

NOW...

"Your **senses** select information at every moment. **YOU** only PERCEIVE the sensations **YOU** are programmed TO RECEIVE – this is your **"SENSE"**

Your brain then **CONSTRUCTS A STIMULATION** for that particular moment **YOU** **"THINK"**.

Your conscious then delivers you an experience, You **"BE"**
"SENSE" + "THINK" + "BE" = life.

However, our conscious only **RECOGNISES** a **stimulation** that you have categorized, ie. a past experiences, a story you've heard, a hypothesis you believe, or a thought you have self-developed.

-This gives you **your** perspectives, and forms **your** lifestyle paradigm.

FUNOVATION is fitness and health that **invigorates** both your mind and body, - **inspires** your senses...

...Fresh perspectives...a better lifestyle paradigm..."

...FUNOVATE NOW!

"the possibility..."

"SENSE" "THINK" "BE" better!

The **funovation** manual has explanations, examples and suggestions to...

create...**imagine...innovate...**

Enjoy..."

“SENSE...”

encapsulates FLOW and BALANCE

FLOW

- Muscles THRIVING
- Energy GALVANIZED
- YOUR mind & body active in HARMONY

Whole Body Movement - Exercise should be made up of complete natural, functional movements involving the whole body (the 7 primal movements): pulling, pushing, twisting, squatting, lunging, bending, gait. With varying level of assistance or load as individually necessary.

Examples: (diagrams)

Suggestions (range of workout 's. Use of bands for assistance. Sandbags... for resistance)

Link to member website for daily routines.

Use of energy – There are 3 energy systems / metabolic pathways the body uses: oxidative, glycolytic, phosphagen.

Oxidative, commonly termed aerobic. Is when you sustain activity for over a few minutes in length, and is relatively low intensity

Glycolytic, commonly termed anaerobic lactate. Interval-style training of 1-4 minutes action with 30 seconds to 2 minutes recovery, ie. action: recovery 2:1

Phosphagen, commonly termed anaerobic power. Interval-style 10-30 seconds action with 30-90 seconds recovery, ie. Action : recovery 1:3.

Examples Beach walk, cycle, sprinting, climbing, swimming

Suggestions Work-out sessions

Weblink Member link for daily workouts

BALANCE

FOOD A focus on whole, unprocessed foods from all food groups.

Examples: Food and food groups

Suggestion: Meal plans

Weblink: Online meal calculator, menu, cookbook

REST Regeneration of muscle, spirit and soul.

Examples Ice bath, Massage, Whole Body Vibration, Electrostimulation

Suggestions WBV prior to activity, Ice bath immediately after intense activity...

Weblink Weblink to products, services

“THINK...”

encapsulates **EXPRESSION** and **OPPORTUNITY**

EXPRESSION

- YOU live in a fantastic world of excitement and fun

Variety. Range of activities. Constantly fresh intensities, different duration.

Examples Cross-hiking, surfing, skiing, mountain biking

Suggestions Work-out menu

Weblink Links to adventure activity options

Spontaneous. Use intuition. Spark excitement

Rules are guidelines, adapt them specifically to you. Understand the guidelines, parameters and consequences, then decide choices that ensure you enjoy overall happiness.

Examples Trips, events. Options within the activity

Suggestions: Add or subtract extra options. Change your schedule. Go against the grain

Weblink Weblink – ideas, sparks, inspirations

OPPORTUNITY

- YOU have goodness everywhere, reach out and ENJOY

Adventure. Try **new** activities / tasks / sports. New styles. **Exciting** adventures

Examples Learn to skydive, surf, rollerblade, whitewater kayak

Suggestions Work from your core competency and expand your repertoire

Weblink Links to clubs, associations, organisations

GROW. Life is a journey to **develop**, better and nurture yourself.

Challenge yourself to reach new levels.

Example: A cup ½ full. Keep filling it. Then find and fill a bigger cup. Goal setting.

Suggestions Meditate, Quiet time to inspire. Goal-setting guidelines

Weblink Daily quotes for members.

Response-line to stimulate new goals.

“BE...”

encapsulates: **CONTRIBUTE** and **PRODUCE**)

CONTRIBUTE

- **YOU** are **WONDERFUL**
- **SHINE** with **YOUR** incredible talent and ability

Passion. .Share your passion, **joy**, excitement. **Ignite** others.

Examples Smile! Exude health and fitness.

Suggestions Create a forum. Coach others

Weblink Link to local forums, clubs, associations, memberships. Create your own blog

Relationships. Group dynamics. Synergy of interaction. Enroll others.

Examples Enroll others

Suggestions Join a club, form a club, Invite activity partners

Weblink Link to local clubs, associations, memberships.

PRODUCE

- ENJOY your PERFECT lifestyle.

FUN. Ultimate *enjoyment*. Perfect lifestyle. *Smile*

Examples

Suggestions

Weblink

MASTERY. The better you get, the more you appreciate and enjoy life. The drive to enjoy excellence.