



# Building a Peak Performing Body

## Key Takeaways

- 1 Exercise Is Non-Negotiable
- 2 Interoception Is a Peak Performance Staple
- 3 Interoception Directly Feeds One of Flow's Triggers: Deep Embodiment

## Quote:

“ Interoception is a sense that provides information about the internal condition of our body-how our body is feeling on the inside. ”

— Kelly Mahler

## Diagnostic

Take The Multidimensional Assessment  
of Interoceptive Awareness Diagnostic [↗](#)

## Exercise

### 1. Pick One Workout & Do 3!

List the next steps required in the box below.

## Exercise

### 2. Embodied Cognition Routine:

Implement the daily movement practice breakdown.  
List the next steps required in the box below.

### 3. Address Your Pain!

List the next steps required in the box below.

## Glossary

**BDNF:** Brain-derived neurotrophic factor maintains and regenerates adult nerve cells, protects and repairs neurons from injury and degeneration.

**Interoception:** This describes our awareness of internal bodily signals—including the detection of sensations such as hunger, thirst, and heartbeat. Interoception is a process by which our brains/minds make sense of these signals, which serve as a running commentary or mental map of the body's internal world across conscious and unconscious levels of perception.

## Notes

## Lesson Resources

### **How Much Exercise Do You Need?**

- At least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic exercise per week. Or a combination.
- Spread out, throughout the week.
- The more the better, up to a point.

### **Adding Fuel With Home Equipment**

- Foam rollers
- Resistance bands
- Gymnastic rings
- Pull-up/dipping tower
- Kettlebell
- Weight belt

### **8 Ways to Jack up Interoception & Leverage Deep Embodiment**

- Daily movement practice
- Common calming sensory techniques
- Common alerting sensory techniques
- Mindfulness activities
- Yoga, massage, breathwork
- Mindful Awareness in Body-Oriented Therapy (MABT)
- Tai Chi, Alexander Technique, pilates
- Dancing

### **Daily Movement Practice – stretching, bending & rolling**

- Forward bend to deep squat - breathe in/out
- Cat / cow move from yoga
- Spinal rotations, thoracic rotations.
- Finish with three rounds of general sun salutations, forward bend, to down-dog, to cobra, back to standing. Coordinating the breath with the movement all the time.

## Lesson Resources

1. [A simple guide to the endocannabinoid system](#)  
By Crystal Raypole
2. [The real reason you experience a runner's high](#)  
By Tanya Lewis
3. [The science of the endocannabinoid system](#)  
By headsup.scholastic.com
4. [Coffee impacts the endocannabinoid system](#)  
By Carmen Leitch
5. [Exercise activates the endocannabinoid system](#)  
By P B Sparling
6. [Exercise-induced endocannabinoid signaling is modulated by intensity](#) By David A Raichlen
7. [What is anandamide?](#)  
By kalapa-clinic.com/
8. [Effects of anandamide administration on components of reward processing during free choice](#)  
By Luke C Zona
9. [How to stimulate the endocannabinoid system without cannabis](#)  
By Dr. Dustin Sulak
10. [What is interoceptive awareness?](#)  
By habitsforwellbeing.com
11. [What is Interoception?](#)  
By hes-extraordinary.com
12. [The anatomical relationships of the tongue with the body system](#)  
By Bruno Bordoni
13. [Interoceptive awareness skills for emotion regulation](#)  
By Cynthia J. Price
14. [Interoception: five q&as about this new sense of self](#)  
By Pam Hackett
15. [Flow as an embodied state. informed awareness of slackline walking](#)  
By Lluc Montull

## Lesson Resources

16. [Does stretching increase flexibility?](#)  
By Tia Ghose
17. [Multidimensional assessment of interoceptive awareness](#)  
By osher.ucsf.edu
18. [We've lost touch with our bodies](#)  
By David Plans
19. [We've lost touch with our bodies](#)  
By David Plans
20. [The multidimensional assessment of interoceptive awareness \(MAIA\)](#)  
By Wolf E. Mehling
21. [How pain distracts the brain](#)  
By Cell Press
22. [What works for stubborn aches, pains, and injuries?](#)  
By Paul Ingraham
23. [Can you gain weight from eating too little?](#)  
By Brian St. Pierre
24. [Interoception: the sense of the physiological condition of the body](#)  
By AD(Bud) Craig
25. [Mindfulness meditation training alters cortical representations of interoceptive attention](#)  
By Norman A. S. Farb