



## Your Body Action Plan Guide



### The Threat: LEAD is L-Lacking E-Exercise A-Advances D-Dysfunction.

Threats to physical well-being may increase pain in the muscles, joints, and nerves as well as interfere with your function. LEADs is a threat that can include;

- Underuse and low endurance
- Overuse and misuse
- Poor unbalanced tense postures
- Tight weak muscles
- Repeated strain with sustained muscle and joint tension
- Get the LEAD out of your pants!



### The Solution: PEPP is P-Protective E- Exercises for P- Peak P- Performance.

PEPPs can help you in many ways;

- Giving you more energy
- Encouraging healing & recovery
- Decreasing sensitivity to pain
- Lifting your mood and sense of optimism and motivation
- Improve your functioning and physical capabilities
- Get PEPP into your steps!



**Your Body Action Plan:** There are 3 steps to your action plan: Healthy HABITS, daily PAUSEs, and CALMING practice. Each one is important in both paying attention to your body and improving its function and comfort. Let's review each one.



### 1) HABITs: H-healthy, A-Actions B-Bring I-Improvement & T-Transformation.

**Healthy HABITs** means taking at least 30 minutes of dedicated time each day to work on enhancing protective actions and decreasing risk factors that will relieve and prevent pain.

Your Body HABITs should include 5 types of physical exercise each day;

- Conditioning to boost endurance and musculoskeletal health
- Strengthening to improve balance and weakness in the musculoskeletal system
- Stretching to reduce tightness and improve range of motion to relieve pain
- Posture to reduce tension and maintain balance and relaxed muscles
- Relaxation to identify tense muscles and reduce routine tension and repeated strain



### 2) PAUSE: P-pauses to, A-assess, U-understand, S-Start new, & E-enjoy the moment.

**Taking PAUSEs** means taking a brief time-out for a few seconds to check-in during the day and notice how you are doing right now in a non-judgmental way. Body PAUSEs reviews how your body feels including any discomfort, how relaxed the muscles are, your posture, strength, and range of motion, endurance and other functions. This is essential to living a life in the present and being mindful of protective actions that can enhance health and well-being.



### 3) CALM: C-Calming, A-Actions, L-Lift the, M-Mind.

**CALMING practice** means spending a few minutes practicing a relaxation meditative exercise with deep breathing to calm the brain and body. The many benefits to calming include focusing the mind, relaxing the muscles and nerves, reflection about your life, and contemplation on how you will move forward in life within each realm.

