



life  
by **DESIGN**

Join the Drive to  
**ONE MILLION FAMILIES WORLDWIDE**  
Living Life By Design

move  
by **DESIGN**



**We have clear indicators that our body requires much more and different types of movement than are currently considered "normal" for the average person. Move By Design is based on four simple parameters: Be Mobile, Lift Heavy, Go Fast, and Move Slow. They form the basic foundations for optimal human movement, health and longevity.**

## **The Why Behind the What**

We know movement is required for an optimal life simply because ALL other requirements in life depend on our ability to move. For example, breathing requires optimal movement of the rib cage, expansion and contraction of the diaphragm, and optimal spinal mobility to best fulfill our requirement for oxygen. Movement is required for life. Optimal movement is required for a maximized life.

Movement is a primary sign of life and a basic requirement for all living things. Even a plant, that seems to be stuck in the ground and without the ability to escape predation, moves a great total distance every day!

Movement is required for life. Optimal movement is required for a maximized life. No one would disagree with this principle. The only question is: What strategies best fulfill this requirement?

**More clearly stated – “What do I do?”**



## Be Mobile

Our lives are filled with daily stressors like sitting at desks, driving, working on computers, watching TV; even toxic food and emotional chaos contribute to the poor movement patterns seen in the average human. We've progressively become less active and this change for the worse has placed us into environments that are pushing our species away from its natural design and the flourishing state of health we deserve. Starting with a basic mobility program is the best way to begin restoring healthy movement.

Follow the link below to watch Move By Design Mobility instructional videos:

<http://thepowerhousevancouver.com/move-by-design-mobility>

## Lift Heavy

After mobility, the first form of training is *lifting heavy*. Being strong translates into every area of life from enhanced performance to optimal health. Relative strength is fundamental to thriving in our modern world; yet, for the vast majority of all civilized populations, it is nearly non-existent. It's no surprise degenerative diseases, workplace injuries, and disability are commonplace.

Lifting heavy is a relative term. Heavy for one person may feel like a walk in the park



for another. The basic premise is that we must put our muscles, ligaments and bones under tension for them to adapt.

It is in this step that scaling the movements to where you are at physically is very important. For example: While a beginner may perform a body weight squat, an intermediate a goblet squat, or an advanced trainee a back or front squat with weights, the stimulus is the same.

This principle of scalability can be applied to all movements for both *lifting heavy* and *conditioning*.

## Go Fast

**Contrary to conventional wisdom, hours on a treadmill or miles on the pavement each week are not necessary for conditioning of the cardiovascular system or fat loss. In fact, evidence shows they may be detrimental.**

While the popular trends in fitness are still long distance endurance events – running, triathlons – and “Boot Camp” style training consisting of extended intervals for longer durations, they are not the optimal approach to conditioning.

This step can be fulfilled as simply as introducing intervals (a period of work – followed by a period of rest) for 5–15 total minutes using body weight movements, kettle bells, compound exercises, sprinting or even alternating between walking fast and walking at a moderate pace.



## Move Slow

There is a delicate balance between training and recovery. Adequate sleep, de-loading weeks and reduced volumes are part of the “art” of fulfilling the movement requirement. The simplest approach is paying attention to the subtle and not-so-subtle cues of the body.

Not every day needs to be a training day! While we have considerably more requirement for movement than most people expect, sometimes a bike ride with the kids, swimming at the beach or walking in nature is the most valuable time we can spend.

## Scheduling

Below are the recommended frequencies for each of the 4 movement requirements:

Joint – to – Joint Movement – *daily*

Soft Tissue Integrity, Dynamic Mobility, Primal Patterning – *3 to 6 times per week*

Lift Heavy – *3 sessions per week*

Go Fast – *2 to 3 sessions per week*

Move Slow – *daily*



If all of the movement requirements are fulfilled, the result will be improvement in each of the following areas:

- a. **Cardiovascular/ Respiratory endurance** – the ability of the body systems to gather, process, and deliver oxygen.
- b. **Stamina** – The ability of the body systems to process, deliver, store, and utilize energy.
- c. **Strength** – The ability of a muscular unit, or combination of units to apply force.
- d. **Flexibility** – The ability to optimize range of motion at a given joint.
- e. **Power** – The ability of a muscular unit, or combination or muscular units to apply maximum force in minimum time.
- f. **Speed** – The ability to minimize the time cycle or a repeated movement.
- g. **Coordination** – The ability to combine several distinct movement patterns into singular distinct movements.
- h. **Agility** – The ability to minimize transition time from one movement pattern to another.
- i. **Balance** – The ability to control the placement of the body's centre of gravity in relation to its base.
- j. **Accuracy** – The ability to control movement in a given direction or at a given intensity

\*Adapted from CrossFit



## Everything at the Same Time

Our culture has been known to celebrate high levels of skill specialization and has even socially accepted some skills as healthy and others as unhealthy.

For example, a marathoner who has high cardiovascular/respiratory endurance and stamina is judged as healthier than a power lifter who has high levels of strength and balance. If we define health as optimal cellular function – in the absence of all requirements being fulfilled – neither the marathoner nor the powerlifter is functioning optimally.

This is a good time to remember that, in order to be living an extraordinary life, we need to be doing ***everything, at the same time, for a period of time, preferably a lifetime***. Moving By Design alone will improve our health but will not make us optimal.

If we take the endurance athlete from our example and have him compete in a power-lifting competition, he would fail miserably, and likewise the powerlifter in a marathon. Specializing means focusing on only one aspect at the expense of the rest. This isn't necessarily bad if your goal is to qualify for the Olympics in powerlifting or the marathon, but it's not going to fulfill the movement requirements for optimal function.



### **Don't Forget...**

Having a clear Brain–Body Connection allows full integration of all the requirements. Each is dependent on neurological function, and inherent in each requirement is the need for synergistic activity. In order for the body to work together, a proper nerve supply is paramount.

**Insert Chiropractic here.**