
Movement





# Weight Baring

Your Foot Must Hit The Ground

- Walking
- Dancing
- Hiking
- Yoga
- Running (be careful- not too much)

Walk Like  
You Are In  
A Hurry





# Appropriate Exercise

## Exercise without added stress:

- Interval Training- shorter more intense bursts or movements instead of a longer duration
- Allow adequate rest between movements and/or sessions
- If you are outdoors look towards the sun to balance your circadian rhythm



Morning and outdoors is beneficial for balancing cortisol, immune and endocrine (thyroid & hormones)





# Everywhere and anywhere

Strengthen your balance to boost  
your confidence

Have Fun







## 5 Components for Bone Health

1. Strength
2. Cardio
3. Flexibility
4. Balance
5. Alignment/Posture

Yoga Does  
It All!



# Fitness Foundations

## Motivating Factors of Exercise

- Try to work up a sweat
- Get your heart rate going
- Feel good and not fatigued
- Move in different ways on different days
- Do what you enjoy so you can do this for the rest of your life!







# Action Items & Questions

## Action Items:

- 1 Get in the 5 Core Bone Health Components weekly: Strength, Flexibility, Balance, Posture/Alignment & Cardio
- 2 Create consistency with a 10 pm bedtime
- 3 Keep integrating your supplement protocol
- 4 Track your compliance with your checklist to keep yourself on track



