



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?

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)



How Can You Make Your Bones Stronger

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

An adequate and constant supply of nutrients, such as calcium, protein, magnesium, phosphorus, vitamin D, potassium, and fluoride

Mechanical stimulation



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



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



Weight Baring

Your Foot Must Hit The Ground

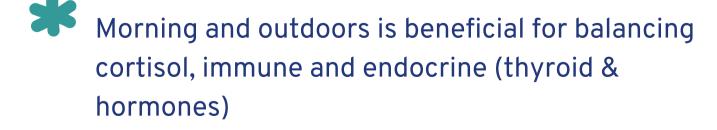
- Walking
- Dancing
- Hiking
- Yoga
- Running (be careful- not too much)



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









Everywhere and anywhere

Strengthen your balance to boost your confidence





5 Components for Bone Health

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

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:

Get in the 5 Core Bone Health Components weekly: Strength, Flexibility, Balance, Posture/Alignment & Cardio

Create consistency with a 10 pm bedtime

Keep integrating your supplement protocol

Track your compliance with your checklist to keep yourself on track

