



UCC BODY: MODULE A

# BEYOND THE MAT

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# THE ULTIMATE CRASH COURSE

on how to take care of our body

## SELF-EXAMEN PLUS



### 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

What did I discover about my body?

# ★ ★ ★ ENACTING TOOLS

LEARN-BY-DOING



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

## **Fitness & Health Calculator >>**

Chapter 15: Log It

## **BMR Basal Metabolic Rate >>**

Chapter 14: Graphitophobia

## **Breathwork >>**

Breath for a proper workout

## **Workout**

30 mins cardio 3 x week

10 strength training exercises

- **Flexibility: Neck, Shoulder, Hip, Thigh, Wrist, Calf**
- **Strength: Arms, Legs, Core**
- **Cardio**  
Chapter 16: Duty Time