

BONUS MATERIAL

THE  
MIRACLE *of*  
FLEXIBILITY

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THE ACTION PLAN  
WORKBOOK

# THE MIRACLE OF FLEXIBILITY

CREATE YOUR ACTION PLAN TO RECLAIM YOUR BODY THROUGH  
THE MIRACLE OF MOVEMENT AND FLEXIBILITY

Based on the book *The Miracle of Flexibility (US & International)*  
and *The Movement Miracle (Canada)* by Miranda Esmonde-White

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# Welcome to your Miracle of Flexibility workbook

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Being strong and healthy isn't just for the privileged few but for all people. Fitness and energy shouldn't be measured with an index or in miles, muscle mass, or speed; rather they should be measured by one's ability to move effortlessly, be fully active, and remain pain-free. Being pain-free means being free from chronic pain: our bodies don't hurt as we walk up and down stairs, get into and out of a car, or reach something off a high shelf.

When we accept stiffness, pain, and ill health with the attitude that we are victims of natural aging, we embrace the idea that we aren't responsible for our own lives. But we are.

We've come to rely on doctors to solve our health problems, but neither medication or surgery have the power to make our muscles strong and flexible or our bodies fit and toned.

Muscles were created to be strong, not weak, and mobile, not stiff. We're created to move, not be inflexible. We need to accept responsibility for our magnificent bodies.

This workbook is a call for personal transformation as you introduce Essentrics and the miracle of movement and flexibility in your life. It offers you a chance to explore the unique story of your body. Making connections between cause and effect provides an opportunity to get to know and experience your body in a new way.

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**My work is dedicated with love to you all,  
out of my desire to make the world a healthier,  
fitter place to live.**

**Miranda Esmonde-White**

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# About this workbook

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This workbook is designed to be your companion as you discover your body's story, analyze your current state, and create a vision and a plan toward an energized and active future using the knowledge and the tools from the Miracle of Flexibility book.

## What can you look forward to learning?

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Expect to understand your own body in a way you never have before. Start to see the ways that life has shaped you into who you are today, begin to understand your body's natural affinity towards balance and how to address common imbalances and their causes.

## Getting started

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1. Get a copy of Miranda Esmonde-White's book *The Miracle of Flexibility*, if you haven't already.
2. Set your intentions.
3. Get a dedicated notebook you will be using for your assessments, taking notes, and writing down your intentions and goals. This way you will have it all in one place.

## Setting your intentions for this workbook

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When you set your intentions in writing what you want to accomplish, you increase the likelihood that you will make the changes you want to see in your life happen. Take 15 to 20 minutes to reflect and fill out your answers.

- I am committed to doing and revisiting the workbook over the next weeks.
- I am committed to discovering my body's story with compassion to myself. I talk to myself in a respectful and loving way.

The reason that I am doing this workbook is:

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This is important to me, because:

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I commit to making respectful & full body movement a part of daily/weekly habits. I dedicate \_\_\_ minutes on Monday / Tuesday / Wednesday / Thursday / Friday / Saturday / Sunday to move with Essentrics.

*Tip: For the best results, make this commitment as concrete as possible. Schedule the days and the times for the week ahead.*

# What's your body's story?

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You have got to know where you are before you can determine where you need to go.

Taking the time to establish your current level of health and fitness will help you to figure out the best way to evolve into a younger version of yourself and will give you a baseline from which to track your progress.

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## **You may be unaware that your body has been faithfully recording its injuries.**

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At the beginning of all our teacher-training workshops, participants are asked to fill out a health questionnaire and detail their medical history, indicating where they have experienced pain, injury, or surgery, and providing details. Time and again, we've discovered that as we delve deeper into their physical history, participants start to remember past surgeries and accidents they'd forgotten about, the life story of their body. This drilling down into the body's history is enlightening, enabling them to identify the root causes of the pain they've been carrying for years. Finally, they understand why certain parts of their body are stiff and immobile. Which is the first step to changing their bodies.

The following exercises will give you the opportunity to get to know your body in a new way. This workbook is for your eyes only, fill out your answers with full honesty.

After answering these personal questions, you should have a picture of what has formed your health from birth to now. Growing from a baby into an adult is an exciting process, but for most of us, it also comes with its share of accidents and injuries. As the years go by, we often forget about these injuries, yet our body remembers. They remain held in your body as scar tissue blockages until you remove them through gentle movement. The solution is to go back into your physical history, heal your old injuries, and reverse the scar tissue damage.

If you've experienced many injuries and are living with an abundance of chronic pain, be patient and know that healing will happen even if it takes a little time. Each time you deliberately move all parts of your body, stretching and strengthening it, your body will change a little bit. Gently, over time, this process will nudge your muscles, joints, organs, connective tissue, and bones into better, fitter health.

# Exercise 1: The Personal Discovery Questionnaire

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Ready to take the questionnaire? Get a designated notebook ready that you will use and come back to throughout the creation of your action plan.

## Questions about you, aged 0-19

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These formative years set the stage for your future body's health. During this time, you probably developed eating, sleeping, walking and exercise (or lack of) habits that stick with you to this day. Think back and make additional notes in your personal diary of these habits and any injuries or physical weaknesses that have gotten worse over time.

1. Were you healthy as a child and as a teenager? If you had any illnesses and/or accidents, please describe.

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2. Overall, did you have a happy childhood? If not, please detail how you feel this affected your health. Try to see if there is a connection to your health today. Do you still carry anger or depression in your body in the form of tension or stiffness?

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3. Were you an active child/teen? Did you participate in sports, dance, play the piano or other activities? If yes, describe what you did and how that made you feel. If not, do you know why?

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4. Did you remain injury-free playing sports or dancing? If you didn't remain injury-free, describe in detail what happened to you. Are these injuries still bothering you?

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5. Did you have healthy eating habits?

If your answer is 'no', what was unhealthy about your eating habits? Did you have an eating disorder? What effect did it have on your health? Are the side effects of your eating disorder still with you today?

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6. Were you at a healthy weight range as a child/teen? If you think it wasn't healthy, were you over- or underweight? Are you still over- or underweight?

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7. Were you a confident child/teen? If your answer is 'no', how do you think it affected your body? Did you tend to round your shoulders and drop your head? Did you make yourself small?

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8. Did you remain unharmed during your childhood/teens? If not, can you describe the trauma, abuse, violence, neglect (remember, this questionnaire is for your eyes only). Does it affect the tension you carry to this day? Are there injuries (mental & physical) that you haven't fully healed from?

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9. Were you free of aches and pains growing up (headache, stomachache, painful menstrual cycle)? If not, detail how this affected you.

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## Questions about you: age 20 until now

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You may notice that many of these questions relate to stress, tension, injuries, or trauma to your body, which we have all had in our lives. These questions are meant to make you consider how and to which extent they have affected you then and now.

Often injuries, even from childhood, are not fully resolved or rehabilitated. When a body part is still inflamed, it will carry tension until it is healed; this could last for years.

The tension means that we move it less than we do other body parts. This is the breeding ground in which connective tissue congeals and hardens. This imbalance leads to a chain reaction of further imbalance since the entire area will steadily become less mobile.

1. Were you physically active from your 20s until now? If yes, detail the activities that you participated in. If not, please specify why you were (semi)-sedentary.

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2. If you've been active in the past years, have you remained injury-free while doing these activities? If you have gotten injured, please indicate what the injuries were, how long they lasted and whether you fully rehabilitated.

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3. Were you spared from any consequential accidents? If not, detail the injuries. How long did it take to recover?

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4. Have you been in full health in the past years? If not, what issues or (chronic) conditions do you have or did you have in the past (including weight gain, sleeping problems, and poor eating habits? Did this lead to any emotional stress that may have caused tension that you still feel in your body? Have you had surgery and/or treatments? What effects do you notice in your body? Are you taking medication?

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5. Over the past decades – have you been able to take time to care for yourself? If not, what body shape or other changes happened to you as a result?

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6. Has your weight remained stable over the past decades? If not, describe the changes to your weight throughout the years.

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7. Are you happy and content with your life? If not, which events (have) affected you? Do you feel that you carry stress and sorrow in your body? Do you feel that your cardiovascular and digestive systems suffer from this stress or sorrow?

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## Questions of reflection on the personal discovery questionnaire

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What thoughts have come up while filling out the questionnaire?

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Have you made any discoveries about how your past experiences may have shaped your health today?

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After filling out these first two sections, you will have a better grasp of the basic health you were in at the start of your adult life. Most likely, you were not living in a fresh new body, but one that had already experienced considerable trauma.

We tend to forget everything that our body has been through over the decades of our life. The better we know ourselves, the easier it is to be compassionate toward ourselves and gentle with our bodies as we try to reverse the damage of our past.

Upon reflecting you may have felt feelings like guilt, regret or shame come up, have compassion with yourself. We are assessing, not judging. You and your body deserve to be celebrated. Begin to see how your incredible body has served you throughout your life so far. Notice how it's been an amazing self-healing machine despite any complications, injuries, or trauma you have encountered.

When we understand how our lives have shaped us thus far, we can surrender and create a vision for how we want to use and treat and care for our bodies in the future ahead.

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**You can go back in time, fix what didn't get properly healed,  
and move forward with a renewed body.**

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A Word From Miranda:

My experience with getting diagnosed with breast cancer and developing scar tissue from surgery.

'When I was 50, I had breast cancer. After my breast cancer surgery, my biggest problem was the scar tissue that had accumulated under my arm where the surgeon had removed lymph nodes. I had difficulty raising my arm even to shoulder height because doing so tugged on the scar. I was afraid that if I pulled too hard, I might reopen the incision, so I stopped raising my arm whenever I felt a tug on the scar tissue.

Soon, even raising my arm to shoulder height was painful. Fortunately, with the advice and encouragement of the physiotherapists and nurses at the Royal Victoria Hospital, I was able to work within my limits and through the pain.

They showed me that I wouldn't rip the scar tissue or cause additional damage to the wound if I was careful (one of my biggest worries). I followed their advice, working within their prescribed limits, until I regained the full range of motion in my arm in about 8 weeks - but the sensations of tugging and stiffness took more than 10 years to go away. To this day, every time I raise my arm above my head, I still feel a slight tug against the scar, but within seconds as I continue to stretch, the tugging sensation disappears.

I realized that if an exercise specialist like myself had difficulty understanding the simple instructions that breast cancer patients are given after surgery, there must be millions of women experiencing similar confusion. With the support from the Royal Victoria Hospital and Novartis, I created a complete breast cancer rehabilitation workout that's available free of charge:

<https://essentrics.com/breast-cancer-rehabilitation/>

Once I understood the full nature of my problems, I was inspired with the confidence to push through painful rehabilitation exercises.

The scar may never go away, but I'm grateful I made sure to retain my mobility and the full use of my arms!

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**Your genes and past injuries are not your destiny.**

**You can maintain the perfect posture for life.**

**You can continue to be limber and move  
with energy and vigor for life.**

**Exercise & movement is in your DNA.**

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## Exercise 2: The Golden Medium – determine your current zone

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This questionnaire will also give you a realistic assessment of where you are physically and how likely you are to experience breathtaking results or more incremental gains when you start doing a conditioning program like Essentrics.

1. Do you feel stiff all over?  
Yes \_\_\_\_\_ No \_\_\_\_\_
2. Do you have low-grade chronic pain in one or several joints (for example hips, shoulders, knees or ankles?)  
Yes \_\_\_\_\_ No \_\_\_\_\_
3. Do you have trouble walking at least fifteen minutes every day?  
Yes \_\_\_\_\_ No \_\_\_\_\_
4. Do you have trouble adhering to a regular exercise program?  
Yes \_\_\_\_\_ No \_\_\_\_\_
5. Do you find excuses not to get off your chair?  
Yes \_\_\_\_\_ No \_\_\_\_\_
6. Are you too tired to visit friends?  
Yes \_\_\_\_\_ No \_\_\_\_\_
7. Do you have trouble getting on and of a chair rapidly and with ease?  
Yes \_\_\_\_\_ No \_\_\_\_\_
8. Do you have trouble running up and down stairs?  
Yes \_\_\_\_\_ No \_\_\_\_\_
9. Have you changed your wardrobe to clothes that are easier to put on and take off?  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. Do you huff and puff when you get off a chair or do basic chores like housework, gardening or getting dressed?  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Does it take you a long time to recover from illnesses even a cold?  
Yes \_\_\_\_\_ No \_\_\_\_\_

12. Does it take you a long time to heal from cuts, burns, and bruises?

Yes \_\_\_\_\_ No \_\_\_\_\_

13. Have you had or do you expect to have a joint replacement?

Yes \_\_\_\_\_ No \_\_\_\_\_

14. Have you had steroid shots to relieve pain?

Yes \_\_\_\_\_ No \_\_\_\_\_

15. Do you take pain medication on a regular basis?

Yes \_\_\_\_\_ No \_\_\_\_\_

16. Do you need regular massages to relieve your pain?

Yes \_\_\_\_\_ No \_\_\_\_\_

**If you have answered ‘Yes’ to most of these questions, you’re in Zone One**

## Zone One: Too Weak

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Zone One includes people who live a sedentary lifestyle and rarely exercise. If you are in this zone, you will generally be using between 1 and 25 percent of your potential muscle strength, which means that your muscles are often too weak to support good posture. You might have accelerated muscle and fascia atrophy—if you don’t use it, you really do lose it. You may have difficulty climbing or descending stairs, and/or getting on and off a toilet or chair. You may have noticed that you have poor circulation, heal slowly, and have low levels of energy. Due to dehydration your connective tissue sticks, which can lead to chronic joint inflammation, often requiring joint replacement. This group tends to age prematurely.

The good news is that many people who sought out Essentrics were in Zone One, and quickly transformed their health. So can you!

**If you have answered ‘No’ to most of these questions, continue with these next questions:**

1. Do all your joints move through their designated ranges of motion?

Yes \_\_\_\_\_ No \_\_\_\_\_

2. Are you basically pain-free?

Yes \_\_\_\_\_ No \_\_\_\_\_

3. Do you have lots of energy throughout the day?

Yes \_\_\_\_\_ No \_\_\_\_\_

4. Do you have good posture?

Yes \_\_\_\_\_ No \_\_\_\_\_

5. Do you heal from cuts, bruises and other minor injuries quickly?

Yes \_\_\_\_\_ No \_\_\_\_\_

**If you have answered 'Yes' to most of these questions, you're in Zone Two**

6. Have you had or do you expect to have a joint replacement?

Yes \_\_\_\_\_ No \_\_\_\_\_

7. Have you had steroid shots to relieve pain?

Yes \_\_\_\_\_ No \_\_\_\_\_

8. Do you take pain medication on a regular basis?

Yes \_\_\_\_\_ No \_\_\_\_\_

9. Do you need regular massages to relieve your pain?

Yes \_\_\_\_\_ No \_\_\_\_\_

**If you answered 'No' to these questions, you're still in Zone Two.**

## **Zone Two: The Golden Medium**

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This is the zone that the Essentrics workout is trying to achieve for your body.

If you are in this zone, you'll likely have the full natural range of motion in all your joints, and you will have developed between 26 and 75 percent of your potential muscle strength. You are strong and flexible enough to effortlessly maintain good posture all day long, are generally healthy, heal rapidly, have good energy, rarely suffer from chronic pain and live a fully active life.

You are likely active, exercise regularly to maintain strong and mobile muscles but rarely push your body to the extreme limits. We call this category The Golden Medium because the muscles of people in Zone Two are neither too weak nor too strong. In the Golden Medium you will likely be aging well, feeling young and find yourself being active well into your senior years.

**If you haven't found the Zone that describes your current Zone continue by answering the following questions:**

1. Do you train by pushing your muscles to their maximum more than four times a week?

Yes \_\_\_\_\_ No \_\_\_\_\_

2. Do you have chronic pain?  
Yes \_\_\_\_\_ No \_\_\_\_\_
3. Do you have recurring injuries?  
Yes \_\_\_\_\_ No \_\_\_\_\_
4. Are your muscles losing their flexibility?  
Yes \_\_\_\_\_ No \_\_\_\_\_
5. Do you have limited range of motion in your spine?  
Yes \_\_\_\_\_ No \_\_\_\_\_
6. Shoulders? Hips? Knees?  
Yes \_\_\_\_\_ No \_\_\_\_\_
7. Do you feel extremely stiff and in pain when you get out of bed?  
Yes \_\_\_\_\_ No \_\_\_\_\_
8. Do you enjoy or feel proud of your pain?  
Yes \_\_\_\_\_ No \_\_\_\_\_
9. Do you tell people that pain and injury don't stop you?  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. Do you suffer from chronic back pain?  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Have you had steroid shots to relieve pain?  
Yes \_\_\_\_\_ No \_\_\_\_\_
12. Have you had or do you expect to have a joint replacement?  
Yes \_\_\_\_\_ No \_\_\_\_\_
13. Do you take pain medication on a regular basis?  
Yes \_\_\_\_\_ No \_\_\_\_\_
14. Do you need regular massages to relieve your pain?  
Yes \_\_\_\_\_ No \_\_\_\_\_



**If you have answered ‘Yes’ to most of these questions, you’re in Zone Three. Most athletes and people who regularly participate in physically strenuous activity are in Zone Three.**

## Zone Three – Extreme or High-Performance Living

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Miranda Esmonde-White has trained thousands of people in this zone who had the best intentions of developing a healthy, fit body but got out of balance; Essentrics helped them achieve the Golden Medium.

If you are in Zone Three you may be pushing yourself to your limits on a regular basis, even going through pain and injury, often to the point where you are faced with exhaustion or injury

Most people who participate in competitive sports or extreme physical activity — weightlifting, distance running, high-intensity training programs, professional sports, or dance training, for example — fall into this zone. These types of activities shorten muscle length and limit range of motion. Muscle imbalances can then distort alignment, stressing the joints, ligaments, and muscles to the point of chronic inflammation, chronic pain, permanent joint damage, and premature aging.

## Questions of reflection on the Three Zones quiz

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What thoughts have come up while filling out the quiz?

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Have you made any discoveries about how your lifestyle influences health today?

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Are you surprised by the outcome of the quizzes?

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Moving forward, is there anything you would like to change?

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# How habits lead to imbalances and pain

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We are all born with a natural range of joint motion, but we lose that range of motion as we remold our muscles and fascia every day through how we choose to move or not to move.

We must start to understand how our habits can imbalance your body and cause stiffness and pain. For example, if you always carry a bag, or your child, on the same side of your body, over time your fascia will remold around your shoulder and arm, and one shoulder will become visibly lower than the other. This is a shift in your skeleton and could lead to neck pain, back pain, or headaches.

Crossing one leg over the other when sitting, stretches the hip muscles of the leg that's crossed. The hip muscles of the crossed leg will slowly lengthen in response to this continuous stretching. Hip muscles are directly connected to both the spine and the legs, which means that any imbalance in the hips will lead to an imbalance in the spine and legs. Unbalanced hips can also pull the femurs out of alignment, which directly pulls on the knee joints, causing knee pain and damage.

Other habits that can cause damage and pain:

- Holding the stair rail with the same arm makes one shoulder get stronger and bend sideways, leading to shoulder and neck pain
- Swinging a golf club or a bat in the same direction unbalances the spine muscles, causing pain
- Wearing high-heeled shoes cause the shin muscles to lengthen and the calf muscle to shorten, leading to ankle pain and inflammation of the shins
- Wearing poorly fitting shoes that squeeze the toes and feet leads to plantar fasciitis and ankle, knee, and hip pain
- Sitting at a computer for extended periods leads to shortened and weakened full-body muscles
- Favoring your dominant hand makes that hand and arm get stronger while the other hand and arm get weaker

## Exercise 3: Assess your habits

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After reading the list above, make a note of the habits you have:

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Do you think these habits could be causing stiffness and pain?

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What other habits do you have that could potentially be causing an imbalance in your body?

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Get in front of a tall mirror (or a reflective window) and look at how you usually stand, how you sit, how you carry a bag, how you watch your phone etc.

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What thoughts come up as you assess your habits?

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Would it be possible for you to change some of these habits?

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Many of these habits are difficult or impossible to change. If you're left-or right-handed, that's the hand it's easiest to work with; and I know very few golfers or baseball players who swing from both sides. That's why doing a daily rebalancing routine is so important, and such a simple solution to real-life problems.

# Are you affected by the posture epidemic?

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Rounded thoracic spine, or computer posture.

Poor posture destroys the musculoskeletal structure and organs over a long period of time. Most people barely notice the correlation between their changing posture and ill health. The slow-moving nature of the posture epidemic makes it less frightening than disease epidemics, but its impact on our health can be just as bad.

Good posture refers to the way we hold our full body when we walk, stand, and sit. Good posture should be relaxed, natural, and automatic. Our shoulders should be open and relaxed, our arms should hang easily at our sides, and our upper back and chest should be erect, relaxed, and open. As we walk, our legs should easily swing in the hips.

Good posture should reflect two things: the way we look and the way we feel. Most importantly, we should feel liberated, weightless, energetic, and pain-free. We tend to dismiss the importance of posture as cosmetic, but that isn't the main reason why we need good posture—good health is.

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**Good posture requires a full-body approach.**

**The only way to maintain a lifetime of good posture is to have strong and mobile muscles, not just in the shoulders and spine but throughout the entire body.**

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One of the main goals within an Essentrics workout is to work directly on our alignment and posture so that our body has the strength and flexibility to support us each day.

# Exercise 4: Analyzing your posture

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Get in front of a tall mirror (or a reflective window) where you can see your full body, including the feet.

Start by facing the mirror:

- Do both feet face straight ahead?

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- Do your knees line up with your ankles? Or do the knees have the tendency to drop inside your ankles, coming close together? Or are they outside your ankles, moving away from each other?

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- Gently shift your weight to the outside of both feet, do you feel the tension in your body shifting? Now shift your weight to the insides of both feet. What feels different now?

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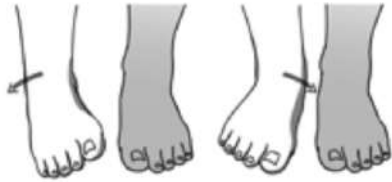
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- What part of your hand is facing forward—the back of the hand, the thumb, or somewhere in between? *Note: This is assessing rounding in your shoulders. The shoulders are in their ideal position when the thumbs are facing forward.*

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Eversion or inversion of the ankles.



The arches of the feet form a triangle on the sole of each foot.

Are your ankles knees and hips aligned?

*Hint: Observe if your legs go straight down to the floor from your hips or if your lower legs go backward and hyperextend. If your heels come off the floor when you sit on the floor with your legs stretched out in front of you, thighs tightened, your lower leg is hyperextended.*

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Now turn 90° with one shoulder and one hip facing the mirror:

- Are your shoulders and hips positioned directly atop each other?

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Incorrect alignment and distribution of weight through a poor load path.



Correct straight spine with load path flowing from the head, down the spine, through the hips, and in the arch of the foot.

- Is your head positioned forward, in front of your shoulders?

*Hint: If you can't tell, stand with your back to the wall. Your heels, butt and upper back should touch the wall (your heels may be slightly away from the wall, depending on your structure). Move your feet away from the wall slightly if you feel like you are going to fall forward. Notice if your head also touches the wall naturally, without forcing a contraction in the upper body:*

- *If it does, your head and shoulders are aligned.*
- *If you must raise your chin and tilt your head back to get your head on the wall, your head is forward.*

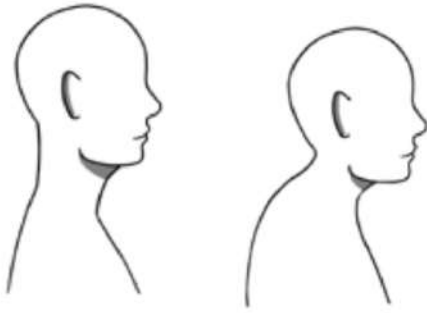
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- Are your shoulders and hips positioned directly atop each other?

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## Questions of reflection on your Posture Assessment

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What have you noticed about your posture?

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If you have noticed imbalances, what may have caused these?

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Do you think you may have postural imbalances that could be causing weakness, stiffness and/or pain?

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# Action plan – How do you want your body to feel?

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Congratulations on completing the evaluation exercises. Looking at yourself and assessing your health and well-being can be quite confronting. Thank you for doing the work!

Now it's time to look forward and create your vision for how you want to feel and how you want your body to feel. We will guide you in creating an action plan to help you to change and thrive moving forward.

## Exercise 5: Revisiting your intentions

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Now is the time to revisit your intentions for this workbook on page 3. Take 15 to 20 minutes to reflect on your initial answers. Ask yourself 'do these answers seem right to me?'. If there is anything you would like to change, go ahead, and make the adjustments here:

The reason that I am doing this workbook is:

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This is important to me, because:

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The previous exercises have maybe given you new insights on your body. Don't think too much, complete the following sentence writing down what comes to mind:

I appreciate/thank/love my body for:

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# Exercise 6: What's most important to you

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The goal of this next exercise is to discover what is most important to you in your life. Ask yourself how you would like to feel and what you would like that future self to be like.

- Go over the following list and write down all the words that appeal to you. Add your own words if you feel anything is missing. Don't edit yourself. Even if you don't know how you will get there yet, we encourage you to dream big!

Able	Improved posture	Freedom
Joyful	Relieved	Attractive
Fully mobile	Leaner	Alive
Strong	Toned	Thriving
Fulfilled	Looser joints	Confident
Valued by others	Relaxed	Beautiful
Purposeful	Vibrant	At ease with myself
Optimistic	Calm	In great health
Healthy	Anxiety-free	Strong
Vibrant	Peaceful	Unlocked
Pain-free	Accepting	Open
Stress-free	Nimble	Proud
Shapely	Supple	<i>Optional:</i>
Agile	Athletic	add your own:
Flexible	Positive	_____
Balanced	Limber	_____
Great stamina	Self-loving	_____
Well rested	Have freedom to move	_____
Energetic	Playful	_____

- Now narrow the list down to three words:
  - 1 \_\_\_\_\_
  - 2 \_\_\_\_\_
  - 3 \_\_\_\_\_
- Review this list of three and read them out loud. How do they make you feel? Do you think these words truly reflect how you want to live your life? Take a moment to reflect and make changes if necessary. This is your ultimate list:
  - 1 \_\_\_\_\_
  - 2 \_\_\_\_\_
  - 3 \_\_\_\_\_

# Exercise 7: Body vision plan

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Now you have established your list of what is most important to you, let's start visualizing what that would look like to you.

Most of us are visually oriented. Creating a mood board is a highly effective way of building a blueprint of your vision and start making this a reality. By making an actual mood board where you cut out images and stick them into a piece of paper, instead of a digital one, the combination of visualizing and action creates a strong connection in the brain.

## 1. Prepare:

- Set aside some uninterrupted time (at least 30 minutes)
- Prepare your space with the tools you need:
  - I. Loads of magazines, papers and other places.
  - II. Scissors, glue, empty board or paper.
  - III. Optional: other items to create your board, like markers, stickers.

## 2. Go:

- Revisit the ultimate list you've created in the previous exercise. Think of how this would make you feel in the different areas of your life: health, fitness, finances, family, relationships etc.
- Cut out all the images that appeal to you.
- After you feel you have enough images, go through them again asking yourself if this is what you want in your life. Keep the images that make you go 'Yes!' and discard the ones that don't.
- Finish by arranging your images on the board. Once you feel it is a good reflection of your vision stick the images on.
- Finally, add text and other items (optional) to the board where needed to support or clarify.

## 3. Display:

- Find a spot for the board where you see it daily. This will help you make the changes that you want to make in your life.

#### 4. Mental visualization:

- Finish this exercise by closing your eyes and picturing how you are doing the workouts. Successful athletes and musicians use these types of visualizations to rewire their brains and drastically improve their performance.
- See yourself getting ready for your workout.
- Picture yourself as you are stretching and moving all the parts of your body that need some attention.
- Now feel how you are releasing the tension from your neck, how you are activating the muscles in your legs to boost your calorie-burning capacity and up your energy-levels.
- Think about how you feel after the workout, feeling content and freer in your body. Picture the results, for instance: are you standing straighter? Do you look more confident? Is there something you're able to do again?
- Feel the gratitude and appreciation you have for yourself for taking the time to take care of you.

# Reclaiming your body through the miracle of movement & flexibility

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If you have always resisted the idea of exercising, you probably tried exercises that are uncomfortable, unnatural, and exhausting. The truth is that exercising should feel natural, and the Essentrics program will show you how 30 minutes of exercise can be fun and joyful. You'll learn how to enjoy exercise again, and even look forward to your next session.

If you're already a practiced exerciser, you'll be surprised and delighted to find a stretching, strengthening, lengthening, and toning method that leaves you feeling so relaxed and limber while it also gives you such amazing results in only 30 minutes. Essentrics will likely completely change your perspective on exercise.

## Making exercise a habit

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The best time to exercise? Anytime you will do it! Work with your biorhythms to find the time of day when you enjoy exercising the most and are least likely to let it slide.

Doing your exercise first thing in the morning will help you build a consistent habit. After all, if you do your workouts before anything else, the rest of your life won't have a chance to get in the way!

But if lunchtime is better, or an hour before bed works for you, go with that— just commit to 23-30 minutes daily (or at least 3 times a week), no matter what.

Do it for your cells, your heart, your muscles, and your brain! Your body will thank you for making it feel so relaxed, so full of energy and oxygen, and so young!

## Exercise 8: Setting yourself up for success

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- What is my ideal time of day for movement?

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- Where can I fit 23 - 30 minutes of movement into my busy schedule?

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- What are the potential barriers to my fitness plan?

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- What can I do to take these barriers away?

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- Where is my primary location for my exercise?

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- Are there things I can do to facilitate exercising here (think of having your materials at hand, etc.)

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- How do you feel after doing an Essentrics workout?

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# Getting started with Essentrics in 6 steps

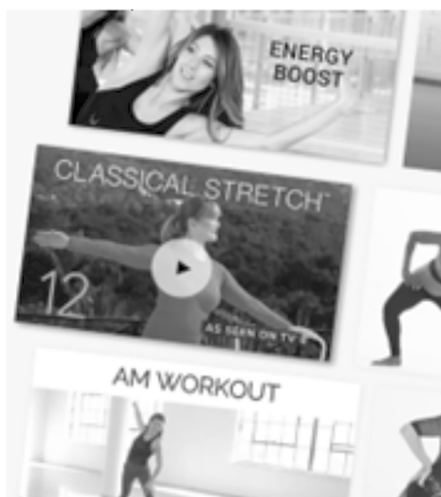
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Essentrics understands that everyone is unique – to get the best out of our workouts follow along at your own pace and listen to your body!

Feel the movements stretching and activating all your muscles and joints and discover renewed freedom of movement in your body.

1. Select the Essentrics workouts and the way to do the workouts that work best for you:

There are many ways available to enjoy the Essentrics workouts: for instance your TV, a computer or at a studio with your local Essentrics instructor.



Essentrics TV: Stream 400+ workouts on your computer, smartphone, tablet, or TV. Essentrics TV gives you access to our full collection of workouts and live virtual classes.

Essentrics TV offers complete 2- or 3-week programs and challenges that are tailored to your personal needs. All workouts are carefully selected to help you get the results you want.

All you need to do is sign up, select your fitness objective, and get moving. Start your free 14-day trial now

- Essentrics live classes near you:  
Around the world we have a fast-growing community of highly trained Essentrics instructors ready to welcome you to their class. Check out our class finder to see who is teaching near you:
- The Miracle of Flexibility book, book & workouts will help you to gain a deeper understanding of what makes Essentrics effective and unique. The sequences in your book are a fabulous reference for your workouts. We do advise you to take a few Essentrics classes first to help you with the continuous flow and pace of the workout.

## 2. Start off slow & gentle

If you are limited in your fitness ability, are new to Essentrics or suffer from chronic pain or stiffness, we suggest that you move slowly and gently with relaxed muscles, until you feel ready to pick up the pace and intensity. Feel free to stop and start the workout as often as you are building stamina and strength, also when you are taking a live Essentrics class. Your body will change much more rapidly if you don't force it. Be patient!

## 3. Exercise in a relaxed mode for faster results

Even when done in a relaxed mode, the dynamic movements in Essentrics workouts will increase your blood flow, which will bring healing nutrients and oxygen into your muscles.

Contrary to what we are led to believe, you will gain strength faster if you let go of the 'No pain, no gain' mantra and start moving in a relaxed way!

## 4. Listen to your body

Your body gives you signs - be sure to respect them. There is a difference between the discomfort when you are safely strengthening your muscles (a good thing) and a sharp pain sensation (a warning that you should not be forcing it).

## 5. Breathe!

Don't forget to breathe as you go through the exercises. Proper breathing will help you release tension, engage your core muscles, remove toxins, and boost your energy levels, and much more.

## 6. Move with Essentrics at least 3 times weekly

Like how brushing your teeth is a healthy habit, doing Essentrics workouts regularly (+/- 30 minutes 3 to 7 times a week) will drastically boost your health and wellbeing and increase your health span<sup>2</sup>.

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**The mission of Essentrics is to establish the true meaning of fitness in the world and to help people understand that being healthy, fit, and pain-free is a basic human right.**

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# Exercise 9: Tracking your progress

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## Week 1

Fill out after doing Essentrics workouts for a week (3 to 7 times a week):

- After this week of doing Essentrics workouts I feel:

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- After this week of doing Essentrics workouts I am noticing:

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- Moving forward I want to start doing this (e.g., exercise more often or less, at different times, change something in the preparations, etc.):

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## Week 2

Fill out after doing Essentrics workouts for two weeks (3 to 7 times a week):

- After this week of doing Essentrics workouts I feel:

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- After this week of doing Essentrics workouts I am noticing:

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- Moving forward I want to start doing this (e.g., exercise more often or less, at different times, change something in the preparations, etc.):

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### Week 3

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Fill out after doing Essentrics workouts for a week (3 to 7 times a week):

- After this week of doing Essentrics workouts I feel:

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- After this week of doing Essentrics workouts I am noticing:

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- Moving forward I want to start doing this (e.g., exercise more often or less, at different times, change something in the preparations, etc.):

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## Exercise 10: Final assessment

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- Congratulations! You have come to the end of your workbook. You have created a vision for your body and completed three weeks of full-body workouts with Essentrics. Take some time to reflect on how your body was feeling before doing this workbook. Has anything changed you and how?

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- What have you learned or what will you change moving forward?

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# Thank you!

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Thank you for joining us on this journey and moving with us!

We have listed your key resources here to help you continue your movement and flexibility path:

- Essentrics TV – Stream 400+ workouts on your computer, smartphone, tablet, or TV. [Essentrics TV](#) gives you access to our full collection of workouts and live virtual classes.
- Essentrics Class Finder  
Check out our fast-growing world-wide community of highly trained Essentrics instructors for a [live class](#) near you.
- Stay connected with Essentrics by joining our online community or sign up for Essentrics news on live events and much more  
- We are proud to have received thousands of success stories with Essentrics from people of all ages and fitness levels. If you have a story you would like to share, [we would love to hear what Essentrics has done for you!](#)

## Disclaimer

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This workbook contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional.

If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this document as of the date of publication.

The authors disclaim liability for any medical outcomes that may occur because of applying the methods suggested in this document.

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