

VitalBody: Uniquely Applying Eastern And Western Thought To Movement & Exercise

Are you searching for a highly effective program for sustaining strength, stamina and flexibility within your body? Are you aware that your quality of movement speaks volumes about how you are aging and the overall quality of your life?

With personalized and simple techniques, VitalBody goes with you anywhere, anytime, without special equipment or clothes. With a program that adjusts to various ages and ability levels, VitalBody provides the tools your body needs while accommodating for daily changes in your schedule and lifestyle.

VitalBody delivers a user-friendly program of both movement and exercise that improves and maintains your body's capacity for greater function. VitalBody blends concepts of Eastern and Western thinking to teach you how to physically manage the demands of the 21st Century.

VitalBody represents the next level beyond exercise - not only reinventing your approach to exercise, but also understanding what underlies exercise: movement itself. A truly holistic system, VitalBody accounts for the primary factors involved in your relationship with your body. Is your body a place you feel comfortable living in? A completely honest answer includes consideration of the past training your body has received; experiences from work, play or sports, what you think about your body, been told about your body, and the prevailing cultural messages regarding the body.

Eastern thinking recognizes that your relation to and interaction with your body echoes a critically important and intimate relationship. The Western idea of "being in shape" reflects more of an end result and less a reflection of the foundation - your relationship with your body and your body's capacity for movement - from the most elementary to advanced forms. This further extends to your attitudes about movement, the environmental opportunities you have for movement, and the relationship you ultimately desire with your body.

Proven Successful In The Clinical Setting Over 20 Years

VitalBody utilizes specific movements such as rocking, designed to bring a person back into their body, take them out of their head or any otherwise externalized state, and get them connected with themselves through genuine integration. While this is excellent as a daily practice, it is also extremely helpful when making transitions throughout the day. An example would be coming home from work and doing some rocking and shaking type movements to let go of work, bring you into present awareness, and facilitate whatever is next. You can use shaking (gently vibrating the body) and other movements to work the "work day" out of your body. Lying down and gently "rocking" the body reflects a very Zen-like way to reconnect mind and body.

Regardless how high you want to set the bar, VitalBody provides tools to support your getting and staying there in a well-organized way. Mindful of your situation – age, lifestyle, chronic conditions, passions and interests - VitalBody delivers a program you can personalize, modify and execute wearing your regular everyday clothes.

All movement, exercise and fitness programs require a level of body awareness to best facilitate the process. This is different than awareness of being hungry or full, hot or cold, awake or tired, in pain or comfortable, etc.

VitalBody focuses on developing awareness of how one's body moves – how it is held upright (its posture), how it walks (posture in motion), and how it generally coordinates itself to facilitate daily activity. The idea of "how are you moving right now" starts with a sense of how energy flows through your body. People discover how to check in with their body and its capacity to move at any one time. This enables a safe and natural way to return the body to a state of free and easy movement.

So VitalBody focuses on developing this awareness of movement and learning how to expand the variety within a given set of circumstances. Each of our bodies occupies a certain volume of space. Think in terms of standing and extending your arms out at their sides, and then overhead, and then in front and behind you. Now draw an imaginary circle around that entire area. That area reflects the volume of space your body can utilize. The goal in moving your body becomes attempting to use more available volume of space.

Self-Evaluating Your Body

We start with a past to present understanding that culminates with, "How do I find myself with the body I have today?" That evaluation then evolves to clarifying what you desire for your body. Now you appreciate the difference between where you are and where you want to be. VitalBody supports you by constructing a plan to get you to your target in the short-term and then sustain you and the physical prime of your life in the long-term.

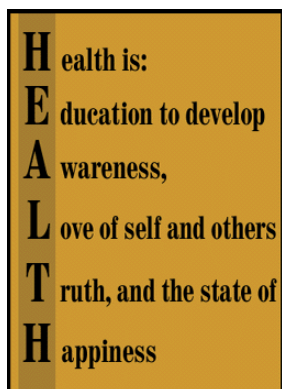
Though your body has been moving all your life, you likely don't possess the requisite knowledge of anatomy to either understand or appreciate that. But with learning and applying a few key principles, you can attain and sustain an unrivaled level of benefit. A VitalBody looks good and feels good, functions well and relatively pain-free, doesn't require excessive maintenance, and even exhibits a youthful persona or ability... a fluidness distinguishable by the absence of stiffness. There exists a sense of energy and responsiveness to meet life's demands – plus a joy of expression; a physical body in harmony and alignment with the physical universe.

Posture embodies the physical hallmark of youth throughout life. Posture determines your body's ability to go from point A to point B effortlessly and with minimal energy expenditure. This further extends to exhibiting performance metrics

like lifting X amount of weight or walking/running for X length of time, etc., in an efficient and graceful way. VitalBody seeks to make that sustainable over much of your life, not lost once you leave your twenties.

You learn to naturally and easily focus on your posture and the general alignment of your body. Over time you begin to intuitively work with your body and the mechanisms within to maintain and facilitate proper alignment. VitalBody calls this "Self-Adjusting." Maintaining your own posture and alignment potentially lowers reliance on health care providers. Self-adjusting your body, or the managing of your posture and improving of chronic stiffness, follows a proprietary sequence of steps. This fundamental attribute of practicing VitalBody begins with areas of chronic stiffness and alleviates them by continuously creating movement in adjacent locations.

Self-adjusting your alignment and posture comes naturally to the body, but it requires proper application to be fully operational. The body strives to always use the least amount of energy no matter what the activity – whether external (such as movement) or internal (the various chemical and biological processes that go on without conscious attention). Creating a more homeostasis-like alignment and posture is as natural as breathing.



In meditation, you often start with focusing on your breath to get in touch with your body. VitalBody incorporates an additional step to help orient yourself and facilitate your awareness of movement. This involves the concept of midline. Midline represents a center point running from the top of your head down through the center of your body all the way to the ground in between your ankles. Movement always occurs in relationship to midline.

Compassionate Self-Care Results in Adaptability & Exploration

The value you place on caring for your body impacts virtually your entire quality of life. The foundation for that rests with an education in movement - based on your body type, what it's been through thus far in life, (accidents/injuries etc.) what you'd like to do with your body going forward, and the demands life places on your body.

There exists a relationship with movement, where the outward expression of the internalized felt state “expresses” through dance or yoga or walking outside on a nice day. Then there is “exercise” - designed to reach a specific outcome, either to lose weight, get stronger – to develop the body in some way. Some people simply want to be comfortable in their bodies and perform rudimentary life activities with minimum discomfort.

VitalBody’s usefulness and adaptability really shines for those who enjoy exploring life directly with their body and seek to actively engage their body. And if a person has a physical outcome they want to achieve – to bench press 200 lbs. or run a 5k in 30 minutes – having awareness of their body generated through the application of VitalBody well serves them. They will learn how to train without injury. They will learn how to work smart, not hard, and “no pain, no gain,” quickly becomes “no pain, all gain.”

VitalBody addresses your body’s ongoing moment-to-moment needs. This takes into account what it has been through of late and what demands are immediately expected. So if you’ve been sitting all day and now you’re going to start moving heavy furniture, you would need more time and focus of attention to transition the body from the former activity and best prepare it for the latter.

Proven To Keep You Movin’ For Life

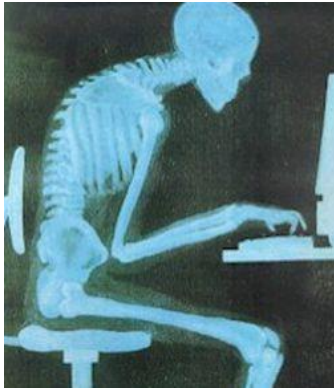
VitalBody fundamentally considers the impact of modern living – excessive sitting, lots of contracted postures, little random movement, and sedentary jobs. A world steeped in technology requires little of the body, merely eyes on a screen and hands on a keyboard and mouse. We have to “go get exercise” now, make it up, as opposed to the past where life itself generated enormous physical activity.

It’s just fine to treat movement and exercise like laundry and household chores - something to get out of the way. For many, it’s about getting on with the day and their life. While the body is clearly more complex than chores and laundry, you don’t need to be a rocket scientist to understand it. You have to, though, be cognizant of what your body goes through – whether sitting at work all day or trying to run a 5K. While it may sound counterintuitive, we are well advised to *prepare* our bodies for sitting. Sitting occupies much of our daily time.

If you prepare your body for sitting, you can tolerate sitting for longer periods without the associated deleterious consequences. Practicing VitalBody manifests mindfulness of one’s environment and teaches you how to attune and prepare yourself for the various situations you find yourself in during the course of the day.

When people sit for long periods, especially as they get older, they notice a buildup of stiffness. They cannot just spring up out of their chair as perhaps they once did. And because we sit so much, and at times can go through periods of hours or days or even longer with very little physical movement, understanding the amount and type of movement your body is capable of at any time becomes more beneficial to

develop. This includes learning how to loosen up your body even while sitting - even before you stand up, and once again when you stand up before you start moving about.



VitalBody is The Cure For The Common Chair!

Today's world increasingly requires self-reliance. Managing more of your own life facilitates a more effective, less costly, and more comprehensive life experience. Your sense of self-esteem and self-respect increases from taking time and the responsibility to educate yourself to make right decisions; right choices for you. These choices ultimately reflect your individuality, passions, and beliefs – not navigating through life in a haphazard way, but rather with mindfulness, a sense of planning and preparation, and a more results-oriented execution.

VitalBody delivers instructive learning through the application of sequenced principles, allowing you to create a literal gym from the environment(s) where you most often find yourself. This self-contained "gym" goes with you anytime, 24/7, and without need of special equipment or clothing, at least at the elementary and intermediate levels. This method gives you a highly functional quality and expression of movement with your body, designed to facilitate a pain-free body while extending the physical prime of your life.

Proven successful in the clinical setting for over twenty years, VitalBody recognizes that some days you may only have a few minutes to devote to self-care. The right actions in the right sequence generate the greatest benefit in the least amount of time. VitalBody instills how to gain the utmost amount of value in those precious few minutes. However, with VitalBody you don't take time out of your day; these activities incorporate simply *into* your day. These guiding principles easily apply whether at your work station, various rooms in your home, in the yard and otherwise outdoors, or at the gym.

You will rediscover your human instinct to stretch; a great ally in daily service to you. If you have children or pets you likely have noticed them waking up and always stretching before engaging in movement. And that stretching appears both purposeful and accommodating of day-to-day needs – putting their bodies through some preliminary movement in an effort to insure that everything is working properly. VitalBody uniquely accesses this inborn capacity of your body to remain

naturally loose and flexible. This instinct gets lost due to the stress and pace of modern daily living.

Rather than offering a prescription for you to follow, VitalBody instead facilitates your ability to recognize your body's needs in present time as nobody knows your body better than you do. Once that line of communication gets established, you can take much of the mystery out of working with your body.

You already have enough to think about. Be reassured that VitalBody can be extremely effective even while you are engaged in other activities. While VitalBody requires a level of focus and mindfulness in the initial learning stages, it will easily become a habit, one that can be unconsciously performed.

Now as you begin working with VitalBody and you learn techniques to loosen your body and expand your capacity for movement, you can then consciously engage various outcomes from movement. This is a term called exercise. Exercise as a word has many meanings depending on the context. People will say they need more exercise or that they should exercise more. What are they specifically referring to? Is it moving their body? Is it getting their body to do something specific like walk or run a mile or lift 20 lbs. ten times?

Exercise is a misunderstood word - maligned, glorified, and highly marketed. People not only don't understand the specific elements of exercise, but also how to achieve and maintain those benefits on a consistent basis. Typically, people get all worked up and determined to "start an exercise program." Though well intended, the program becomes hard to connect with and stay motivated over, unsustainable, and often results in injuries and other setbacks. Failure results, then guilt often follows - propelling us to start up yet again. But lacking fundamental understanding or any internalized intrinsic reasons to engage in movement or exercise, we fall short yet again. VitalBody will end that vicious cycle.

What Is Your Target? VitalBody Guides You Every Step of the Way!

VitalBody scientifically breaks down the four aspects of exercise – strength, cardio, flexibility, balance and coordination – and simultaneously incorporates them based on your moment-to-moment needs and abilities. The beauty lies in how you can take VitalBody as far as you want to. Whether you seek a level of pain-free mobility, to engage in light physical activity, all the way up to competitive athletics, VitalBody guides you every step of the way. This produces a high and intense level of training in minimum time, without injury – to maximize your effort level to produce quick and sustainable results.

VitalBody seamlessly collaborates with activities such as yoga and exercise classes, sports-specific training, as well as fun activities like water or snow skiing, walking and hiking – anything that places demands on your body. You want your body to successfully respond in ways that are pleasurable and enjoyable... without having to pay for it the next day... or ten years later for that matter.

Now, if you have a high target regarding your body, i.e., you want to run marathons or hike mountains, then you'll need a level of commitment and time-on-task to facilitate that process, plus create the necessary momentum and rewards along the way to get to the finish line.

VitalBody builds upon itself, based on understanding movement as starting from midline, or the center of your body, then moving outward in various directions and at several speeds. VitalBody empowers you to move your body, listen to your body, and care for your body with safe, effective, and sustainable movement and exercise. And it's fun! And it can be done with others, even socially. Life gets experienced through our body. Therefore, our body's condition greatly influences the perception of our life experience. Recognize your body has participated in every experience you have ever had.

We live in a time of extraordinary possibility – of what we can each become individually as well as the potential for creating a better world going forward. Fundamental to that requires a level of requisite attention and care to our individual bodies. The approach must be all-encompassing - our bodies are affected by the environment, our diet, even our thoughts.

There are numerous ways to measure how you're doing in life, and with your life. Your body mirrors that. It does not lie; it holds the story of having housed, stored and expressed all your thoughts and experiences - a reflection of your internal state, your internal life. We say, "Free the Body and the Mind will follow."

Sustaining Self-Care

Sustainable self-care of your body requires self-awareness and going beyond quick fixes and easy repairs. Three bullet points and/or Cliff Notes have no significance or integration without a solid foundation to stand on. And let's be honest and address head-on the hard work and discipline involved. A mental process must be in place to drive the physical execution. An example: many athletes retire when they can't go through the mental process any more – the getting up early for workouts, always honing their mind to push through the physicality and preservation of their athleticism. Similarly, work on our bodies starts with working on our minds – concerning what we believe about our bodies, what we think caring for them involves, etc.

Anything maintained to a high standard requires a level of diligence, willingness, time-on-task, and effort. We take into account how technology has rendered our bodies almost irrelevant. The reality of years of abuse or neglect cannot be overcome in five minutes or through simply using positive affirmations. The education offered through VitalBody benefits longevity, sustainability, and quality of life. This stands in affirmation that an ounce of prevention may be worth a pound of cure.

A healthy body requires a supportive lifestyle. Not smoking, or going easy on alcohol and sugar, only scratches the surface. A multifaceted approach works best when addressing our weakest links, the aspects of our body and health that get neglected. Otherwise, as overwhelmed and stressed out as many are, simply reaching for a “prescribed program” of diet and/or exercise becomes the stopgap. Some people just naturally eat well, which is wonderful, but a good diet does not make up for quality physical activity. Likewise, you can’t exercise away a bad diet.

Modern medicine is unrivaled in terms of its ability to sustain life. But less focus gets placed on improving the quality of life, making most of healthcare “sick care” - when the quality of life is less valued than the mere presence of it. Doctors see sick people and process enormous amounts of data about sick people. But they don’t get to see many healthy people, what they look like and walk like, their attitudes and their disciplines.

In response, we are entering an era of self-care and self-help: do-it-yourself and depend-on-yourself as your own subject matter expert. We have to be careful of shortcuts and overcompensating – like spending 23 hours of the day sleeping, sitting, standing, or a bit of walking – then going to the gym and jumping around like a maniac for an hour – and then getting overly sore or even worse, injured, and then giving up. Integrating VitalBody into your day lessens the impact of the 23 hours outside the gym and the one hour in it.

Clearly, self-care involves pain management. Being pain-free isn’t fully possible without understanding the origin or cause of the pain in the first place. Sometimes overuse can be the culprit. Other times, not being warmed up enough and prepared before engaging in physical activity. Also consider that the body compromises its functionality from being poorly aligned. Another factor reflects developing awareness of signals – how our body has a way of conveying the unresolved issues of our lives. Whole books have been written on that subject alone.

Pain at the causative level can reflect a lack of functionality. Sitting all day demonstrates a prime example of the body getting asked to function outside of its skill-set - how it gets forced to adapt and compensate for something unnatural. Sitting has become the new smoking in terms of impact on the body, costs involved for treating its effects, and how technology as a whole changes our culture of living and working for this. This speaks to the new technology-based environment the body now finds itself in. The new world order also includes changes that our bodies are having to endure and for which we need to be mindful and accommodating.

Our efforts to physically maintain our body provide great benefits from maintaining our posture and the functionality of our joints, to lengthening our muscles, and connective tissue. That should be job one and two and three. Just like real estate is location, location, location. Physical activity also requires self-reliance (can’t always go to the gym for it) and sustainability.

Self Education: Your Greatest Return on Investment

Life education involves learning about yourself, the greater world around you, and the acquisition and development of skill-sets. We are in the midst of great change – a reinvention of ourselves, society, and our entire culture. We have to examine how we treat our bodies and what we expect from them – the ultimate aim being physically extending the prime of life.

Marketing and vanity focus our attention on looking good. The practical implications of whether we actually feel good, or function well, or live in a sustainable way become obscured. We must accept and own how our minds manifest our reality in life up to and including the conditions our bodies face. The body is neutral; it's not trying to get back at us – more like a sounding board for how we are doing in the greater picture.

We need a new kind of movement, physical activity, exercise, putting the body through its paces, physical expression, taking into account the living conditions of us urban dwellers. Technology has removed much of the physical activity in life, activity that was standard procedure of the human existence for thousands of years, but recently has come to a halting stop. The need for “putting one’s body through its paces” was not a concern in the Agrarian Age, because our survival depended on that.

Other than eyes to view a computer screen or TV, a hand to manipulate a mouse, and thumbs for text messaging, life today doesn’t need our bodies. It’s a good quality problem, because life is physically easier in many ways – and not everything we do has our survival at stake as a consequence. We have the ability to thrive, grow, experience, process, and understand in ways never before possible. All of these are wonderful possibilities. Just recognize that technology can become either our servant or our master.

Recognize the information overload associated with technology and the implications and ramifications that permeate every facet of our life experience due to being “on” 24/7. We can get addicted to Facebook and texting and technology itself. VitalBody manages technology’s impact on the body while maintaining a high quality physical experience with the body. Needs change as you discover activities of interest. Regardless of what you are doing, we want your body to be comfortable - and able.

Consider life like a range of motion. The more physical and mental range of expression you develop, possess, and maintain, the more opportunity and possibility awaits you. Putting your body through a range of motion, a major principle of VitalBody, comes from a more encompassing perspective than simply being able to touch your toes or do sit-ups.



Exercise has four aspects: strength training, cardiovascular function, range of motion, balance and coordination. The world historically models having strength, physical and otherwise. Long ago strength was necessary just to survive – it’s hard to move shovels of dirt when you don’t have the strength to do so. Strength also has to do with the perception of your vitality. But today, strength and having strong muscles gets too much attention, and the other elements of exercise don’t get enough, and our bodies ultimately suffer as a result.

Now, we have to work on strength training. I don’t discount that. We lose muscle mass as we age. There’s a certain amount of strength involved just to hold your body up and possess good posture. Strength training compensates for lack of strength-based activity in daily life because we primarily sit, stand and do just a little bit of walking, and that’s basically it.

There exists confusion about people “living active lifestyles.” Many of those active lifestyle related occurrences don’t have a lot of need for the body. Somebody who is busy and doing numerous activities likely is doing more driving, attending more meetings, interacting with more people, but technology does much of the heavy lifting, and one’s body less so. That type of lifestyle often leaves no time for attention to the body’s needs.

An important learning experience came through my working with Olympic athletes. I went into this experience thinking they were “special” - fantastic genes coupled with high levels of commitment. I assumed that little of my experience gained here would apply to the rest of us. I could not have been more wrong.

There’s a significant difference between athletes and the rest of us: they move efficiently, do not waste energy, and so their efforts create a greater result. They run faster, jump higher, throw a ball farther. Athletes are physically equivalent to race cars. Race cars also waste nothing – everything designed to help it run faster. Notice before races, how runners stand and shake out their legs and arms. Shaking like this gets the body loose, relaxed, and ready... and demonstrates why shaking represents a fundamental VitalBody movement. We are best served to first prepare our bodies for the activities of the day.

The 10 Fundamental Principles Of Vitalogy:

1. Technology has forever changed the quality and manner in which we experience life. Now both our servant and master, technology over-utilizes our minds and under-utilizes our bodies. We have gone from roaming, walking, and moving to becoming stationary and sedentary. This phenomenon fundamentally changes the interfacing with our minds and bodies and life itself.

2. Society suffers from excess stimulation and information overload causing us chronic overwhelm. Information itself manifests as environmental pollution. Reaching towards our potential and capabilities in a healthy manner requires learning to release excessive input.

3. Models of psychology/behavior that don't account for the influence of technology or the connection between the mind and body are obsolete. Older models may contain timeless elements but do not reflect current research.

4. The vast majority of day-to-day behavior has discernable origins. The principles of Vitalogy do not condemn or condone behavior but rather seek to explain, determine motives and agendas, and assist clients in mapping out self-directed, course-correcting strategies.

5. The unresolved physical *and* emotional issues of life, as well as the core concerns of your life are stored in the body. The body never lies and represents a barometer for your life. These issues are the origins behind many mental and physical diseases resulting in a diminished capacity to experience and express life.

6. Posture acts as your physical identity and structural operating basis in life. Your body contains a built-in instinct to stretch, stay loose, and self-adjust. Poor posture contributes to many solvable structural problems of the body.

7. Truth-based, self-understanding provides the essential element in producing motivating, successful, and *permanent* behavior modification. Based on self-reliance, sustainability, and functionality, Vitalogy epitomizes self-responsibility, practical knowledge and common sense. Life today requires greater self-learning and more do it yourself.

8. Learning, compassion, and forgiveness represent three foundational skill-sets for greater living. They form the basis of manifesting a more meaningful life experience, more grateful attitude, and a wider, more balanced perspective.

9. A progression, understanding, and discipline exists that enables simultaneous access to both sides of the brain. This creates greater capacity for connection to all of your abilities, from both right and left sides of the brain. This better fosters universal processes involved in creativity and in "receiving thought" while improving the execution of all your endeavors.

10. Health-care is moving towards individual responsibility and self-knowledge. This includes administering self-care, while forming alliances with traditional and alternative practitioners who provide a wide scope of mutually compatible services.

Thanks for reading. Here's to "Living a Lot" instead of a little.
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