

THE F.I.T. body

As you work through this BODY chapter, my prayer for each of you young women is that you extend grace, acceptance, appreciation and love towards your physical body. In today's culture we see extremes when it comes to physical care or neglect, but I hope that you are balanced, knowledgeable and aware -- that you put forth the effort to give your body what it needs so it operates at its highest capacity.

Your body is a vessel that houses your beautiful heart and your strong mind, so take care of it. The world misses out on experiencing your heart and mind if you live in the extreme by becoming obsessed about or oblivious to your physical body. Choose a healthy balance and commit to becoming healthy now, so you live your purpose growing forward.

Functional ♦ Image ♦ Table

THE
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FUNCTIONAL



"Take care of your body. It's the only place you have to live"
- Jim Rohn



THE F.I.T. *body* FUNCTIONAL

The definition of functional is; 1. having a special activity, purpose, or task 2. designed to be practical and useful, rather than attractive. I want you to focus on the words *special purpose* and *useful* as we apply the definition of functional to our physical bodies.

Our physical bodies are a vessel to house our spirit, mind and heart. It is also an awesome and complex machine that we study endlessly to understand it's function (aka - physiology) We learn something new about it everyday, such as how it moves, grows, heals, rests, fights, thinks and relates to the environment. It is an amazing creation and a beautiful work of art.

To often our culture likes to focus on the appearance of our bodies more than its practical functionality. We worship it by obsessing over it's curves, size, composition, glow, color, length and width. Our biggest concerns about our bodies are usually aspects that we have absolute no control over! (ie: hair color, texture, height, skin, hips, nose, eyes, fingernails... the list goes on)

Just think what life would be like if we viewed and valued our bodies as a functional part of our lives rather than primarily focusing on its appearance. Rather than striving to make our bodies attractive, we strive to perform special purposes with it. Your body is a vessel that transports your personality, passions and purpose. Don't neglect it or obsess about it.

Tending to your body is a necessity of life, but also a demonstration of love...A very influential friend of mine says, "love yourself to health"! According to Maslow's Hierarchy of Needs, the primary needs for living are physiological needs such as breath, sleep, food, water, shelter and clothes.

Clothes and shelter should not be taken for granted or become excessive, but for our purpose in this lesson let's focus on breath, sleep, food and water.

BREATH

Breathing is the most critical component to life, yet how often do you really think about your breath? It may seem very automatic and natural, but we should be intentional with it. I had a 16 year old athlete use a specific breathing pattern when she physically felt the anxiety on her chest and the overwhelm in her spirit and within a few minutes she had gained peace and confidence. It can work wonders. Combine your breath with a gratitude practice for a few minutes each day and you'll change the world.



THE F.I.T. *body* FUNCTIONAL

SLEEP

This is another critical component that is sometimes neglected and underappreciated. Often it's a badge of honor to "operate" off of little or no sleep. Oddly, we like to brag about our lack of sleep. Quality of life suffers when you are exhausted and eventually you can't function as life demands. Our stress hormones (cortisol) go up and our energy goes down. Who wants to live like that? Always strive for 7-8 hours of quality sleep each night. You'll notice an uptick in energy, patience, peace of mind, and coping skills!

FOOD

Consuming proper nutrients is a critical component for a full life. If you fuel it with junk, it'll begin to breakdown and perform like a piece of junk. We discuss this more in depth later and while we don't want you to obsess about this area, we don't want you to neglect it either. Learn and understand how a balance of proteins, fats, phytonutrients and carbohydrates can build a strong and functional body and how sugars and other junk food can harm it.

WATER

You can survive for weeks without food, but you can't survive more than a few days without water. Hydration is necessary. Hydrate with water only. Avoid the sugary, nutrient dense drinks. Strive for drinking $\frac{1}{2}$ your bodyweight in ounces each day. (ie - 150 lbs. = 75 oz. of water) Carry around a reusable water bottle and know how many times you need to fill it to consume enough water each day.

A strong and healthy body is one that is cared for and loved on rather than abused, criticized, neglected or hated. We want you to learn how to care for, tend to, love on and appreciate the body you have since it serves a special purpose...carrying your heart, mind and soul for this world to experience!

Stay strong. You are loved, you are worthy and you belong.

Work-In

QUESTIONS:

Reflect on your physical health and strength as you answer these questions...

- In what ways can you spend more energy focused on the functionality of your body vs. the appearance of your body?

EXERCISE:

Self-reflection is an effective practice when making important changes. Here is an easy tracking tool that you can use daily as you strive for a “GREAT” and functionally sound day. Use the acronym GREAT to rate your day. Use the scale 1-3 (1 = struggle 2 = average and 3 = awesome) A score of 12-15 would equal a pretty GREAT day.

G = Gratitude and breathing practice - 1-2 minutes a day is effective

R = Rest and sleep - 7-8 hrs.

E = Exercise or healthy movement each day - 30 min of healthy activity

A = Agua or Water (Agua made this acronym work better ;) - ½ bodyweight in oz.

T = Table or nutrition - balanced and colorful

GREAT day!	MON	TUE	WED	THUR	FRI	SAT	SUN
Gratitude + Breath							
Rest/sleep							
Exercise/movement							
Agua/water							
Total nutrition							
Daily Total							

- Share your ideas on how you will make each category a 3 each day.

Work-Out

DYNAMIC STRETCHING

Video demonstration link:

inside-out-strong.teachable.com/courses

CIRCUIT ONE	TIME	CIRCUIT TWO	TIME
Arm Circles	30 sec	Child's pose side-to-side	30 sec
Core Rotation	30 sec	Cat-Cow	30 sec
Hip Rotation	30 sec	Moving Plank to Downward Dog	30 sec
Lateral Lunges	30 sec	Switching Spider Lunge	30 sec
Frankensteins	30 sec	Switching Pigeon	30 sec
Hamstrings and Hips	30 sec	Switching Scorpion	30 sec

FREQUENCY:

- Use as a warm-up before a practice, game, run, or any workout
- Repeat moves or circuits as needed

INTENSITY:

- Should be intense enough to feel warm in your joints and heart rate slightly raised
- Maybe break a small sweat

TYPE: Flexibility

TIME: 2-3 minutes each circuit

- 10 moves = 5-6 minute warm-up
- 30 sec active - no rest between exercises

REST: These circuits can also be performed on your days off or "active days"

THE F.I.T. body

I M A G E



"To me, beauty is about being comfortable in your own skin, it's about knowing and accepting who you are."

- Ellen Degeneres

THE F.I.T. body IMAGE

Body image is a factor for young and older girls alike. We'd like to think that as we get older, and maybe wiser, we will escape the grips of a negative body image. That's typically not the case and in fact, with the abundance of social media and the filters available I feel that it is only getting harder.



It's important to remember, not all bodies are created the same. How boring would that be if we were! While our individuality is something that should be celebrated; we tend to compare, obsess about, beat up and criticize our unique and individual bodies the way they were made.

Our society and the cultural messages bombard us with images that highlight a very unhealthy, unnatural and extremely touched up bodies in their models. (We are not implying that either of these body types are unhealthy, but just to show the capabilities that photoshop has and the lies it can tell.)

Magazines, Instagram, websites and advertisements all use editing tools to make things look more polished and "perfect." It's important to recognize that these are not accurate in reality and we shouldn't compare our real selves to them. I'm convinced the filters on all of our apps and the obsession with capturing the perfect selfie is feeding into the insecurity, negativity and criticism of the real us! You are enough...the genuine, real, authentic you is all this world really wants.

We've got to be determined and fight for our self-confidence to combat the pressures and social media comparison trap. We can't hope that the entertainment industry wises up, does a 180 and brings more reality into their advertising to help with our self-confidence. They won't. Remember, no one can give you self-confidence and no one should be able to take it away...it's yours...SELF-confidence.

It's up to you to embrace your "flaws" and release the grip of chasing "perfection". A "perfect" body doesn't bring you confidence. Embracing who you are, how you were made and seeing yourself as worthy and valuable on the inside is where confidence is birthed.



THE F.I.T. *body* IMAGE

Self-confidence is not the size of your hips and the clarity of your skin, it's the size of your heart and clarity of your mind.

Your body is a vessel that houses your beautiful soul. It's so important to give your body grace. We need to work hard to avoid these sad statistics:

- 53% of 13-year-old girls are unhappy with their bodies. That number grows to 78% by the time girls are 17-year-old. - 3 out of 4 girls are unhappy!
- 30% of secondary school age girls have an eating disorder - 3 out of 10 girls!
- 42% of girls aged between 5 and 8 say they would like to be thinner.

In order to change these stats we've got to start changing the way we look at ourselves. Here's what I like to do when I think of extending grace to myself and keep a positive body image. I call this **Body Grace**. I name 3 things that I do like about my body first. Then I list 3 things I don't like, things I wish were different. Then I come up with ways as to how that imperfection can serve me or be beneficial to my life.

Let me show you how this works:

3 things I love about myself:

- I love my beautiful blue eyes, my strong legs and my fun freckles.

3 things I don't love about myself:

- I don't love my short, round, brittle fingernails and stumpy fingers, but I can get a ton of stuff done without worrying about breaking a nail or being too delicate with my hands.
- I don't love my straight, short eyelashes, but I don't worry about using mascara that will ultimately smear on my face anyways or take all night long to wash off.
- I don't always love my wider hips, but they've served me well in being able to give birth to 4 healthy babies without complications.

Bottom line, give yourself grace. You were made beautiful and unique with so much purpose and potential. Find ways to embrace all of you. Strive for health and strength over perfection. These days it's a big deal to have an individual style and to stand out, so embrace your physical individuality too. You'll look different than most just by carrying a positive body image and showing yourself body grace.

Stay strong. You are loved, you are worthy and you belong.

Work-In

QUESTIONS:

Reflect on your body image and confidence as you answer these questions...

- What are the regular thoughts and words that you speak about your body to yourself? Is it mostly positive or negative?

- What tends to trigger a negative body image for you? How can you manage or avoid that?

- What are some ways you can show more Body Grace to yourself and those around you?

EXERCISE:

List your 3 things you do love about your unique body (Love me) and list 3 things you don't like about your body (Love me not). Then identify how you can show Body Grace.

love me

3 things I love
about my body:

1. _____
2. _____
3. _____

love me not

3 things I don't like
about my body:

1. _____
2. _____
3. _____

body grace

...but how can
it serve me?

1. _____
2. _____
3. _____

Work-Out

HIIT #1 - BODYWEIGHT BASICS

Video Demonstration link:

inside-out-strong.teachable.com/courses

HIIT #1	LEVEL DOWN	TIME	REPS
Air Squat with Straight Arms overhead	No arms overhead	45 sec	20
Squat Jumps	Eliminate jump	45 sec	15
Push-ups	On bench or knees	45 sec	20
Tricep Dips on floor or bench	Feet closer to bench	45 sec	20
Hollow Body Hold	Bend knees	45 sec	45 sec
High Plank	Low Plank	45 sec	45 sec

FREQUENCY:

- 3 days a week with 24-48 hours between workouts
- Repeat circuit 2-3x with 1 minute break between each
- Choose to follow timed exercises OR repetitions

INTENSITY:

- This should be at a level 3. Push yourself while maintaining proper form
- "Level down" to modify or if form fails
- Need less intensity, lower time to 30 seconds active - 30 seconds rest (or less reps)
- Need more intensity, increase time to 1 minute active - 20 second rest (or more reps)

TYPE: High Intensity Interval Training (HIIT)

TIME: 6 minute circuit

- 45 seconds of activity - 15 second rest OR Repetition counts
- Total workout time = 15-20 min

REST:

- 15 seconds - 30 seconds between exercises
- 1 minute between circuits
- 24 hours between workouts

THE
F.I.T.
body

T A B L E



"Do the best you can until you know better,
then when you know better, do better." - Maya Angelou



THE F.I.T. *body* TABLE

While I was in high school, I ate lunch everyday with a friend I called, Little Debbie. Literally, I had a large Fudge Round Little Debbie cake EVERYDAY with my basket of french fries. Then I'd go for a 2 hour practice after school and wonder why I was so tired! Surprisingly, I didn't develop diabetes or heart disease. I did develop a serious sugar addiction that I still fight today.

I didn't always know the negative effects of a bad diet, nor did I usually care at the time, but looking back I wish I had more awareness and made more of an effort in my nutrition. Sometimes when you are younger and your body doesn't always manifest your poor choices in health, you think you're invincible. I speak from experience. I want you to develop a strong foundation and knowledge for experiencing lifelong health much earlier than I did.

You don't need to do things perfect nutritionally. In fact, avoid that approach. Start now to learn what is good for you, what is not, and develop a desire to feel and become your healthiest by consuming proper nutrients. You will reap big rewards later in life.

Eating whole foods will help you avoid yo-yo dieting (or the idea of dieting at all) as you get older, combat those pesky cravings that creep up, or developing metabolic syndrome -- a cluster of conditions such as increased blood pressure, high blood sugar, excess body fat around the waist, stroke and diabetes. Doesn't that sound like a list to avoid?

The absolute best way to avoid those conditions that could develop later on in life is to be smarter at the table now. Know this... I am always cautious to share nutritional advice with teens as I don't want to see obsessive and destructive behaviors such as eating disorders develop in making an effort to do it just perfect. You can't be perfect, nor should you try.

I believe in the 80/20 principle when it comes to nutrition. 80% of the time work to eat fairly clean and strive to consume healthy nutrients. The other 20% give yourself some grace and space for things that aren't always good for you...such as ice cream or french fries! The problems lie when you tilt the balance the wrong way, in either direction. If you are seeking significant weight loss, trying to heal chronic illness or metabolic syndromes (mentioned above) then we recommend seeing a functional medicine Dr. and taking strategic steps that include more guidance and less space for the 20% foods.

A healthy plate looks colorful and vibrant. That is where the nutrients are held. Think of all the white, brown or tan foods. They don't have much nutritional value at all. The more vibrant and colorful the natural food, the more nutrients and fueling they will be.



THE F.I.T. *body* TABLE

Evaluate your plate every so often and see if you are fueling your body with nutrients or just filling your belly. When you practice eating to fuel yourself rather than fill yourself, you'll start to feel the difference. Think about a car. It needs gasoline to run. When it's out of fuel it stops running. When the tank is filled with poor quality fuel, it starts to sputter. Your body is no different.

The best way to stick to an 80/20 plan is to be intentional and plan ahead. Unhealthy choices are at every turn. It's easy to eat fast, cheap and convenient, but we don't want to become that version of ourselves! Imagine how good you'll feel when you are prepared, knowledgeable and implementing clean healthy choices. You'll feel so strong, stable and sever the negative effects of a poor diet.

Check out our nutritional "tips and toolbox" which has some guidelines that may help you with establishing a healthy balance and appreciation for food that will fuel your body to be healthy and strong. We also provide a blank meal planning template. Fail to plan...plan to fail!

Stay strong. You are loved, you are worthy and you belong.

Work-In

QUESTIONS:

Reflect on your personal nutritional awareness and choices as you answer these questions...

- Identify some of your poor nutritional habits...we all have them!

- Identify some of your healthy nutritional habits...give yourself a pat on the back!

- What will be your biggest struggle when it comes to proper nutrition?

How can you overcome that?

EXERCISE:

List 3 healthy options in each category that you enjoy. List 2 healthy options that you would like to try. Feel free to brainstorm with others. Your goal should be to balance the consumption of these nutrients throughout the day. (ie: an apple with almond butter or an avocado with eggs = snack) List 3 healthy options in each category that you enjoy. List 2 healthy options that you would like to try.

PROTEIN	VEGGIES	FRUIT	CARBS	HEALTHY FATS	FUELING SNACKS

Work-Out

HIIT #2 - BOX/BENCH CIRCUIT

Video demonstration link:

inside-out-strong.teachable.com/courses

HIIT #2 - BOX/BENCH BLOCK	LEVEL DOWN	TIME	REPS
Single Leg Step-up	Lower Step	45 sec	20 each side
Box Jumps	Lower Box	45 sec	20 reps
Up-down Plank	Hold a plank	45 sec	10 each side
Incline Push-ups	Place knees down	45 sec	20 reps
Donkey Kicks	Step-over	45 sec	40 kicks
Mountain Climbers	Slower pace	45 sec	30 each side

FREQUENCY:

- Repeat circuit 2-3x with 1 minute break between each circuit
- Choose to follow timed exercises OR count repetitions
- 3 days a week with 24-48 hours between workout

INTENSITY:

- This should be at a level 3. Push yourself during the 45 second exercise while keeping correct form. "Level Down" if your form suffers
- For less intensity, level down or lower time to 30 seconds on - 30 seconds off (or less reps)
- For more intensity, increase time to 1 minute on - 20 second off (or more reps)

TYPE: High Intensity Interval Training (HIIT)

TIME: 7 minute circuit

- 45 seconds of activity - 15 second rest OR repetition counts
- 1 minute break between circuit
- Total workout time = 14-21 min

REST:

- 15 seconds - 30 seconds between exercises, 1 minute between circuit
- 24 hours between workout