



MY INSPIRATION NEVER DIES

YOUR WELLNESS ESSENTIALS

Your Secret Weapon | Breathing

Do you want to know the secret weapon to improving your wellness and performance? Optimal breathing patterns, it's that simple.

I want to introduce you to your diaphragm, the powerhouse of your breathing mechanics, your new best friend and its positive impact on you.

Controlling your breathing can conserve energy, improve posture, endurance, mobility and performance. Take 5, lay on your back in a comfortable position and breathe. Direct your breathe down by engaging your abdominal muscles and diaphragm. 4 seconds in, hold and 4 seconds out. Quiet your mind and let your body relax.

Get Grounded | Earthing

Our environment is an overlooked, untapped global health resource. Throughout history, humans mostly walked barefoot or with footwear made of animal skins. Earth's surface possesses limitless and continuously renewed supply of free or mobile electrons which helps restore normal functioning of all bodily systems. We thrive on Earth's energy but leading a modern lifestyle has increasingly separated humans from the flow of the Earth's electrons and we have become detached to the battery of our life.

"Grounding appears to improve sleep, normalise the day/night cortisol rhythm, reduce pain, reduce stress, shift the autonomic nervous system from sympathetic to parasympathetic activation, increase heart rate variability, speed wound healing and reduce blood viscosity."

Restore Earth's connection with grounding to enhance your health and well-being by walking barefoot outside or sitting and laying on the ground. Any contact immediately has a physiological change but try for 15, 30 or 40 minutes.

Be Barefoot | Life outside shoes

"Humans evolved to be barefoot and that's how our feet function best."

Our feet have thousands of nerve endings that provide important sensory feedback to our brain. If we constantly keep them covered and compressed, we reduce the connection with the ground and through layers of padding, we are not only dulling messages and communication in our body but disconnecting part of our body from our mind.

Spend time outside of your shoes to positively impact neural links, balance, mobility, strength and other joints up the chain.

De-Zombifying | Building Your Awareness

What the hell are you feeling? Can you focus? Can you objectively evaluate yourself and manage your emotion?

"Get comfortable with being uncomfortable."

Establishing awareness is tough. It's important because when we have a better understanding of ourselves, we are able to experience ourselves as unique and separate individuals. We are empowered to make changes and to build on our areas of strength as well as identify areas where we would like to make improvements. Through changes in life, self-awareness and reflection helps us recognise and appreciate situations and allows us to move on and grow.



INSPIRE. EMPOWER. CONQUER