

Why is your Daily Dose of Movement important?

We all know how important exercise is, or at least we should know, but how many of us struggle to find the time to exercise?

How many of us want to be able to have the energy and the ability to run around and PLAY with our CHILDREN or grandchildren?

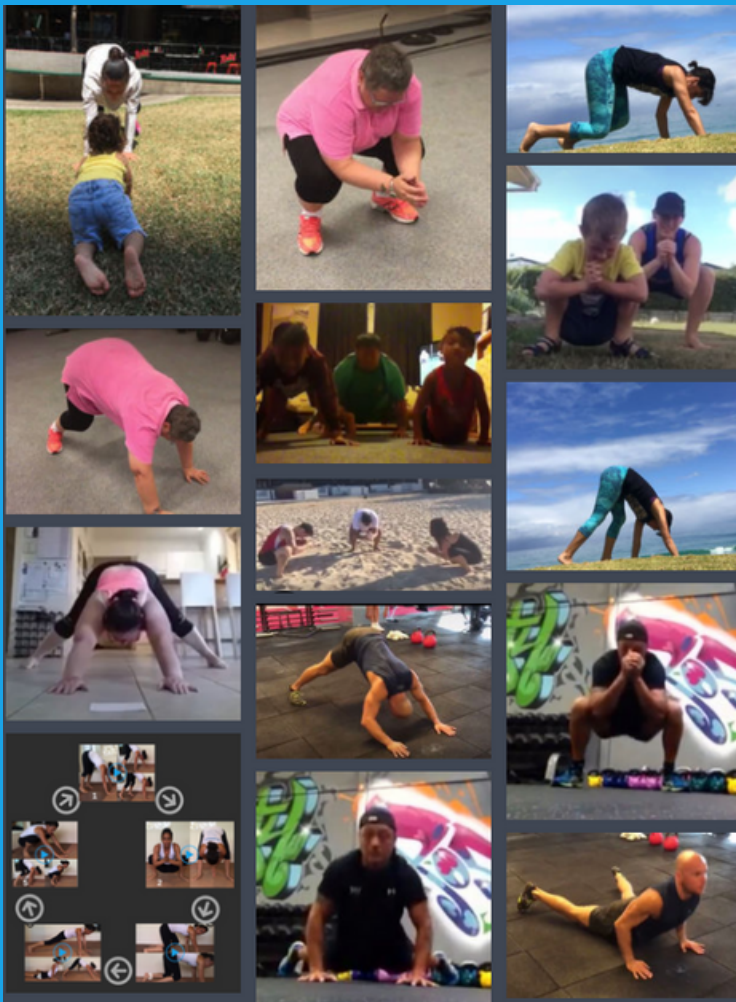
How many of us want a **strong fit healthy supple body** that can carry us through life in its entirety?

What if there was a sequence of exercises that you can easily slip in to your daily schedule without hassle, which **does not require a lot of time**, a gym membership, or even a pair of shoes.

What if there was a sequence of exercises that can help you achieve a **GREATER** level of **ENERGY**?

What if there was a sequence of exercises that can help make or keep your body strong fit healthy and supple so that it can carry you on this floating rock with ease?

What if there was a sequence of exercises that you can do with your children or grandchildren?



THE BODY RELATIONSHIP PROJECT

THE DAILY 5

Your Daily Dose of Movement

WHO AM I?

My name is Daina Kahu and I am a woman on a mission to help as many people as I can, have a **GREATER RELATIONSHIP** with their bodies through movement, therefore, a **GREATER PHYSICAL EXPERIENCE** through life.

Reflecting on my time as a military physical training instructor (PTI) whose job was to make sure sailors were fit to sail and fight, I understand just how **resilient** human bodies really are. Having spent time with children at an outdoor recreation centre I was able to learn how important **structure** was needed in order for children to be able to flow, express and play. I also spent time working with the elderly as a Chiropractic Technical Assistant (CTA), where they taught me that all they wanted to do is to **“feel” good again**. They were willing to hand over their health to someone else in hope that they would be able to feel strong, move with ease and play again! Lastly, working in commercial gyms (PT) has exposed me to the more ugly side to fitness. It showed me just how far removed “health” really was when it came to the Health and Fitness Industry all because we are marketing to the ego. We are getting more and more people to concentrate on the external body without any regard for the internal body.

What I have come to realise is that we all reside in a body that is absolutely the most **incredible machine** on the planet, and when programmed correctly it can give us the most fulfilling experience while here on earth. I also came to realise that we can **FEEL STRONG, MOVE WITH EASE** and **PLAY** throughout our entire lives no matter our age or any other limiting belief we decide to place in front of us.

To help you reprogram your incredible machine with some much needed movement, strength and play, I would like to share with you my Daily Dose of movement.



Daina Kahu
Body Relationship Coach

Our bodies are the most incredible machines we could ever be in charge of. When we learn how to speak its language, we can program it to being functionally fit, strong and healthy throughout our entire time on earth.

I CALL BULLSHIT ON AGE!

Move it or lose it. It really is that simple.



KEEPING IT SIMPLE

Seriously!

- Here I have listed 5 simple exercises that make up my Daily Dose of Movement
- These exercises are to be performed one after the other in the order they are written.
- Complete 3-5 rounds
- Travelling exercises are at least 5 meter distance (you have an option of taking it to 10 meters)
- You can do these anywhere: At home, at the park, at the beach, in the office..
- You can do them naked or clothed haha Seriously!
- No shoes required (unless in a gym and they say it is a must)
- No equipment needed

01

STIFF LEGGED BEAR CRAWLZ - Crawling forward on hands and feet with hips high, legs straight. "Helloooooo hamstrings!"

02

FROG SQUATZ - Elbows inside knees, butt to heels, raise hips to sky, repeat. "Holy quads batman!"

03

REVERSE BEAR CRAWLZ - Crawling backwards on feet and hands. "Wakey wakey joints"

04

HIP SWINGZ or HALF HINDUZ - A frame position, hips to sky then to floor keeping arms and legs straight. or Scoop chest low towards the floor in between hands then hips to floor and straighten arms. "Hey there smouldering shoulders"

05

GORILLAZ - Crouch placing hands in front, transfer weight from feet to hands, bound forward bringing feet outside of hands. "Unlock the power!"



THE DAILY 5

HOW TO PERFORM IN FULL



1



5



2



Find yourself a clear space of at least 4 meters

1. Stiff Legged Bear Crawls x 5m
2. Frog Squats x 5 reps
3. Reverse Bear Crawls x 5m
4. Hip Swings (Half Hinduz optional) x 5 reps
5. Gorillas x 5m (then walk back to the beginning)

3-5 rounds

Options: If you only have 5 minutes to exercise you can perform 1 minute worth of each of the exercises back to back

** Push the play button above to perform 1 round in full with me.*



4



3

CHANGING HABITS IN 3 EASY STEPS

ADD IT

- TAKE A GOOD LOOK AT YOUR DAILY SCHEDULE.
- MARK OUT ALL THE TIMES YOU ARE BUSY.
- ARE THE TIMES LEFT UNMARKED SUITABLE FOR AT LEAST 5MIN WORTH OF EXERCISE? (15MIN)
- IF SO, ADD MY DAILY DOSE TO YOUR SCHEDULE.

SWAP IT

- DO YOU HAVE SOME HABITS THAT ARE NOT SERVING YOUR HEALTH AND FITNESS JOURNEY RIGHT NOW?
- MAYBE YOU ARE ON SOCIAL MEDIA IN THE MORNING WHEN YOU COULD SWAP IT FOR MY DAILY DOSE AND START YOUR DAY WITH SOME MOVEMENT INSTEAD.

DROP IT

- WHAT HABITS ARE CURRENTLY STOPPING YOU FROM EXERCISING?
- DO YOU NEED TO ADDRESS THE TIME YOU GET TO BED EACH NIGHT OR THE NUMBER OF HOURS OF SLEEP?
- ARE YOU SPENDING MORE TIME THAN NEEDED ON SOCIAL MEDIA OR SPENT WATCHING TV?
- DO YOU HAVE ANY LIMITING BELIEFS THAT STOP YOU FROM FEELING GOOD ABOUT YOURSELF AND EXERCISING.

HAVE FUN!

YOUR BODY WILL LOVE YOU FOR IT

Fall in love with the journey

Fall in love with self

Fall in love with fun

FREE



I know the sayings like “No pain no gain”, “No excuses” or “Rest when you’re dead” are thrown around social media and maybe even within your own social circles, and whilst they are used with good intentions, the message being received is more damaging than we realise. So what I would like to share is “Fall in love with the journey”, “Fall in love with self” and “Fall in love with fun”... “Fun” is vital in keeping us young.

So most importantly, have fun!

WHERE TO FROM HERE?

I understand that starting something new can be daunting. I also understand that learning new exercises online can be a tough task at times.

I am prepared to help you. If you are equally prepared to put in the effort by sharing your Daily 5 journey with me, join my FaceBook group, share a video of you performing the Daily 5 and I will personally reply with some tips and motivation.

By you doing that you will also inspire and motivate others to do the same. Soon enough you will have helped create a revolution! (I've wanted to say that since watching Thor Regnorock)

It all begins with a choice... What do you choose? Daily 5? Yes or yes?

Need more personalised movement and coaching from me: email me here at bodyrelationshipcoach@gmail.com



Click here to join my fb group



YOUR SCORES

Keeping track of YOUR OWN bodys biofeedback

Before I go I would like to share with you a tool I use when I am working with my clients both in person and remote. What this tool does is help YOU be IN YOUR BODY to KNOW where it is at at any one time. Not only so that you understand the level of intensity required for your training sessions, but also so you know how you can improve your present state where required. *eg. If your hydration score is a low 4/10 you may look at adopting habits straight away to help increase it.*

10/10 is optimal for each area and anything below that is suboptimal. Your scores out of 70 will determine the intensity level. Anything 40 and below requires a really low impact, super low intensity session. *60-70 = High (100-90%) intensity, 50-60 = Middle (80-70%) intensity, and 40-50 = Low (60-50%) intensity.*

When I work with my clients online or in person, I want them to share their bio feedback with me. I should not know their body better than they do! I am purely there to help them get and stay connected. ***I am facilitating this relationship.*** I am not dictating it.

I love it when they start to "FEEL" and "LISTEN" to their body and tell me what intensity level they will train at, or hearing how they feel their body is performing so much better after a few tweaks here and there, and having them respect their body instead of hating on it when its tired is truly a wonderful thing.

So.... what are your scores?

SCORE / 10

SLEEP	
NUTRITION	
HYDRATION	
MOVEMENT	
ENERGY	
BODY	
STRESS	
TOTAL	/70