



BEYOND THE MAT

Ultimate Crash Course
on how to take care of our body

Joana Alberto





COURSE FLOW

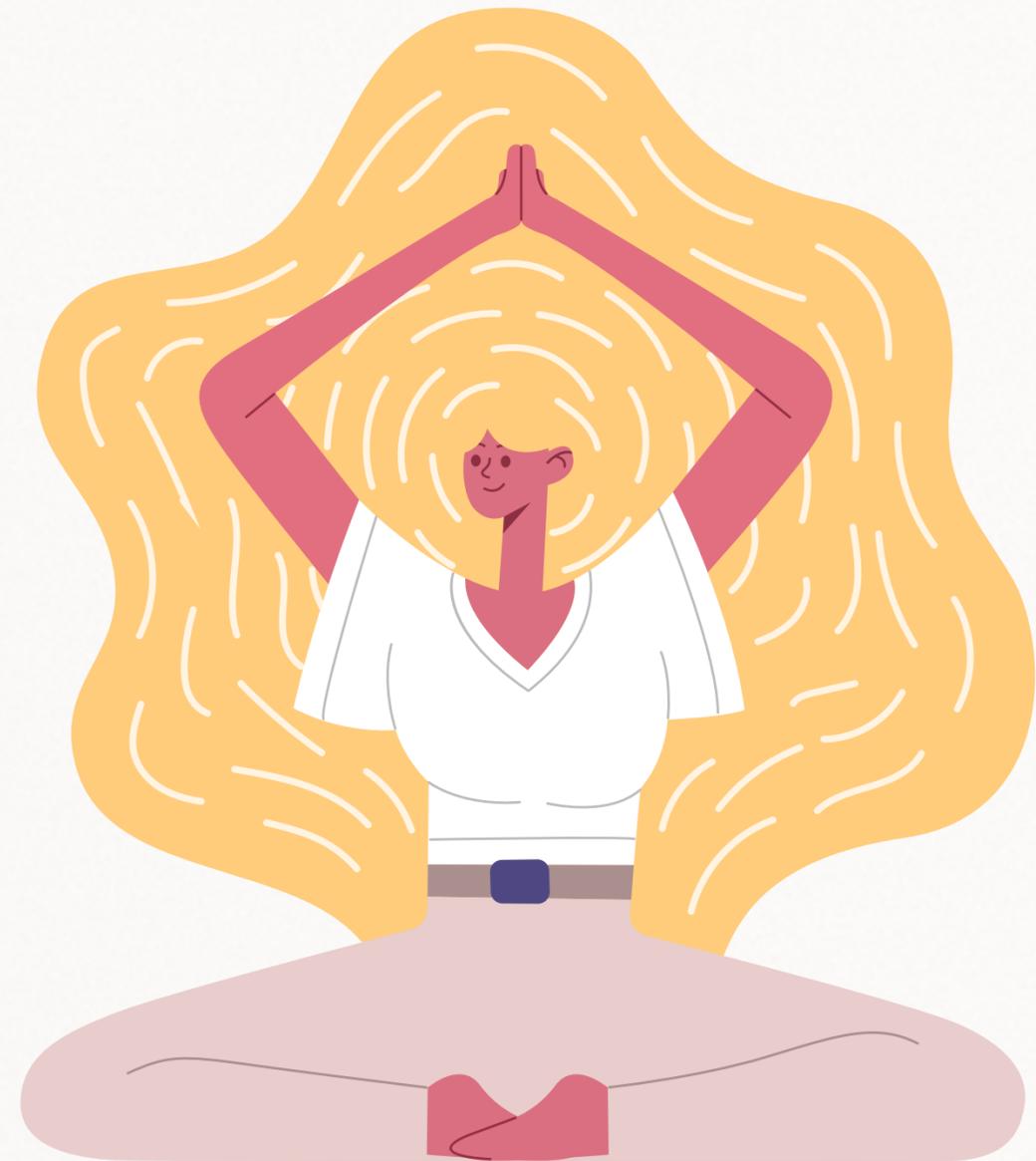
- **Self-Examen**
- **Enacting Tools**
- **Mindset**
- **Focus & Target Wins**
- **Prototype: Launch a habit**
- **Support System**
- **Q&A**

DECK & WORKBOOK WILL BE SHARED

SELF EXAMEN

WHAT'S THE
CURRENT STATE
OF YOUR BODY?

WELLNESS O'METER



Self-Examen Plus

Elevating Awareness



MAKE UP

Let's get reconnected with the five basic external parts of our body: the head, neck, torso, arms, and legs



MOVEMENT

Let's experience and find our own rhythm by elevating our sense of awareness



MOBILITY

Let's understand our limitations and appreciate what our body can do without comparing it to another person

ENACTING TOOLS

LEARN-BY-DOING

FIRST THINGS FIRST

What's my goal?

What's my vision of the lifestyle that I wish to have to achieve the new ME?

How much time am I willing to spend each day, week, or month?

Fitness & Health Calculator

BMI Calculator

Calorie Calculator
Body Fat Calculator

BMR Calculator

Ideal Weight Calculator

Pace Calculator

Army Body Fat Calculator

Weight Watcher Points Calculator

Lean Body Mass Calculator

Healthy Weight Calculator

Calories Burned Calculator

**BMI
CALCULATOR**

Age
Gender
Height
Weight

**IDEAL WEIGHT
CALCULATOR**

Age
Gender
Height

BMR Basal Metabolic Rate

Your Basal Metabolic Rate (BMR) is the number of calories you burn as your body performs basic (basal) life-sustaining function. Commonly also termed as Resting Metabolic Rate (RMR), which is the calories burned if you stayed in bed all day.

REFERENCE #Metamorphosis: Ultimate Makeover Manual for 40-year-olds and beyond

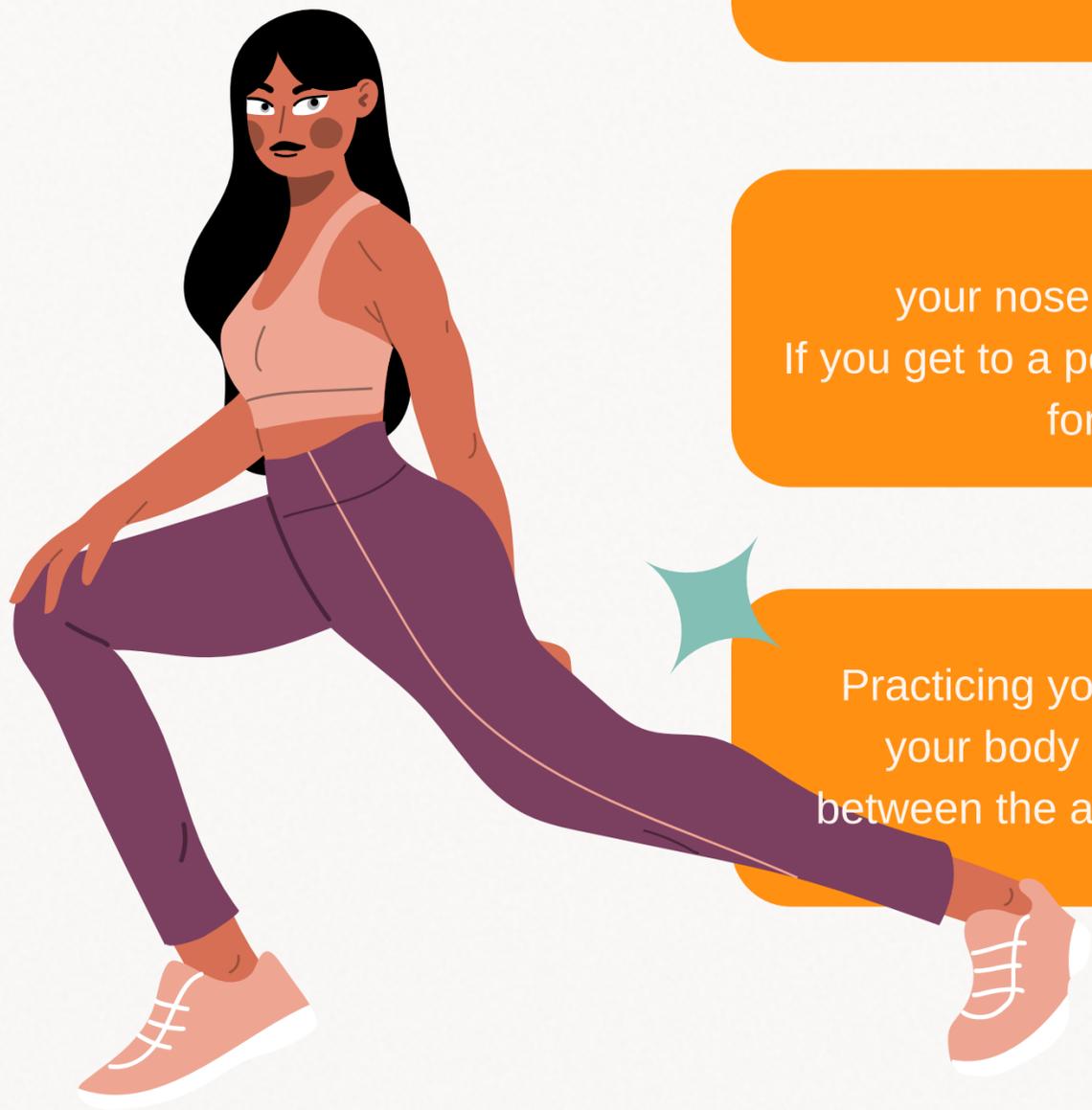
Breathwork

Breathe for a Better Workout

We need regular oxygen to feed our muscles. This is why we breathe heavily and consistently while running and walking. By cutting off the oxygen to our bodies, we risk hernias, muscle cramping and dizziness, which can lead to a fall.

When you're running. Be a "belly breather," says Susan Shane, licensed acupuncturist and creator of Exaircise, which teaches people how to breathe deeply.



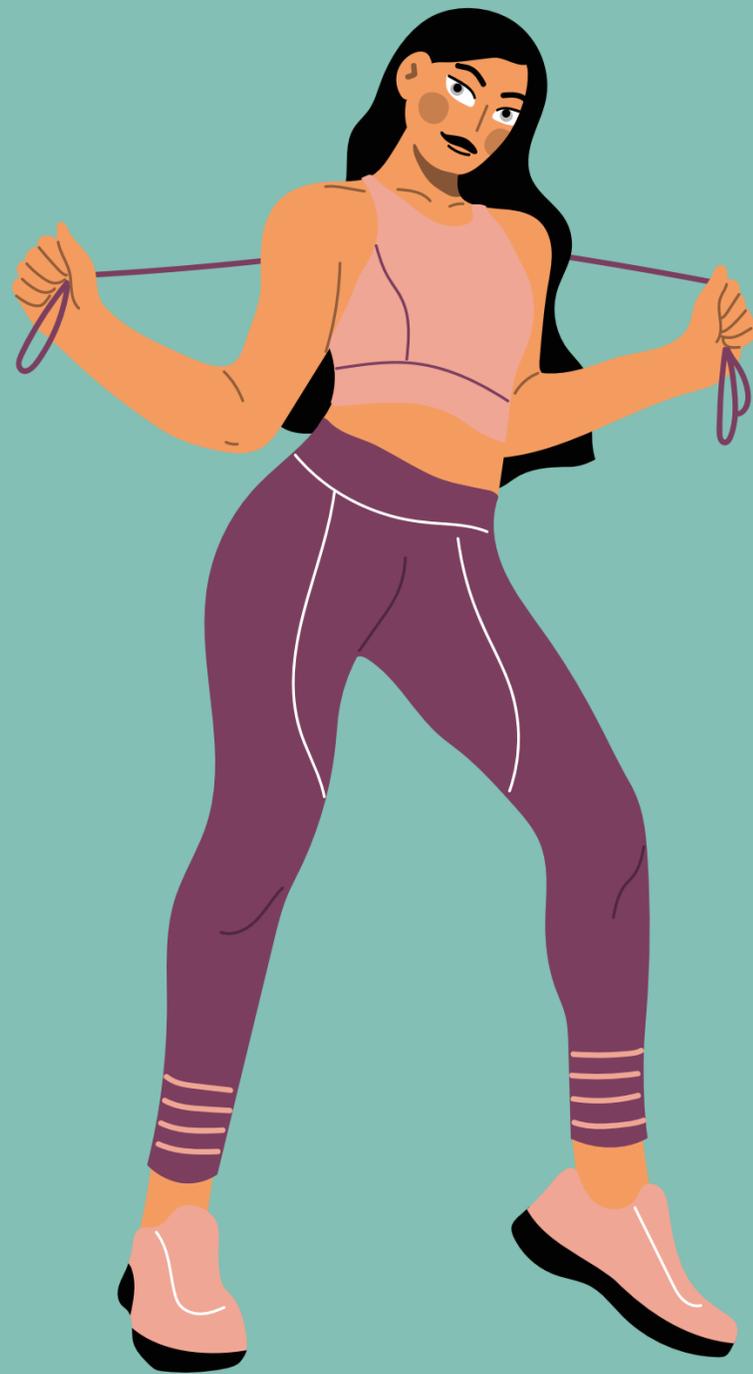


During core and abdominal exercises, it's common to stop breathing as you crunch your body in half or pull your belly in tight. But keep breathing to help stabilize your torso.

When you're doing a HIIT , your nose is the preferred way to get oxygen into your body. If you get to a point where you're too out of breath and start to lose your form, slow down until you can resume again.

Practicing your breathing while stretching allows you to condition your body in this way. It also allows you to seamlessly move between the activity and rest, maintaining proper breath throughout the entire workout.

Workout



FLEXIBILITY

NECK, SHOULDER, HIP,
THIGH, WRIST, CALF

STRENGTH

ARMS, LEGS, CORE

CARDIO





LEARN-BY-DOING



MINDSET

**Am I ready, willing, and
able to make this
transformation?**

**What will stop me from
realizing my vision of the
new ME?**



FOCUS & TARGET WINS

Think of
small daily wins

PROTOTYPE

Launch a Habit

What habits do I need to create to achieve my target wins?

How will this look like? Describe in detail (e.g. How long?, How often?, When?, How intense?)



SUPPORT SYSTEM

What kind of support do I need? Who are the people who can help me? Do I have an accountability tool? Do I have an active group, coach, mentor, buddy, etc.?





You're
Invited!

LIVE META TRIBE

5 AM MEDITATION

PODCAST GUEST

INFLUENCERS,
PARTNERS, COLLABORATORS