

on target living®

Movement Is Medicine

IT'S MORE THAN FITNESS. IT'S FOUNDATIONAL.

Movement is not only about fitness or weight.
Movement is one of the fastest ways to influence:

MOOD | STRESS | FOCUS | ENERGY | EMOTIONAL REGULATION | NERVOUS SYSTEM HEALTH

THE REALITY FOR EDUCATORS

Teaching is emotionally, mentally, and physically demanding.
You hold space, solve problems, and make hundreds of decisions every day.

Educators spend hours in a heightened state of attention and responsiveness.
Your nervous system rarely gets a break.

Chronic stress keeps the nervous system in "go mode."
This can lead to tension, irritability, fatigue, and burnout.

Many teachers are mentally exhausted but physically under-recovered.
Movement helps break the cycle.



YOU CANNOT POUR FROM AN EXHAUSTED NERVOUS SYSTEM.

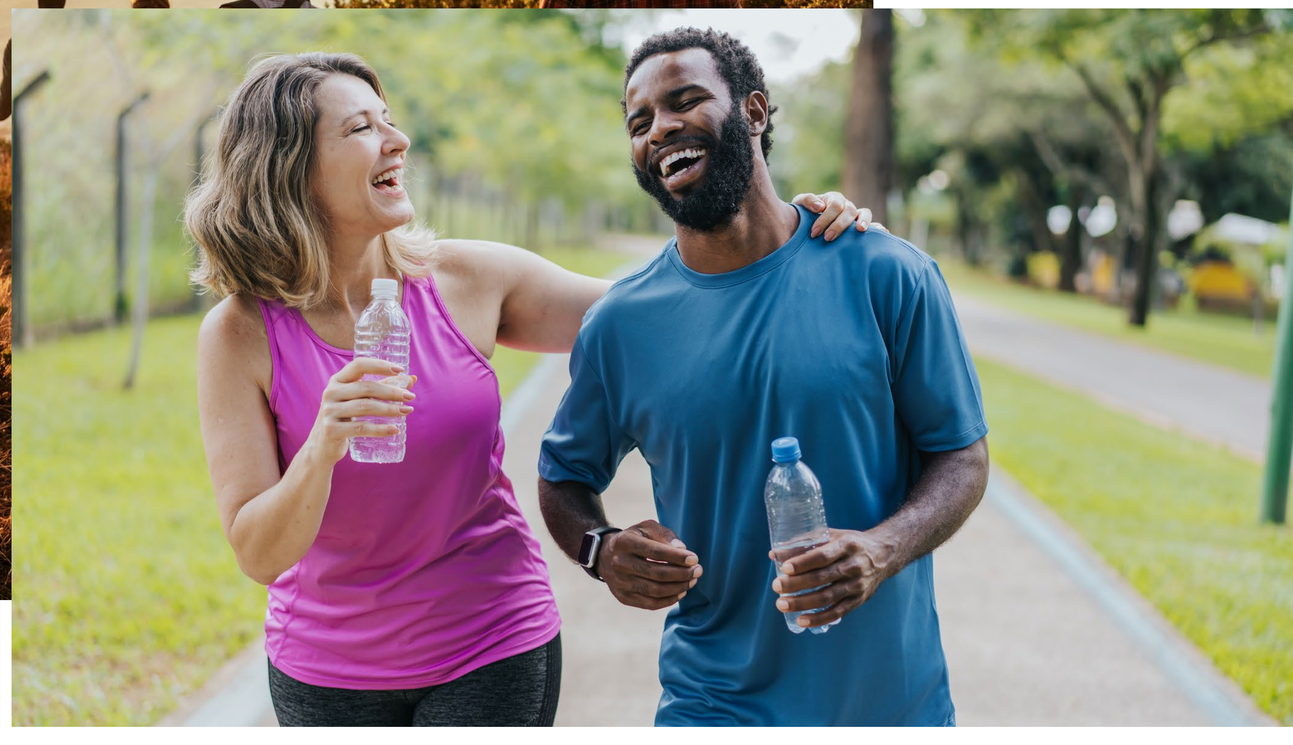
Move to restore.
Move to support.
Move to thrive.

Small movement. Big impact. | Your body. Your brain. Your students benefit.










12
1
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7
8
9
10
11





The Smell Your Pits Pose

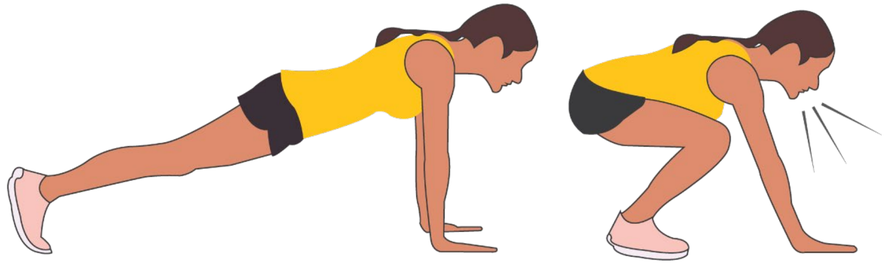




The Human Suitcase



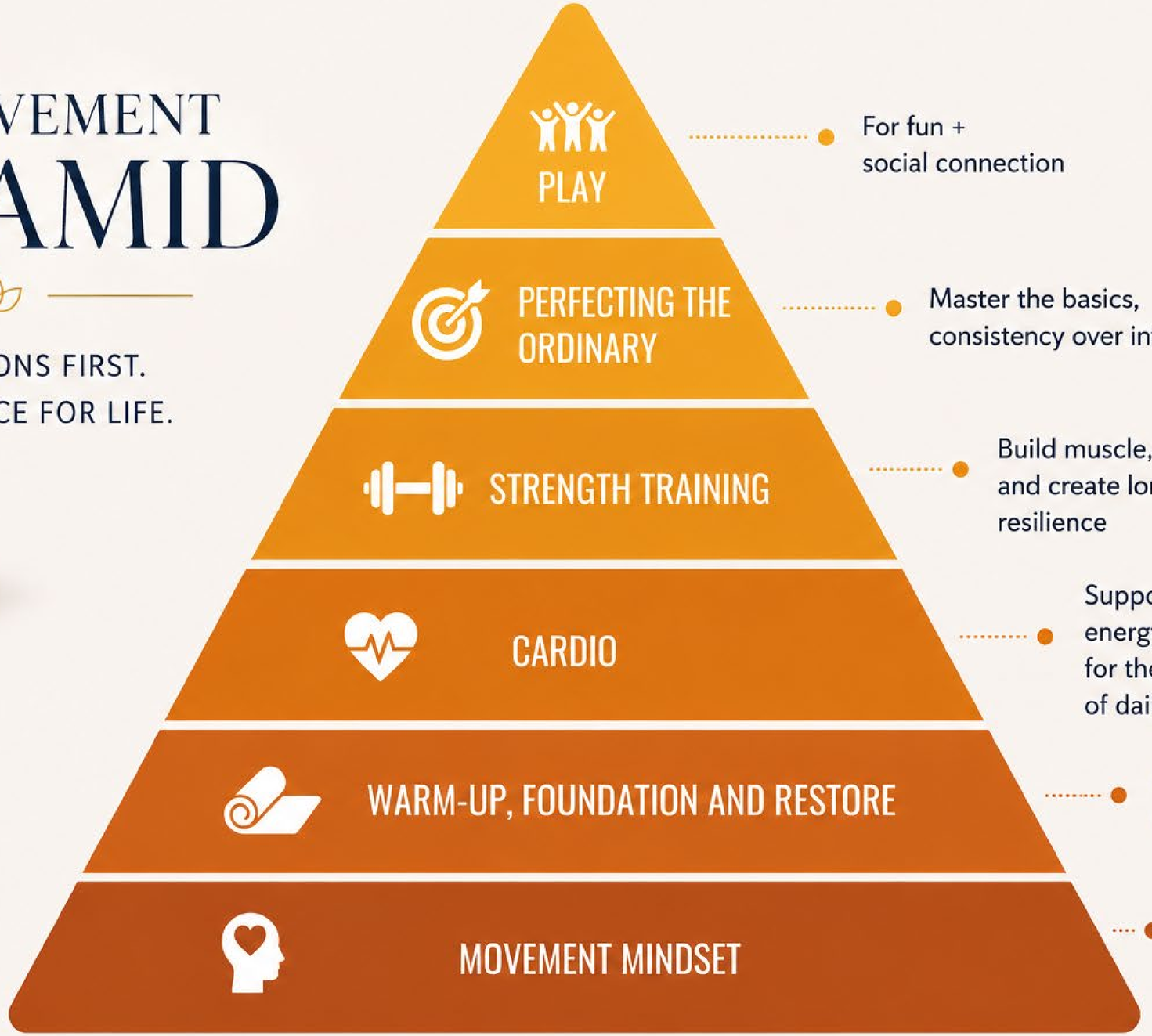
Dreadmill



Throw Ups

THE MOVEMENT PYRAMID

FOUNDATIONS FIRST.
PERFORMANCE FOR LIFE.



For fun + social connection

Master the basics, consistency over intensity

Build muscle, age-well, and create long-term resilience

Support heart health, energy, and endurance for the demands of daily life

Prepare the body, protect the joints

Can't out run bad diet, move to feel good, find things you enjoy

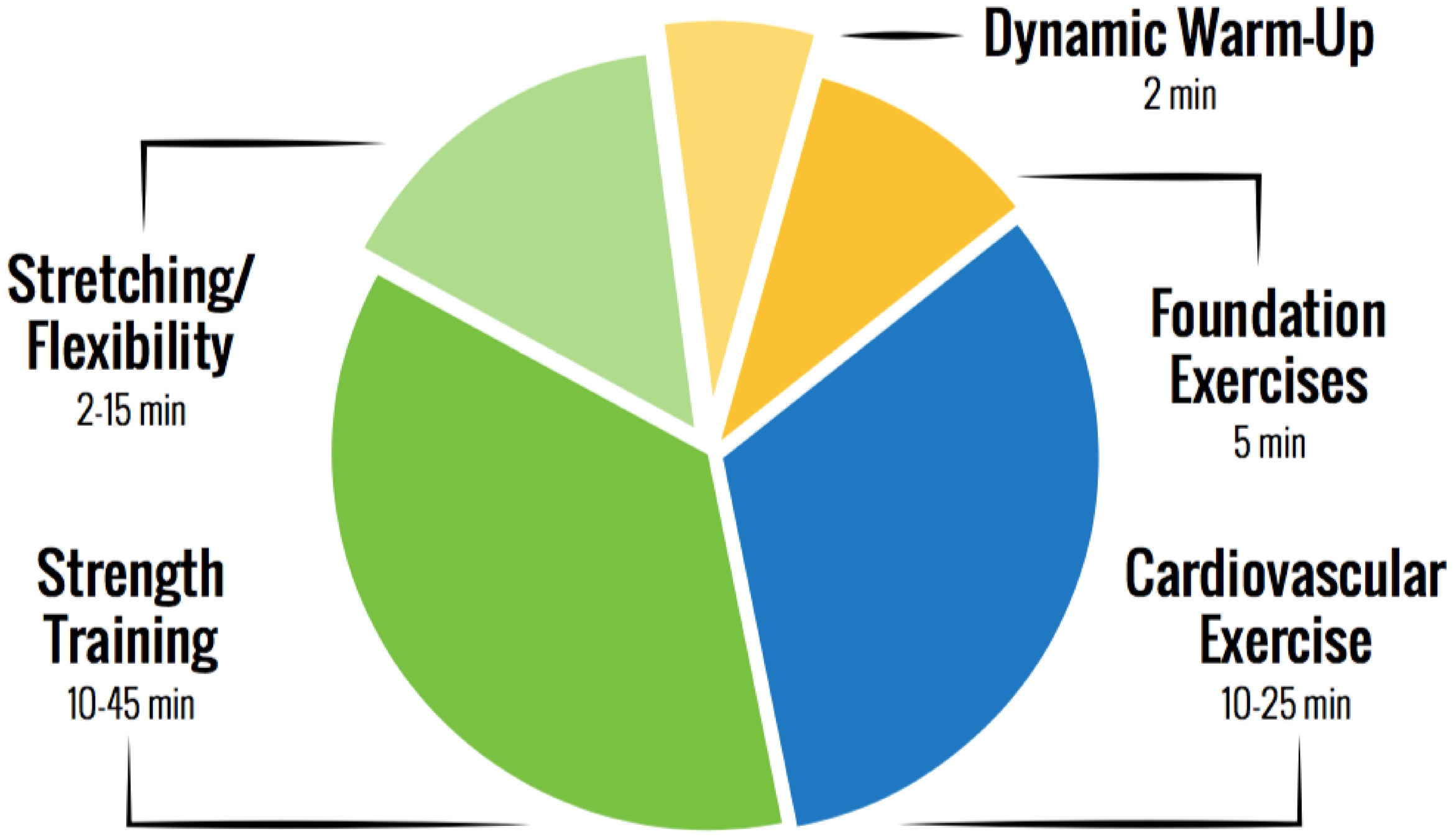




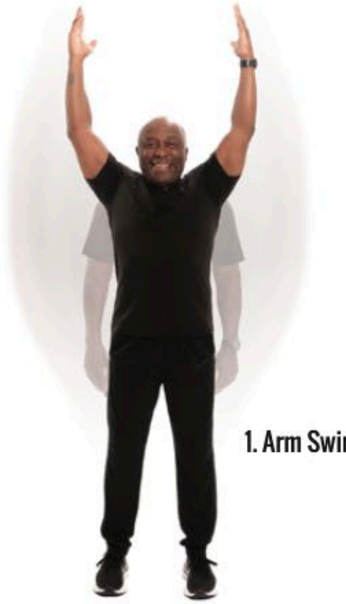





Ear
Shoulder
Hip
Knee
Ankle
posture
back
correct
figure
spasm
ache
bad
adjustment
healthy
medical
therapy
therapeutic
ergonomic
anatomy
sitting
health
workstation
computer
employee
table
chiropractic
muscular
businessman
strength
furniture
activity
athletic
office
wrong
work
desk
painful
suffering
skeleton
focused
stress
pain
typing
busy
science
working
bone
hunched
backbone
chiropractor
individual
performance
ne
ckache
profession
sical
improper
lifting
training
seat


Dynamic Warm-Up
2 min
Foundation Exercises
5 min
Cardiovascular Exercise
10-25 min
Strength Training
10-45 min
Stretching/ Flexibility
2-15 min

Dynamic Warm-UP



1. Arm Swings



2. Neck Stretch (Rotation)



3. Neck Stretch (Side to Side)

4. Flexion/Extension





5. Side Bend



6. Trunk Twists



7. Front Leg Swings



8. Side Leg Swings

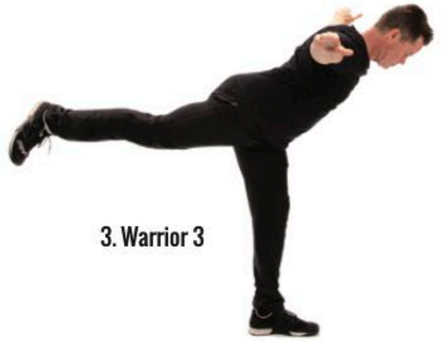
Foundations



1. Squat



2. Straight-Leg Lunge



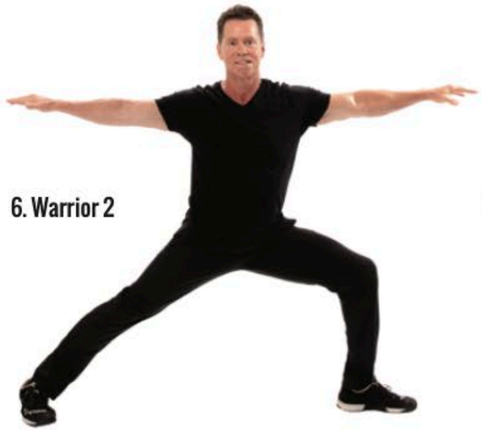
3. Warrior 3



4. Half Moon



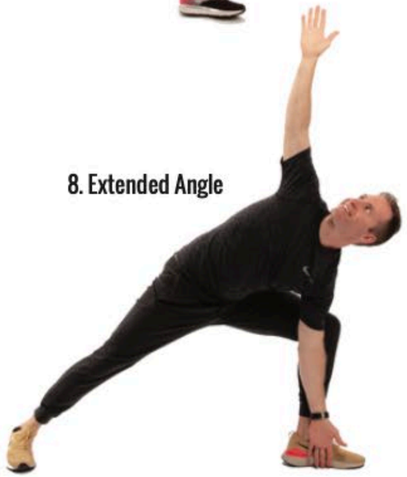
5. Warrior 1



6. Warrior 2



7. Reverse Warrior



8. Extended Angle



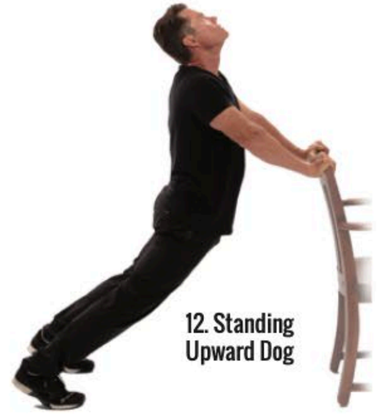
9. Spread Eagle



10. Dancer



11. Standing Downward Dog



12. Standing Upward Dog

Hormones Stimulated During Cardio vs. Strength Training

Different movements. Different hormonal responses. Both powerful for your health.



CARDIO EXERCISE

Running, cycling, HIIT, swimming, dancing, brisk walking

HORMONES MOST STIMULATED

ADRENALINE
Increases energy, heart rate, and alertness.

CORTISOL
Rises to mobilize energy and support stress response.

ENDORPHINS
Boost mood, reduce pain perception, and promote a sense of well-being.

DOPAMINE
Enhances motivation, focus, and reward signals.

NOREPINEPHRINE
Supports focus, reaction time, and endurance performance.

BENEFITS

- Improves cardiovascular health
- Boosts mood and reduces anxiety
- Increases calorie burn and endurance
- Helps regulate blood sugar and blood pressure

GOOD TO KNOW

Too much intense cardio, especially with poor recovery, inadequate nutrition, or high stress, can keep cortisol elevated and may lead to fatigue, irritability, or burnout.

VS.

BOTH SUPPORT

- Better mood & mental health
- Improved sleep
- Stronger immune system
- Long-term health & vitality

STRENGTH TRAINING

Weightlifting, resistance training, bodyweight training, Pilates (resistance), resistance bands



HORMONES MOST STIMULATED

TESTOSTERONE
Supports muscle growth, strength, libido, and bone density.

GROWTH HORMONE
Supports muscle repair, recovery, and fat metabolism.

ESTROGEN
Supports bone health, mood stability, and metabolic function.

INSULIN SENSITIVITY
Improves blood sugar regulation and nutrient uptake.

IGF-1
Supports cell repair, muscle growth, and recovery.

BENEFITS

- Builds and preserves lean muscle
- Strengthens bones and joints
- Boosts metabolism and improves body composition
- Supports hormone balance and long-term health

GOOD TO KNOW

Strength training is especially important for women to support hormone balance, mood, metabolism, and healthy aging.

THE KEY

Balance is powerful.
Listen to your body, support recovery, and choose movement that fits your season of life.
Cardio builds endurance. Strength builds resilience. You need both.

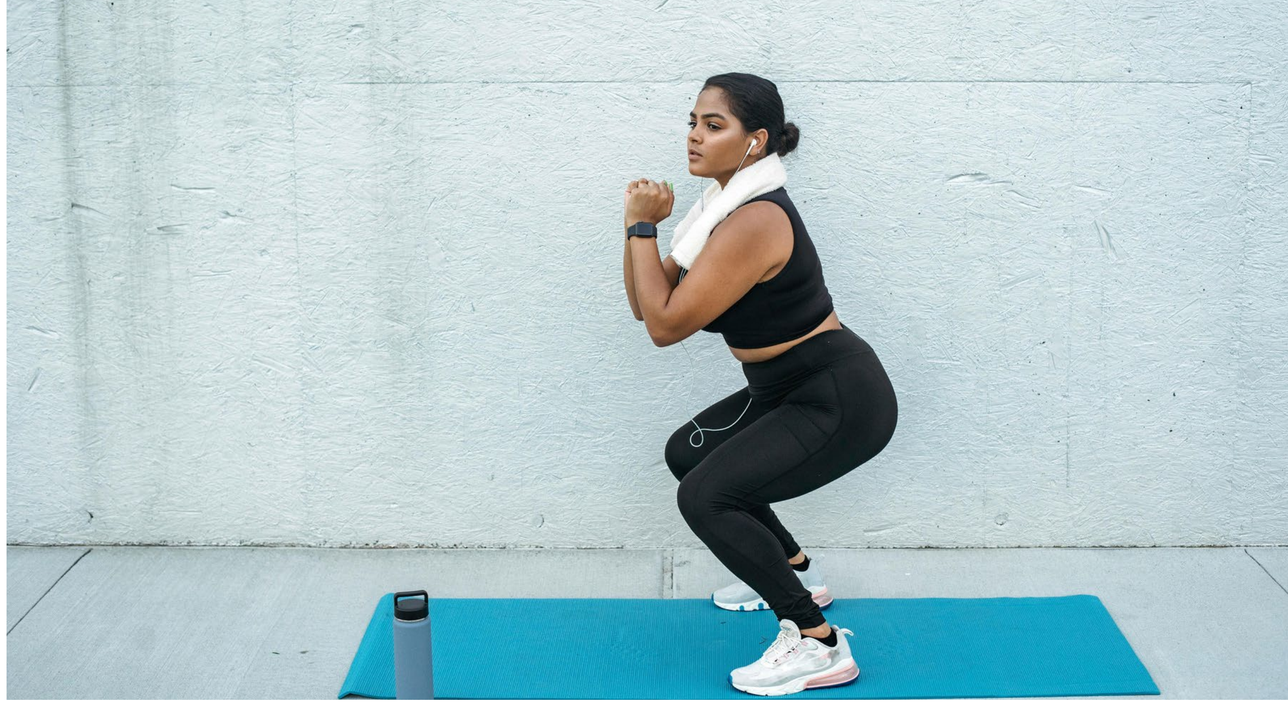


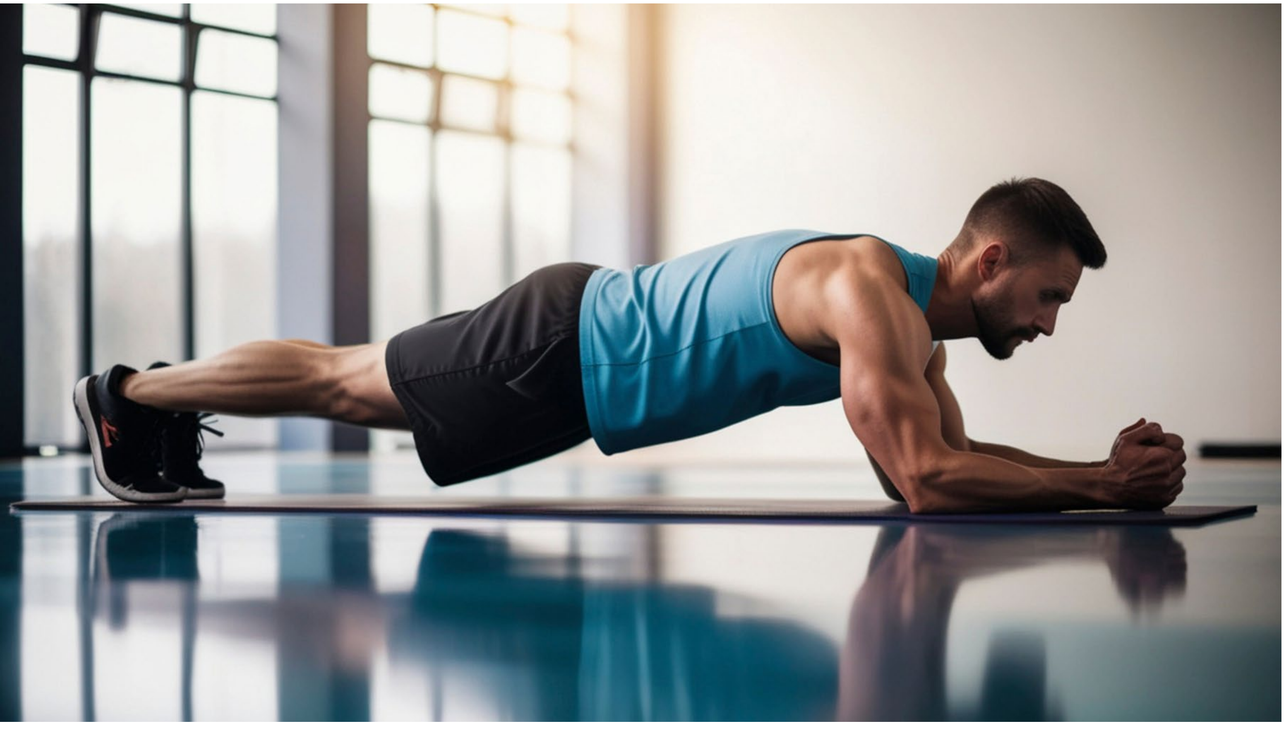

SAYSKY













STRENGTH CHART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						
CHEST & BACK	LEGS & BUTT	SHOULDERS & ARMS	CHEST & BACK	LEGS & BUTT	SHOULDERS & ARMS	ACTIVE REST



CHEST & BACK

- Push-Ups
- Chest Press
- Row
- Chest Fly
- Lat Pull-Down
- Back Extensions



LEGS & BUTT

- Squats
- Lunges
- Leg Curl
- Side Steps with Ankle Band
- 1-Legged Dead Lifts



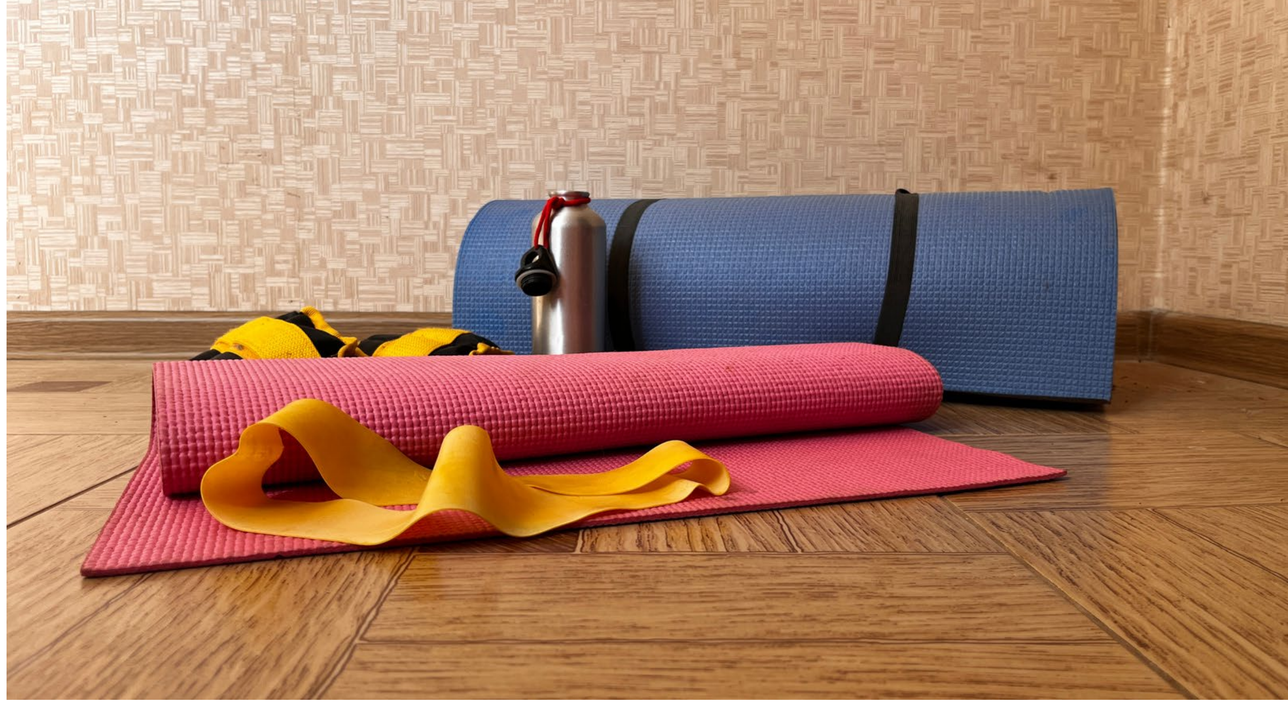
SHOULDERS & ARMS

- Shoulder Press
- Shoulder Raises
- Bicep Curls
- Hammer Curls
- Triceps Kickbacks
- Triceps Dips

MONTH	SETS	REPS	INTENSITY
Month 1	3	13	Moderate
Month 2	4	8	Moderate - Heavy
Month 3	5	5	Heavy








2.5KG
5.0KG
16
KG











STAGES OF LIFE. MOVEMENT THAT MEETS YOU.

Your body, your season, your movement.

CHILDHOOD
(0–12)



Build fundamental motor skills, confidence, and a love for movement.

YOU MAY NEED:

PLAY + MOVEMENT

Unstructured play, sports, gymnastics, swimming, dance, hiking

TEEN YEARS
(13–19)



Build strength, mobility, coordination, and healthy habits that last.

YOU MAY NEED:

STRENGTH + SKILL

Strength training, sports, HIIT, mobility, yoga

YOUNG ADULTHOOD
(20–35)



Support energy, manage stress, improve performance, and build long-term resilience.

YOU MAY NEED:

STRENGTH + CONDITIONING

Strength training, HIIT, Pilates, yoga, running, sports, functional training

MID LIFE
(36–55)



Maintain strength, support hormonal health, protect joints, and prioritize recovery.

YOU MAY NEED:

STRENGTH + MOBILITY

Strength training, yoga, Pilates, walking, zone 2 cardio, mobility work

ACTIVE AGING
(56–70)



Preserve muscle, balance, mobility, and independence for an active life.

YOU MAY NEED:

STRENGTH + BALANCE

Strength training, balance work, yoga, walking, cycling, low impact cardio

WISDOM YEARS
(70+)



Focus on mobility, flexibility, balance, and quality of life.

YOU MAY NEED:

MOBILITY + FLEXIBILITY

Yoga, stretching, chair exercises, walking, balance training

BUSY, OVERLOADED, STRESSED?

You may need slower, restorative movement to reset.

LISTEN TO YOUR SEASON.

Movement is not one-size-fits-all.
It's about what you need, when you need it.

FEELING STUCK, SLUGGISH, LOW ENERGY?

You may need faster, more intense movement to re-energize.

MOVE WITH INTENTION. ADAPT WITH AWARENESS. THRIVE AT EVERY STAGE.

MOVE WITH PURPOSE.

DIFFERENT MOVEMENTS. DEEPER BENEFITS.

BINDING POSES
(ELIMINATION & LETTING GO)



- Twist to release, detox
- Gentle compression (circulation & digestion)
- Parasympathetic— rest & digest
- Supports elimination & letting go

GROUNDING/ BALANCE POSES
(STABILITY & CONTROL)



- Connects you to present moment
- Clears the mind & mental clutter
- Supports nervous system
- Builds sense of control in chaos
- Body awareness & confidence

HIP OPENERS
(RELEASE & RELIEF)



- Hips store emotions, stress, sitting fatigue
- Loosen hips, lighten load
- Tension release— unclench jaw
- Circular movements restore mobility & fluidity
- Supports lymphatic system

VARIETY
(PREVENTS PLATEAU)



YOGA
Reset + Restore



STRENGTH TRAINING
Build + Support Hormones



PILATES
Control + Stability



SPORTS LIKE PICKLEBALL
Play + Coordination

Listen to your body. Honor your season. Move in a way that supports how you want to feel and live.

DIFFERENT MOVEMENTS. ONE GOAL: A STRONG, RESILIENT, BALANCED YOU.

Somatic Movement

Move to feel, not to perform.

SLOW • AWARE • KIND

THE GOAL

Feel your body
Release what you hold
Regulate your system
Reconnect with yourself

EXAMPLES OF SOMATIC MOVEMENT

1. Orienting



2. Shaking



3. Swaying



4. Stretching



5. Breath-Led Movement



6. Pendulation



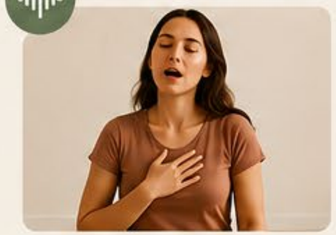
7. Grounding



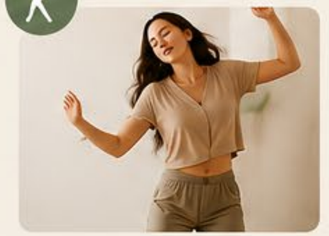
8. Spinal Movement



9. Sound + Movement



10. Free Movement



HOW SOMATIC MOVEMENT HELPS

- Regulates your nervous system
- Releases stored tension
- Increases body awareness
- Supports emotional well-being

REMEMBER...

Go slow.

Your body knows the way.

You don't have to fix anything.



If it feels like too much, take a break.

Some days will be easier.

Come back to curiosity and kindness.

Your body is always communicating with you. | **Somatic movement is how you listen.**

Exercise for the Ears

VIBRATIONS THAT SUPPORT YOUR WELL-BEING

Sound is vibration. The ears, nervous system, and body respond to rhythm and frequency—shaping how we think, feel, and function.

> Sound can move the body,
> calm the mind, and
> regulate the nervous system.
> It's an invisible form of movement.

HOW SOUND AFFECTS YOU

Nervous System
Sound can calm or stimulate your stress response.

Heart & Breath
Rhythmic sounds can slow heart rate and deepen breathing.

Emotions
Sound influences mood, emotional release, and inner balance.

Focus & Clarity
Certain sounds improve attention, focus, and mental clarity.

Body Awareness
Vibrations help you tune in, relax tension, and feel more present.

Sense of Safety
Calming sounds signal safety to your body and nervous system.

TYPES OF SOUNDS THAT SUPPORT YOU

Nature Sounds
Reduce stress and restore mental energy.

Music
Uplift, inspire, motivate, or help you relax.

Rhythmic Beats
Support focus, movement, and emotional release.

Singing Bowls & Tones
Promote deep relaxation and energetic balance.

Humming & Chanting
Stimulate the vagus nerve and calm the body.

Binaural Beats & Frequencies
May support relaxation, sleep, and focus.

SIMPLE SOUND PRACTICE

The Hum

1. Inhale slowly through your nose.
2. Exhale with a long hum "mmmm".
3. Feel the vibration in your chest, throat, jaw, and face.
4. Repeat for 1–2 minutes.

Helps calm the nervous system, release tension, and ground you.



LISTEN WITH INTENTION

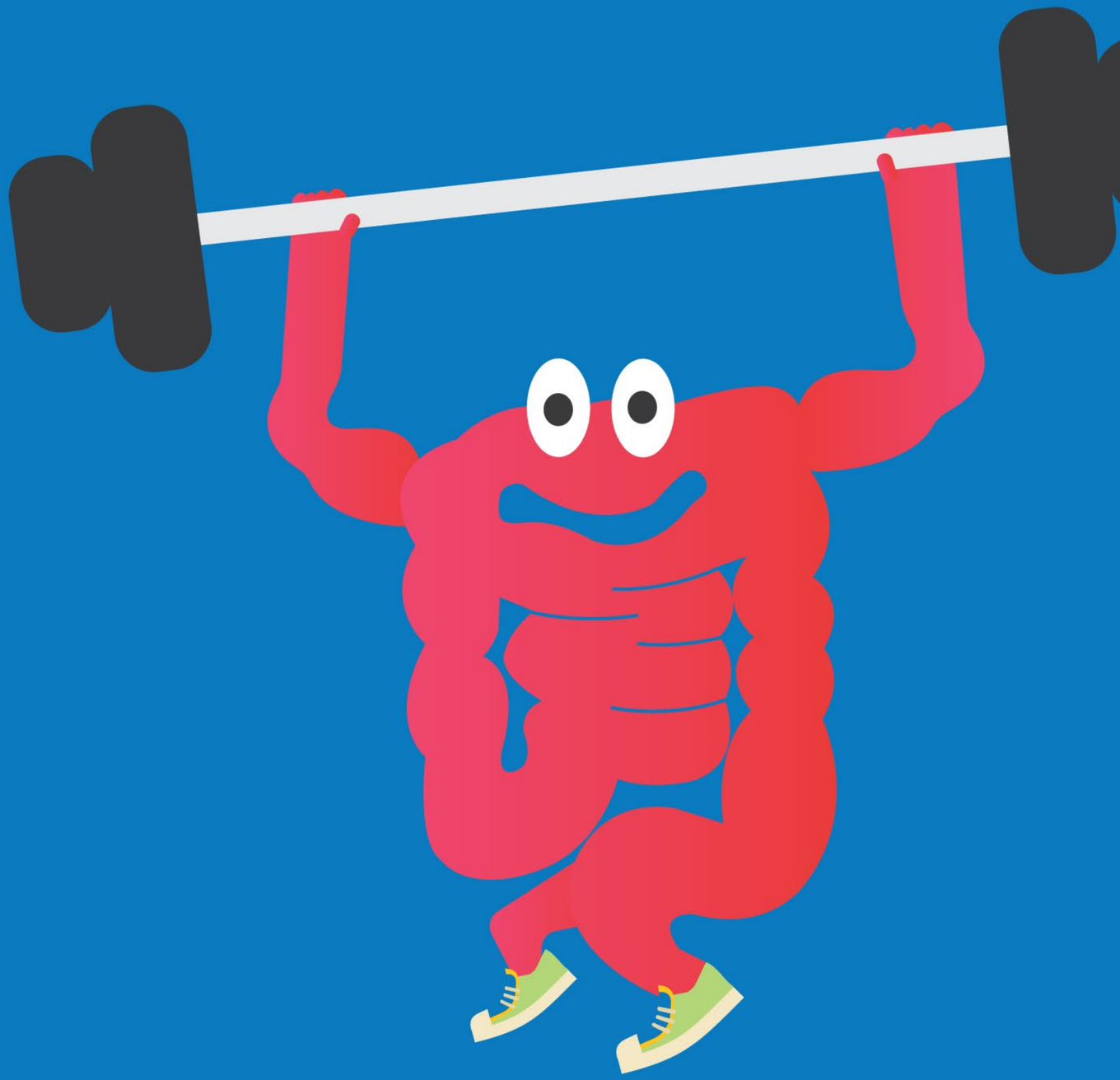
Notice how different sounds make your body feel. Your body knows what it needs.

Your ears are gateways.
Let sound be your medicine,
your movement, your reset.

TIPS

- Choose sounds that feel supportive, not overstimulating.
- Keep the volume at a comfortable level.
- Give yourself a few minutes each day to listen, hum, sing, or be in nature.

Good Health Begins In The Gut



HEALTHY FOOD



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HEALTHY GUT



=

HEALTHY MIND











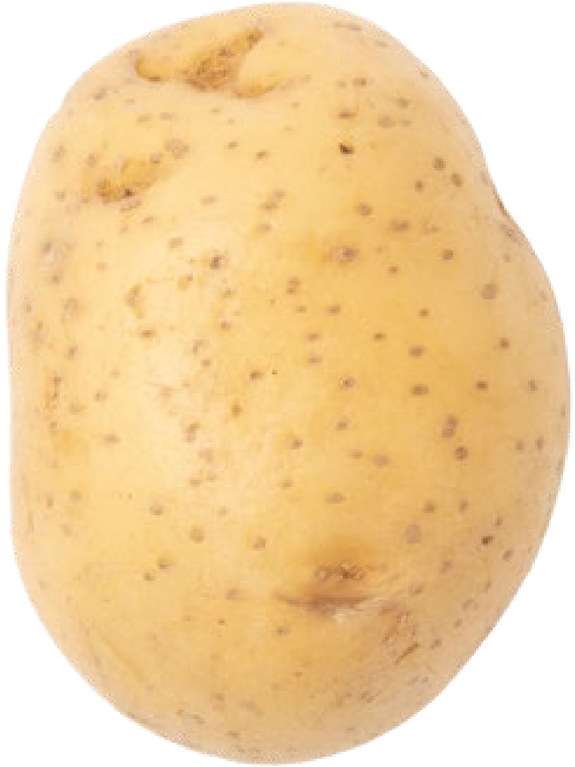


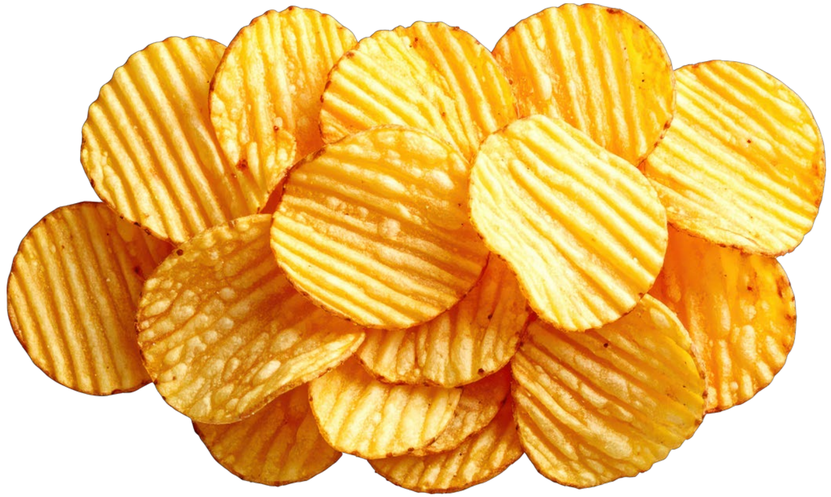





goodi
NUTRITION
WORLD'S GREATEST INVENTION OF ALL TIME
APPLE CIDER VINEGAR GUMMIES
60 YUMMY FLAVOR BOMBS
DIETARY SUPPLEMENT | with the mother
MOST YUM PER DOLLAR
SUGGESTED USE:
Take 15 gummies per day. 2 gummies is equal to 1 lick of Apple Cider Vinegar, 1% of an apple.

VALUE ⟷ **COST $**



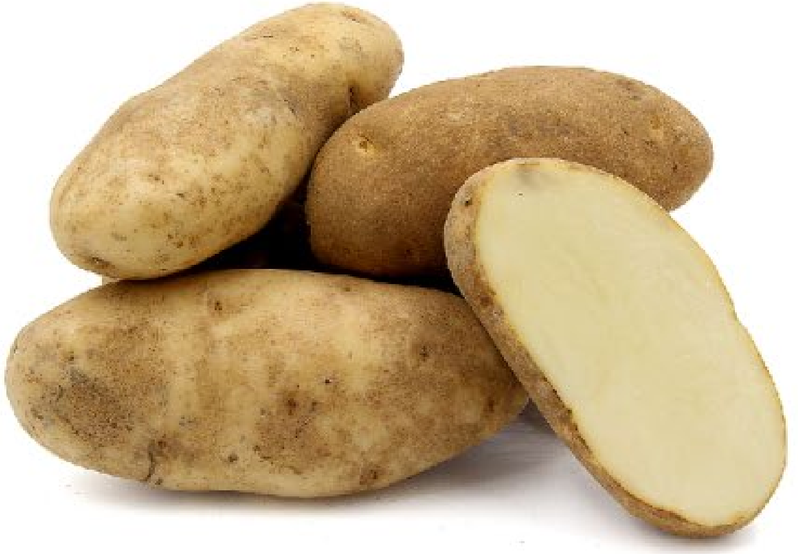




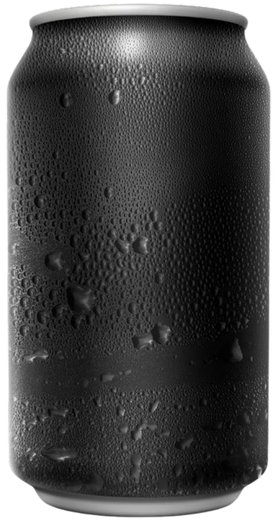
















PREBIOTICS, PROBIOTICS & SYNBIOTICS

PREBIOTICS

Fibrous foods that **feed good bacteria.**

FOOD EXAMPLES

- Bananas
- Onions
- Leeks
- Garlic
- Ginger
- Apples
- Oranges
- Berries
- Beans
- Legumes
- Artichoke
- Asparagus
- Jicama
- Barley
- Oats
- Quinoa
- Ancient grains
- Greens
- Root vegetables
- Sweet potatoes
- Potatoes
- Flaxseeds
- Chia seeds
- Seeds
- Nuts
- Seaweed



PROBIOTICS

Live beneficial bacteria found in food.

FOOD EXAMPLES

- Sauerkraut
- Raw unfiltered apple cider vinegar
- Miso
- Yogurt
- Kefir
- Cheese
- Kombucha
- Kimchi
- Pickles
- Lemons



SYNBIOTICS

Foods that contain both prebiotics and probiotics.

FOOD EXAMPLES

- Apples
- Raw honey
- Spirulina/Chlorella (Algae)
- Unpasteurized wheatgrass
- Seaweed
- Coconut
- Cacao
- Sourdough bread



14





CACAO NIBS



DRIED MANGOS



ANCIENT GRAINS



DATES



FIGS



LEAFY GREENS



WHEATGRASS



SEEDS



NUTS



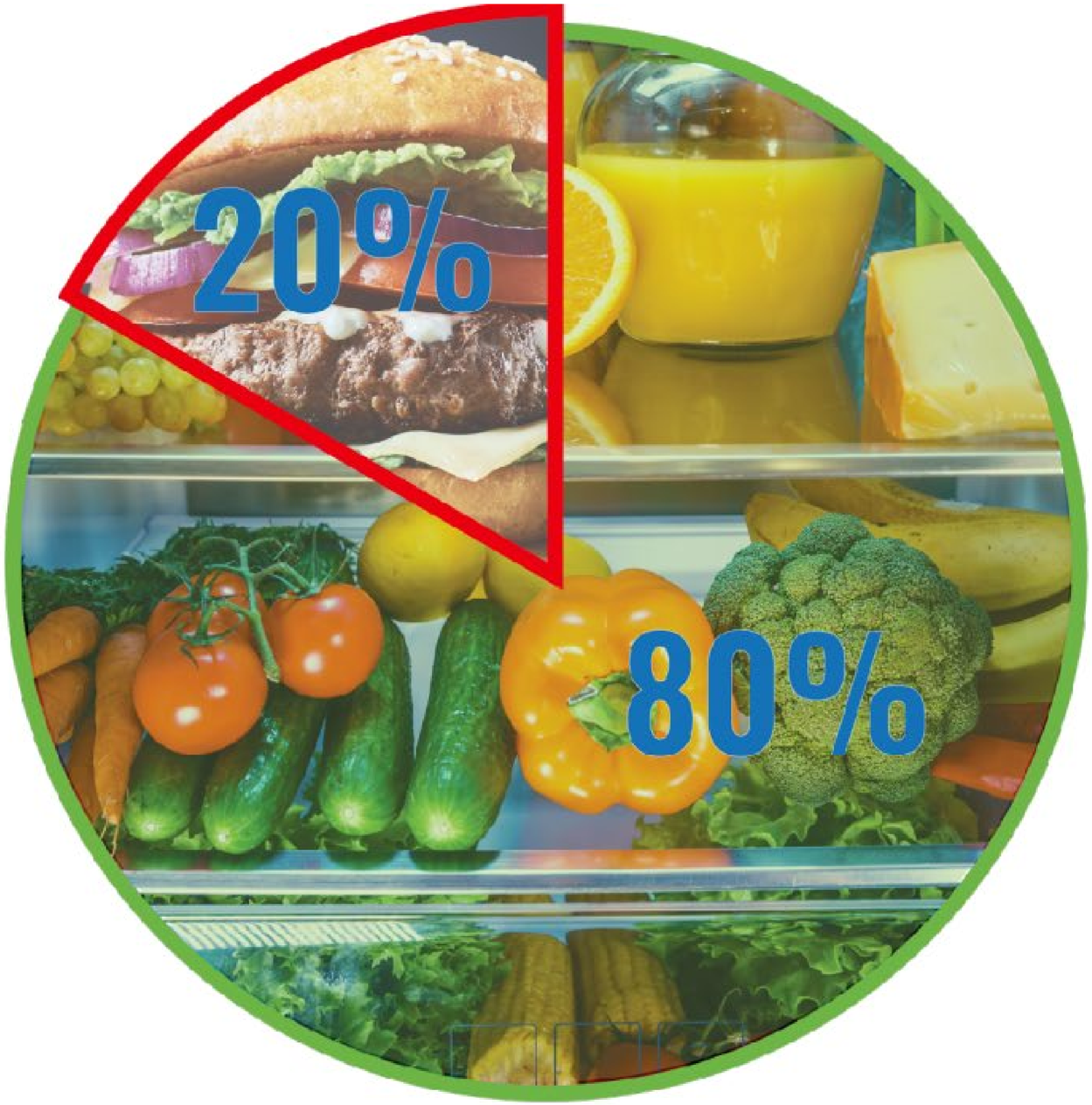



BASEBALL &
HOTDOGS
SLEEPOVERS
& PIZZA
BOOK CLUB
& BITES
Football
&
Burgers
EASTER
&
EGGS
BOAT &
BBQ
Thanksgiving
& TURKEY
Game Night
& SNACKS
Christmas
Cookies
TAILGATING
& BEER
Coffee &
DONUTS
BONFIRES &
S'mores
WINE
&
CHEESE
pool &
popsicles
Wedding
CAKE
Movie
& POPCORN


PLAN

80/20 RULE

How Balance Becomes Sustainable







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Code: “Superfood10”