

BROOKE BLURB

Winter 2009

Welcome to our Winter newsletter and what a blast it has been. A sign of an early Spring we hope!

Don't let the cold and rain stop you from getting on with your exercise - in the gym or home, or wrap up warm and embrace the elements. When the sun shines get out and absorb the Vit D and the "feel good factor" preventing SAD.

Excuses are only going to stop you getting where you want to be - fit and healthy. Nothing changes unless you make the change.



This photo is from the Taita Central Primary School assembly 26 March 09 where Brooke Coaching and Relocations International Ltd sponsorship enables every student to receive six books per year, through the Duffy Books in Home Foundation and thank you for your support.

www.booksinhomes.org.nz

Happiness: Regularly express gratitude, performing acts of kindness, cultivating optimism are all good ways to boost and sustain happiness. *Dr Lyumbomirsky Professor of Psychology at University of California*

See www.positivityratio.com



Simplify your Life

Learn to say NO

Start delegating – at home and office

What are you tolerating?

Start eliminating tolerations now

De clutter your life –

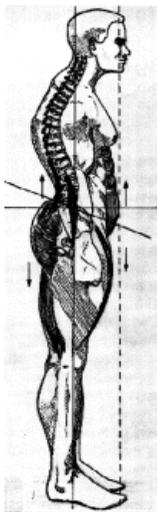
Office – PC and files

Home – drawers, cupboards, garage



The Inner Unit

(excerpts from Paul Chek)



Those regularly performing crunch and sit-up type exercises frequently demonstrate forward head posture (as above). Note that when head carriage is normal the dotted line through the cheekbone should fall in the same vertical plane as the sternum and pubic symphysis. When the rectus abdominis becomes chronically shortened, it pulls the chest downward, increasing first rib angle; this is commonly associated with shoulder dysfunction and impingement of the nerves feeding the arm as they exit the cervical spine.

The postural changes demonstrated here are common among today's athletes (and people with poor posture) and can be corrected through improved control and strengthening of the inner unit musculature.

The thoracolumbar fascia system envelops the inner unit musculature to create the body's own natural weight belt. Activation of the transversus abdominis aids in stabilization of the lumbar spine.

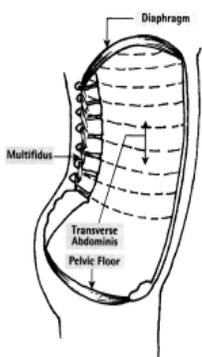
The inner unit is under separate neurological control from the larger outer rectus abdominis, external oblique and anterior fibers of the obliquus internus. Traditional gym exercises do not condition these key muscles in such a way that their ability to improve spinal stability is enhanced until their recruitment is under automatic reflex control. To accomplish automatic reflex control of the inner unit requires specific isolation training to enhance sensory-motor control. Once control is established, activation of the inner unit must be programmed into all movement patterns commonly used by the individual. Failure to condition the inner unit to a high level of specificity often results in spinal injury due to instability.

Inner unit training provides essential joint stiffness and the stability needed to provide the large prime movers of the body with a working foundation.

When outer unit or prime mover exercises are executed in the absence of a functional inner unit, poor posture, unwanted visual changes and musculoskeletal injury are inevitable.

For optimal health and performance, the inner unit must not only be functional, but must be maintained with technically correct exercise protocol. See <http://www.wikihow.com/Get-Flat-Abs-Doing-TVA-Exercises>

Talk with Julia for exercises for the inner unit.



Believing is Receiving - From the Science of Getting Rich (Wallace Wattles)

Did you know your brain even has a special area that handles this whole area of "noticing?" It's called the Reticular Activating System (RAS), and part of what it does is cause you to notice things that were ALWAYS there before unnoticed until you somehow clue it in about what to start noticing.

For example, did you ever get a new car (or even just think a LOT about getting one) and then it suddenly seemed that EVERYONE must have just bought one? Suddenly, that very same model -- even the same color -- is showing up EVERYWHERE?

That's the RAS at work.

It's filtering all the zillions of messages your five senses are constantly passing along and deciding which ones are important -- important enough for you to consciously notice. (It's determining also what goes into your subconscious mind where the belief system that runs your life is built.) And one way you "program" your RAS to send up a "hey, look at this!" signal is by what you focus on by CHOICE.

It's what we're referring to when we say that what you see around you depends on what you're looking for -- in experiences, circumstances, in other people, and on and on. And it works just as well when you put your focus, faith, and feeling on what you do NOT want, too. It's totally neutral, and it's on the job in your every waking moment.

With a new car, of course, the novelty wears off fairly soon, your interest fades, and so the RAS stops signalling you to notice all the lime green Volkswagen Beetle convertibles whizzing by.

But when you follow Wattles' advice, you're giving the RAS steady instructions to keep its radar going. And the result is like wearing those magic glasses:

"Imagine an environment and a financial condition exactly as you want them, and live all the time in that mental environment and financial condition until they take physical shape.

"See the things you want as if they were actually around you all the time. See yourself as owning and using them. Make use of them in imagination just as you will use them when they are your tangible possessions.

"Dwell upon your mental picture until it is clear and distinct, and then take the mental attitude of ownership toward everything in that picture. Take possession of it, in mind, in the full faith that it is actually yours. Hold to this mental ownership. Do not waiver for an instant in the faith that it is real."

When you do this, when you happily, enthusiastically, and steadily hold your vision without trying to force anything to happen - you'll be amazed at what you start to notice and astonished at how you seem to hear and see wonderful opportunities where others do not!

The most amazing things happen when we just let go and give up trying to MAKE something happen. That tight feeling of FORCING the Universe to give us what we want. When we let go, we've stopped focusing on the lack, on what's wrong, on what's missing, on what's not working, what's taking so long.

Then, because we have already been VERY clear on what we do want and we have now dropped the resistance and the focus on what's UNWANTED ... bingo! There it is! We finally relaxed and made room for it!

Julia suggests you practice this when you wake up in the middle of the night.

Your health fitness and well-being is my concern but your responsibility.

FEELING BELOW PAR?



A **walk** is not only beneficial for fitness but also for releasing those feel good hormones

Meet up with **friends and family** and avoid conflict. Seek out those that make you **laugh**

Minimise stress in all aspects of your life. Ask yourself would I worry about this if I was given 1 month to live?

Plan your **holidays**. It gives you something to look forward to and work towards.

Eat healthily it will give you more energy and you will not only feel better but look it too.

Get **7-8hrs sleep** a night. If you wake up and worry, stop it and change your thought patterns to positive thoughts.

Relax – yoga, read, massage, meditate

P.S. Your feedback is welcome –
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