

Legacy PRINCIPLES

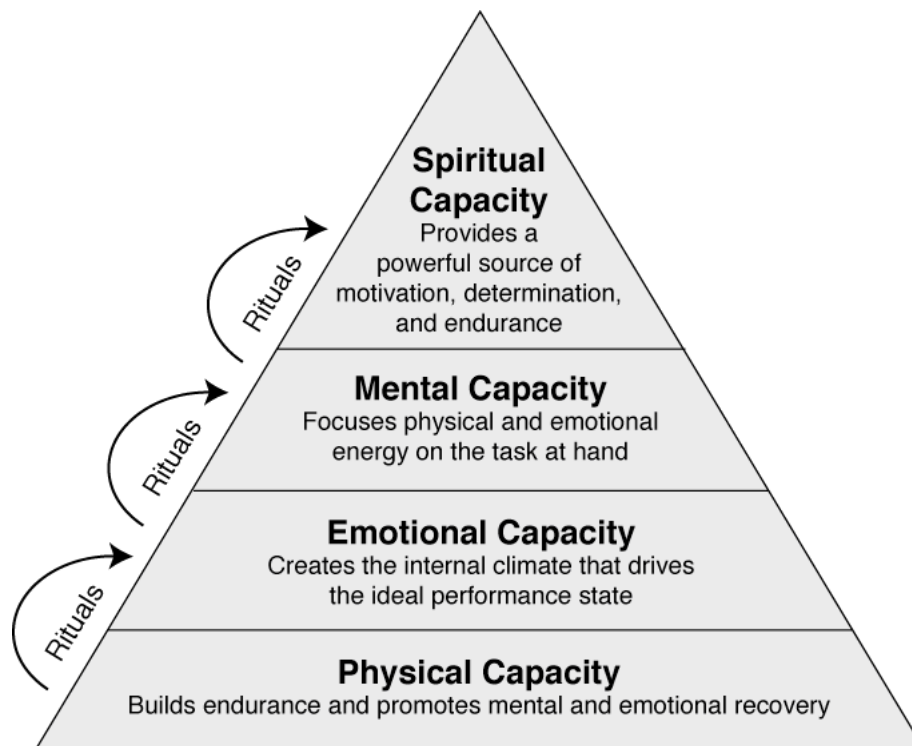
A life to be lived, a story to be told. . .

Living Fully Alive in 2014!
Physically Energized
March 22, 2014

Quantity of Energy! On a scale of 1-10 rate the quantity of your energy.

Where are you on the scale of Actual vs. Potential energy? The gap will be your growth plan.

KEY WORD – SUSTAINABILITY!



Making of a Corporate Athlete, Jim Loehr and Tony Schwartz - Harvard Business Review 2001

Spiritual capacity is the REASON or power of the energy – KEY WORDS: Spiritually Aligned
Belief-Action

Physical capacity is defined as QUANTITY of Energy - KEY WORDS: Physically Energized

Emotional Capacity is the QUALITY of energy - KEY WORDS: Emotionally Connected

Every thought, feeling, and action has an energy consequence through either positive or negative thoughts

Mental capacity is the FOCUS of energy - KEY WORDS: Mentally Focused

Rhythms and Cycles from *Your Life in Rhythm* – Bruce Miller

Three KAIROS Rhythm Strategies

Related to experiences – These are unpredictable

1. Release Expectations

This is the commitment to live well in the current season, not looking back, or wishing to go forward. Depending on the season, you must fully embrace where you are.

2. Seize Opportunities

Colossians 4:5 – Redeem the time

Make the most of every opportunity.

Look for "Such a time as this" moments.

Short conversations – These are conversations that have been happening in your soul or with others for a while, now the window is open and you know what you need to do!

Enjoy the firsts! What can I do now that I couldn't do earlier?

3. Anticipate What is Next

Anticipation breeds HOPE. What is about to end and what will soon begin?

Make a list, beginning with the following phrase: "I can anticipate the following things happening in my next personal season, or life stage."

How will you prepare to release expectations and seize opportunities in the coming season?

Three CHRONOS Rhythm Strategies

Related to Time and Calendars - They are known and constant

1. Pace Yourself

Must be able to think and see the cycles of activities and then place them in your calendar.

2. Build Rituals

A ritual is a series of actions performed according to a prescribed order.

What are LIFE ENHANCING rituals?

- Begin your day the night before – "The evening and morning were the first day." Gen. 1:5
- Engage in conversations that bring life.
- Family time
- Early bedtime, no TV
- 24 hour Sabbath Rest

3. Oscillate between Work and Rest -Intensity and renewal

Ask yourself, "When am I at my best, and when do I need to rest?" Pay attention to managing not just your time, but also, your energy.

"Stress is not the enemy, but uninterrupted stress is." Jim Loehr, *Power of Full Engagement*

WHAT NOW?

Apply the Kairos Strategies by answering these questions:

1. What **expectations** can I release to increase my peace?
2. What **opportunities** can I seize to increase my joyful fulfillment?
3. What can I **anticipate** to increase my hope?

Now move to the Chronos Strategies by doing the following:

1. **Pace Yourself** – Can you reset the frequencies of some of your activities? Can you create a better flow within a cycle?
2. **Build Rituals** – What life-enhancing traditions (rituals) can you set in longer cycles? In shorter cycles?
3. **Oscillate between Work and Rest** – Do you need more work, or more rest right now?

It's All in Your Mind! The forgotten organ

Brain Envy- Everything begins in the brain

2 Paths

Feeling old, brain fog, tired, overweight, depressed, memory loss

OR

Vibrant, energetic, strong memory, physically fit, healthy skin and body

Nutrition/Supplements/Exercise

Presented by Jaime Seeber

(Jaime will offer a continued conversation on **Friday, April 4 at Calvary from 9:00-10:30am**. Childcare is provided to the first 15 children. Registration is required.)

Luke 12:42 And the Lord said, "Who then is the faithful and wise manager, whom his master will set over his household, to give them their portion of food at the proper time?"

Frequency – Smaller and more frequent meals enhance metabolism.

Harness the healing properties (fruits & vegetables - cleanse & repair the body).

Limit the harmful properties (animal fat, sugar, synthetic additions, acid forming food).

Enzymes equate to energy – Eat more raw food & take enzyme supplements with cooked foods.

Incorporate juicing, green smoothies, and super foods for cellular nutrition and micronutrients.

Be informed – Watch food documentaries to learn about the quality of our food supply.

Learn about food through websites and books. Try new recipes.

www.wholefoods.com

Prescription for Nutritional Healing By James Balch, MD

www.rawfamily.com

Green For Life By Victoria Boutenko

www.paleoplan.com

Our Children Are...What Our Children Eat Dr. Laura Thompson

Supplements

Revelation 22:2 The leaves of the tree are for the healing of the nations.

Assess your diet, where are you lacking? Add foods first that fill your nutrient gaps.

Blue Green Algae -aphanizomenon flos-aquae (AFA)

Digestive enzymes – plant based substances that break down food: amylase, lipase, papaya

Probiotics – Rebuilding the lining of the colon helps prevent illness, promotes detoxification, and improves digestion.

Brain – Gut Connection

Vitamin D – Promotes immune response, along with brain health and bone integrity.

Specific supplementation may be needed to address weak links or systems in the body.

Seek Support: Visit a natural practitioner, pursue a coach, research and read resources.

Exercise

1 Corinthians 6:19-20 Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit Who lives within you, Whom you have received [as a Gift] from God? You are not your own, you were bought with a price. So then, honor God and bring glory to Him in your body.

Decade Fitness Goals

- 20's Master The Basics: Exercise is the key to a revved metabolism, strong bones, and supple muscles.
 - 30's Get Pumped: Maximize your intensity & endurance abilities. Add weight training to prevent fat gain and muscle loss.
 - 40's Use It Or Lose It: Maintain mobility & balance, muscle strength & bone density. Find ways to rev your metabolism if you haven't maintained muscle mass.
 - 50's Less Is More: Exercise for your health, while not overdoing it. Use weights for bone and muscle mass, and focus more on flexibility.
 - 60's and Beyond – Keep Moving!
- Find your fit** – select sports that work with your lifestyle, limitations, and likes that you can sustain for life. Incorporate variety.

Include motivation – Pair exercise with something you already enjoy.

Cardiovascular fitness - Add intervals to motivate your metabolism.

Flexibility - We are as young as our spine is flexible. Keep the mind flexible too.

Weight training – It is essential for bone health, decreasing joint stress, maintaining abilities.

Balance, Coordination, & Core strength – Practice daily to keep muscles intelligent.

Breathing – Utilize drive time to strengthen the diaphragm and the connection to your breath.

Plan longer workouts when you can, but don't miss today. 5 minutes a day is better than nothing.

Chris Powell's 5 Minute Workout – complete each exercise for 1 minute

~ Arm/Core Strength and Stretch - floor

Level 1 – On your knees

Level 2 – On your feet

Level 3 – Lift one foot

~ Squat Jacks - standing

Level 1 – Squats or jumping jacks

Level 2 – Combine squat and jumping jacks

Level 3 – Add extra jump or plyometric box jump

~ Abdominal Cross – lying supine on the floor

Level 1 – Alternate hand to opposite knee

Level 2 – Head and shoulders elevated

Level 3 – Hands behind head for sustained alternating elbow & knee touch

~ Mountain Climbers – floor

Level 1 – Hold plank position

Level 2 – Lift alternating knees toward nose

Level 3 – Add speed and high knees

- Stationary Running - upright
 - Level 1 – Lift alternating knees
 - Level 2 – Jog in place
 - Level 3 – Add high knees & kick backs

Supplements- Recommended by Dr. Daniel Amen

5 supplements every woman should take every day along with a solid multivitamin and probiotic

Rhodiola Rosea

Grapeseed Extract

Fish Oil

Sam-e

L-Theanine

Amino Acids for Brain Health

5-HTP

L-Tyrosine

L-Tryptophan

GABA

Books / Resources

Your Life in Rhythm, Bruce Miller

Female Brain Gone Insane, Mia Lundin

Unleash the Power of the Female Brain, Dr. Daniel Amen

The Rhodiola Revolution, Richard Brown, and Patricia Gerbarg

The Shred Diet, Dr. Ian Smith

Adrenal Fatigue, James Wilson and Jonathan Wright

4# Weighted Hula Hoop

Upcoming Sessions (changed the order)

- April 4, 9:0-10:30am- Calvary Assembly, Jaime Seeber. Registration required, linda@legacyprinciples.com.
- April 19 – Mental – 40-Day Journey to a Joy Filled Life by Tommy Newberry
- May 17 – Emotional Energy – DNA of Relationships by Gary Smalley