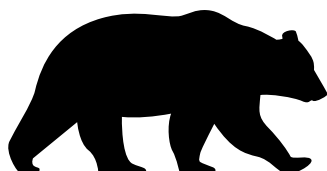


Step 3: Fitness



Optimising Fitness - Part 1

Guardians are built to life heavy weights and to be steady, slow and enduring. A Guardian body enjoys the camaraderie of team sports and movements that are a force against gravity. Things like rugby, weight lifting, hockey, volleyball and baseball can be great.

Workouts should be 3-5 times each week with sessions lasting 45-75 minutes - build up gradually if you haven't done much before. Cardio sessions should be light to moderate and weight sessions should include temporary exhaustion with a long rest for recovery, like strength training, powerlifting and HIIT. It's also good to add in light aerobic activity 3-4 times per week to maintain circulation. This would be perfect in the morning, like a morning walk with a friend or loved one. Make sure you warm up well before working out. If you find exercise boring, include some variety, work out with someone else and use your whole body. It might be useful to use wearable fitness trackers to monitor progress and gain real time affirmative support.

In summary, the Guardian body is designed for:

- **STRENGTH:** Big, strong muscles love to be used for big, strong activities - you may be surprised at just how much you can lift when you get going!
- **RESILIENCE:** Your body conserves energy in case of emergency so has the capacity to endure - long walks and hikes are ideal, especially with loved ones.
- **A BIG EFFORT, THEN REST:** Push yourself for a short period then have a rest and fully recharge.

Now take a look in Shae to discover your personalised recommendations for fitness.

My Ideal Type Of Movement in The Morning Is: *Light-moderate eg walking, swimming,*

To do this type of movement I need to:

My Ideal Type of Movement in the Afternoon Is: *More intense/challenging workout eg resistance cycling, boxing, strength training*

To do this type of movement I need to:

My Ideal Workout Buddy Is:

I'm going to arrange workouts with my buddy by:

What I Need to Be Able to Workout Is:

I'll make sure I have access to this by:

My Ideal Recovery After Exercise Is::

I'm going to remember to do this by:

Optimising Fitness - Part 2

Take a look at your clock in the Fitness section.

What do you notice about the timings? Do these recommendations differ to what you are already doing? Reflect on these questions before moving forwards.



The Times That Feel Great To Me On This Clock Are:

The Time That Seem Like They May Be Challenging For Me Is:

Can you complete your exercise program at the recommended times? If not, what is the next closest time to this window? Place your sessions in the planner below.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Optimising Fitness - Part 3

Complete the table below to clarify your goals.

Something I would Feel Great About Achieving Is:	This Goal Is Priority #	The Best Time of Day To Work Towards This Goal Is:

The Best Way To Track Progress Is:

I Will Indulge In These Rewards When I Progress:

Plan your activity sessions in the table below:

Exercise To Do	Day/Date	Optimal Time/ (Back Up Time)

Do I need to WOOP again?

WISH: Consider the next period of time....what is your one dearest wish that you would like to fulfil and that would be possible in this time frame e.g. going to bed earlier, eating breakfast, doing some exercise. Make it challenging, but something that is possible to achieve. Write your wish down here.

OUTCOME: What is the best outcome that you associate with fulfilling your wish? How would it make you feel? Perhaps it's feeling strong or needed, being there for others. Take a moment to find the BEST thing about achieving your wish. Summarise that into 3-6 months in your mind. Now truly imagine it - how does it feel, taste, smell....? You can jot this down here too.

OBSTACLE: What holds you back from realising your wish? What stands in your way? Maybe its something inside you - an emotion, or behaviour, or self-talk, stubbornness, caring for others? Take a moment to reflect on this. Summarise it in 3-6 words below. Now, imagine that obstacle at it's fullest, what does it look like? Fell like? Sound, taste or Smell like? Jot it down here.

PLAN: What can you do to overcome your obstacle? Identify one action you can take or one thought you can think to remove your obstacle. Summarise it in 3 to 6 words in your mind. Now make an IF-THEN plan and write it down

If {obstacle} THEN I will [behaviour to overcome your obstacle].

IF

THEN I will