

Wellness FOOLKIT

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Disclaimers

Please be advised that GatHouse Fitness, Janet Gathers, She Gathers Wellness and/or/nor Village Healer Apothecary is a registered dietician, nutritionist nor physician. A physician and/or nutritionist should be consulted if/when beginning a new "diet", lifestyle and/or exercise regimen or if/when modifying a "diet", lifestyle and/or exercise regimen.

Do not practice breathwork, meditation and/or other activities that distract while operating heavy machinery and/or when full attention is needed on a task, person and/or event.

Special care and guidance should also be sought for those that are currently pregnant, attempting to get pregnant, injured, recovering from injury/surgery and/or on altering medications.

YALL KNOW THE VIBES!! Take care of yourself... you just energetically "signed" the waiver LMAO! Now Leggooooooooooooo....



WELCOME!

Welcome all, thank you for joining me here. I am honored that you have allowed me to share some tips and insights that have helped me not only lose 100 lbs and keep it off over a decade, but also helped me deep dive and start to heal those hidden places in my mind and spirit.

I was once told that I had the health of an 80 year old. I had exercise induced asthma from just going up 10 steps. I was told by "loved ones" that I was too fat to ever get married. I have been abandoned, sexually abused, depressed, witnessed domestic violence —you name it! But I am here. Or as my hubby says "all alive, breathing and \$#!+" LMAO!!

All that said, my journey has taught me that our body's needing to gain/lose weight or otherwise heal a dis-ease, is but just a small part of our well being. It is all just a symptom! After I lost weight and was still far from feeling "whole and well" is when I realized that wellness was more than a number on a scale or a smaller dress size!! It wasn't until I addressed my emotional wounds and started working on aligning my spirit, that I truly started my journey to becoming well. And I want to share some of those nuggets, obstacles and reroutes with you here.

So , grab your water, and let's get-to-getting!

Xo—JG





ABOUT ME

*Wholeness, Love and Healing beautiful beings. This is your Wellness Tool Kit and I am its creator, Janet Gathers. I am a Nationally Certified Personal Trainer (ACSM), an Advanced Yoga Instructor, a Master Reiki Practitioner, and Wellness/Spiritual Coach to name a few. *I know that is more than enough :-)* My “formal” education is in Business Management and Administration. Before my career change into wHolistic health and fitness, I was a Human Resource Manager, an Office Manager, a Project Manager, an Admissions Rep, a Recruiter, a Bank Teller, a person running around like a chicken with their head cut off (sigh) etc etc etc... as you can see I have lived many lives in my short 37 years (wipes sweat from brow).

*Let me get serious *grabs blue light glasses and clears throat* In this Tool Kit we will discover ourselves, what is blocking us (things that are known and maybe some that are hidden), ways to overcome these blocks and how to start or maintain a healthy lifestyle, so that we can become our best selves. Whether you need to lose weight (physically or emotionally), are looking for some life tips or just want to refine your daily habits, I GOT YOU!*

My hope is that by the end of this eBook you will feel confident enough to help the next person that comes along dealing with these same sets of issues or that when you see them reoccur in your own life, you will have the foundation to autocorrect more efficiently. At the end of the day - Each One Teach One, and we will all learn and grow stronger together.

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A chance to glance back and think deeply about the things that make you, you - without having reabsorb it. A time to make conscious decisions about patterns, programs and habits that best serve you and what you would rather put to rest.

02

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Learn about your INNER CHI (energy) centers, what blocks them, how to increase your chi as well as how to connect with prana. A chance to use self care to help you flow through life with more ease.

03

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Vinyasa for improved health. Tracking your fitness levels and goals to improve overall wellbeing.

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FOOD IS FUEL - Get meal ideas and nutrition tips. Learn about fasting for your mind, body and spirit. Details on detoxing to reset and reconnect.

05

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Things and Tidbits I really wanted you to know but they honestly didn't fit anywhere else :-)



GETTING STARTED

Here's what you need to know about this tool kit:

MAKE YOUR WAY THROUGH, AS YOU CHOOSE!!

If you want to jump right into chapter 5, go right ahead. The chapters are not meant to be reviewed, read or used in a specific order. But instead, this tool kit was specially designed for you to cruise through via use of your intuition. At this time you may be led to "consume" this info all at once and in order, or your preference may be to dial into a particular subject, set it down and come back later. However you choose to make your way through this material is perfect and up to you!! Go with the flow.

A note to keep in mind: *you will find some journaling prompts in chapter 1 that may prime your journey. So if you're guided to, start there and then see where you are led to next.*

YOUR ADVENTURE STARTS NOW...

CHAPTER 1

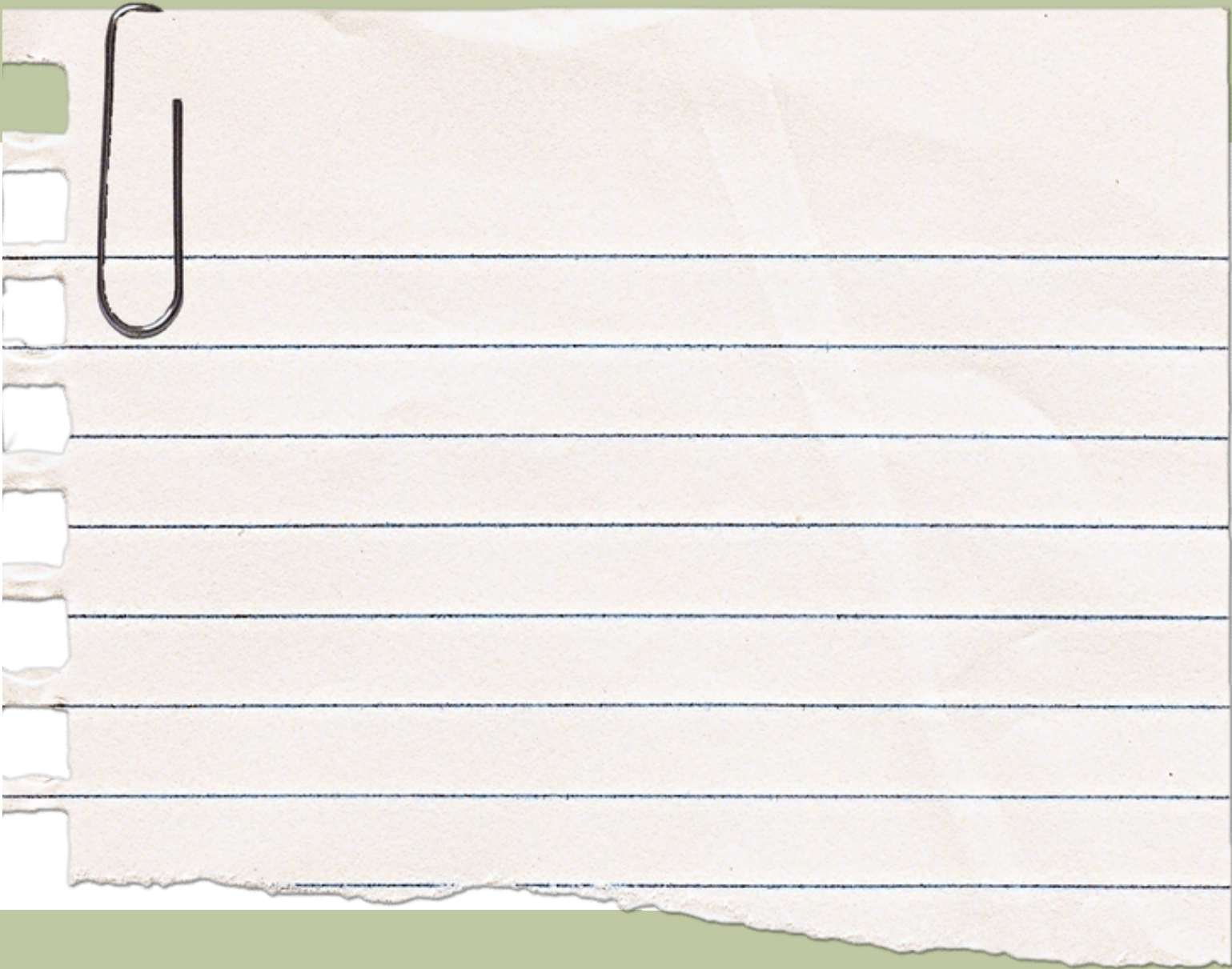
Chapter 1

Reflection & Journaling



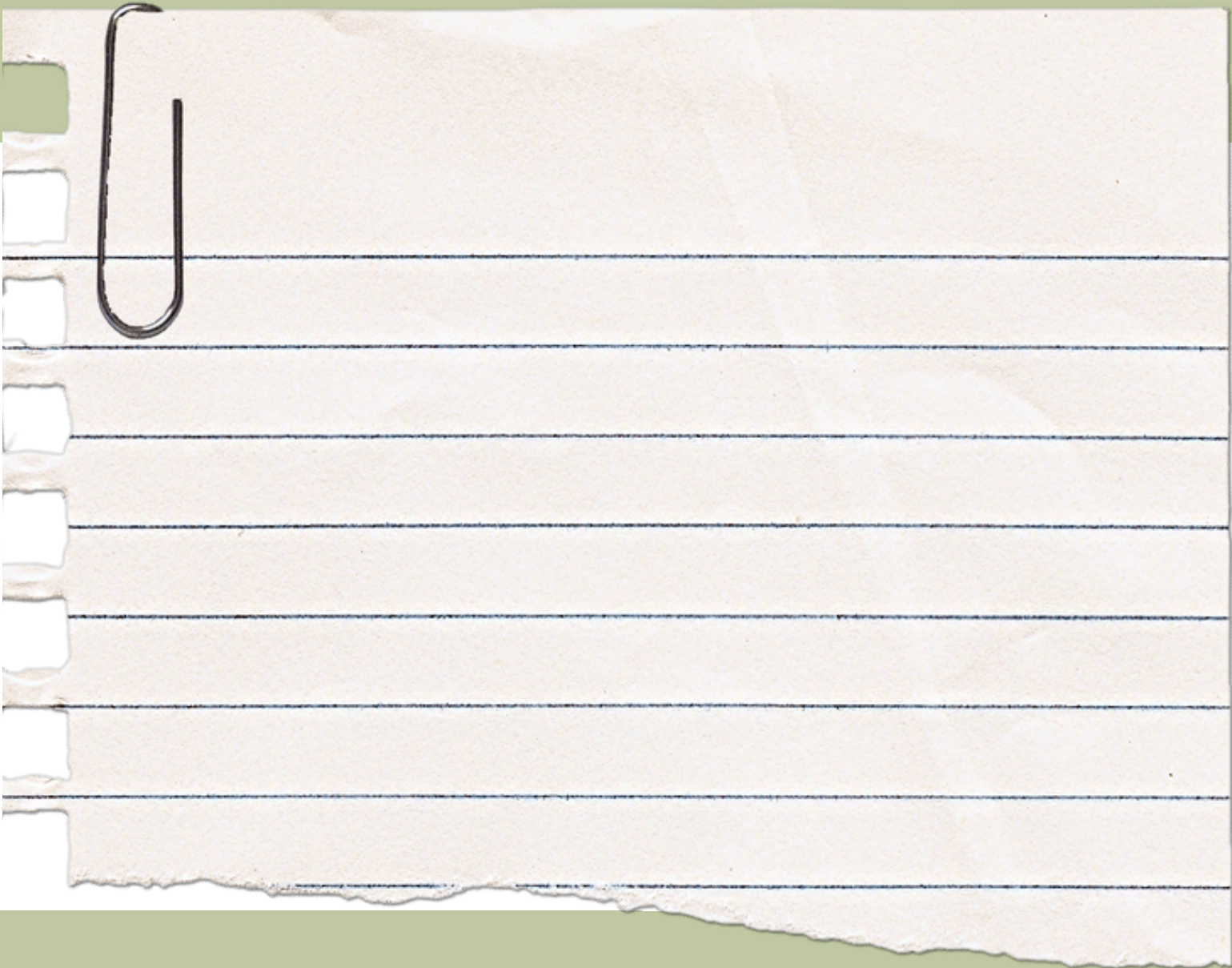


WHAT IS YOUR “WHY” FOR
MAINTAINING/CREATING A
HEALTHY LIFESTYLE?



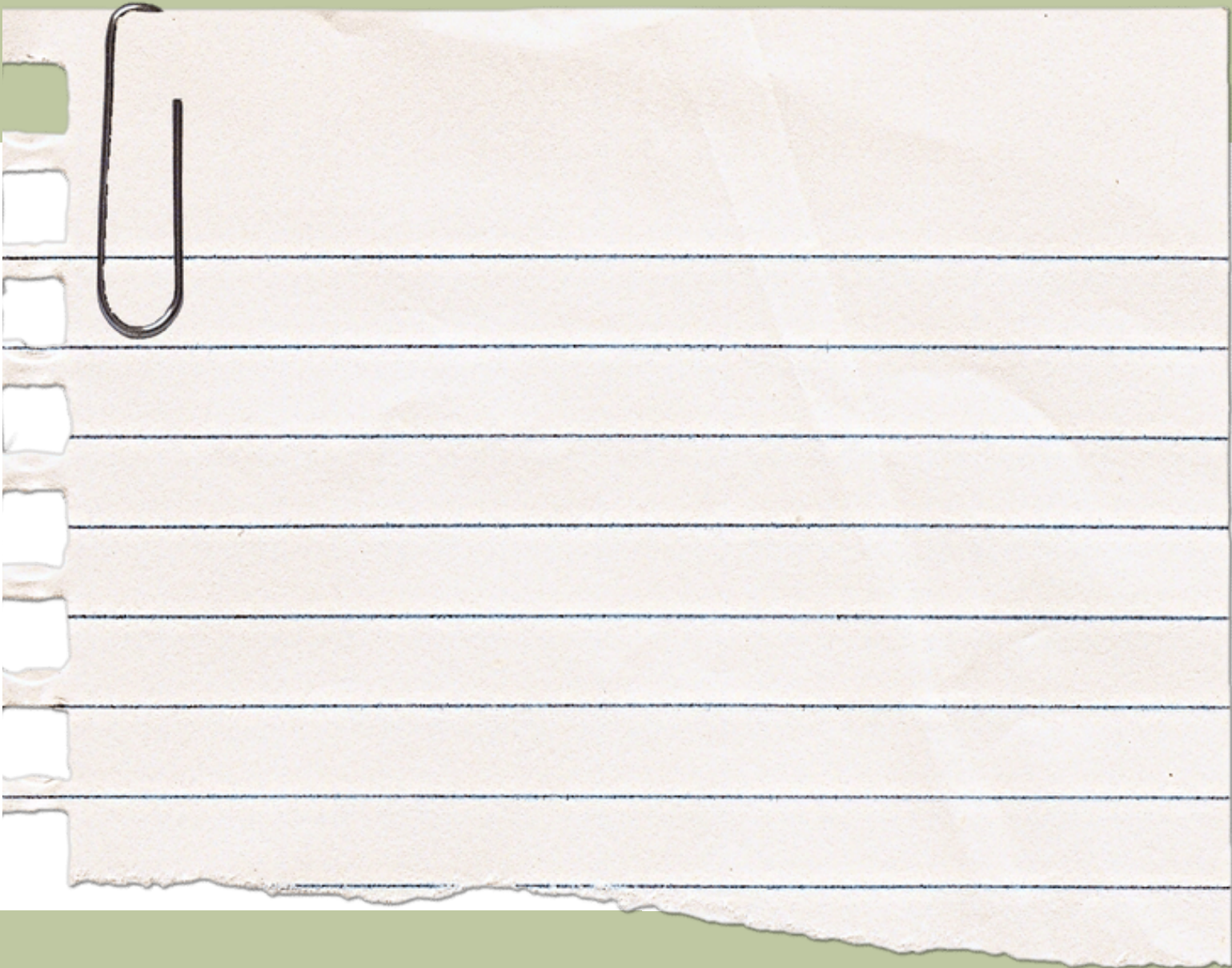


WHAT ARE REOCCURRING
PITFALLS OR THEMES IN YOUR
HEALTH, WELLNESS AND/OR
FITNESS JOURNEY?



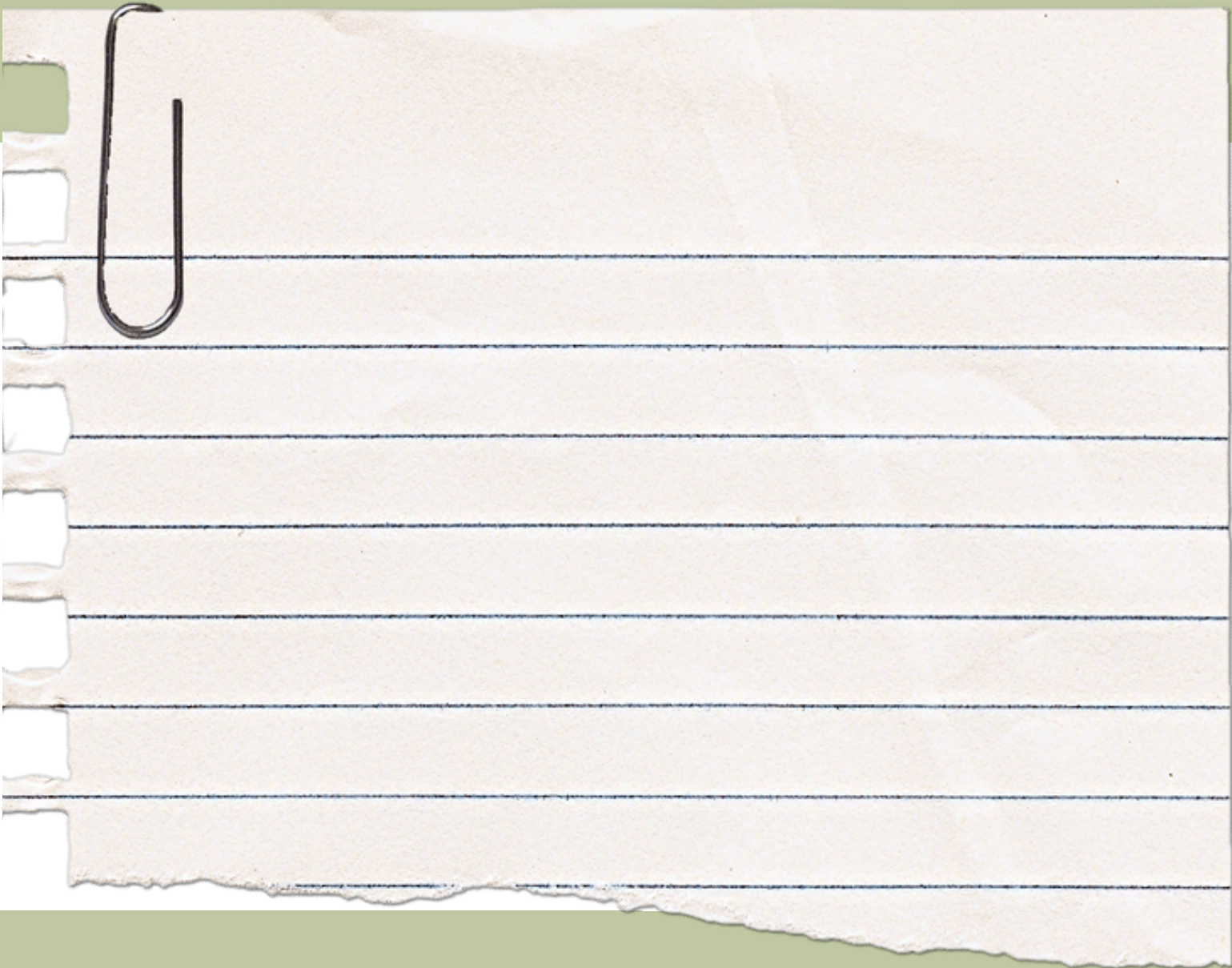
WHAT IS YOUR ULTIMATE GOAL?

WHAT STEPS DO YOU THINK YOU
NEED TO TAKE TO ACHIEVE IT?



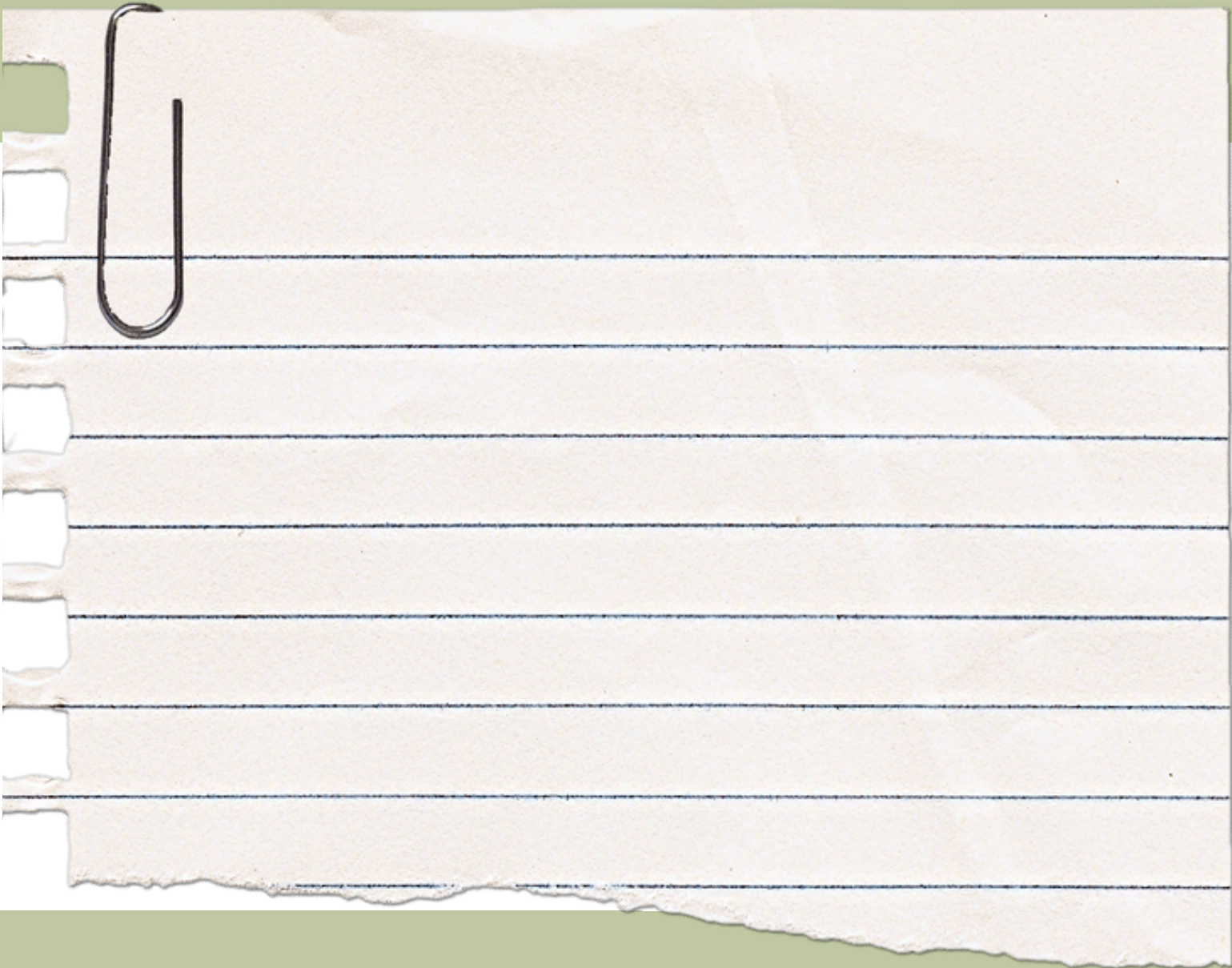


NAME 5 PEOPLE THAT HAVE ACHIEVED THE GOAL YOU ARE ATTEMPTING TO ACHIEVE? HOW CAN YOU CREATE A “MASTER MIND” GROUP OF THEIR HABITS AND PATTERNS TO ASSIST IN YOUR VERY OWN JOURNEY?



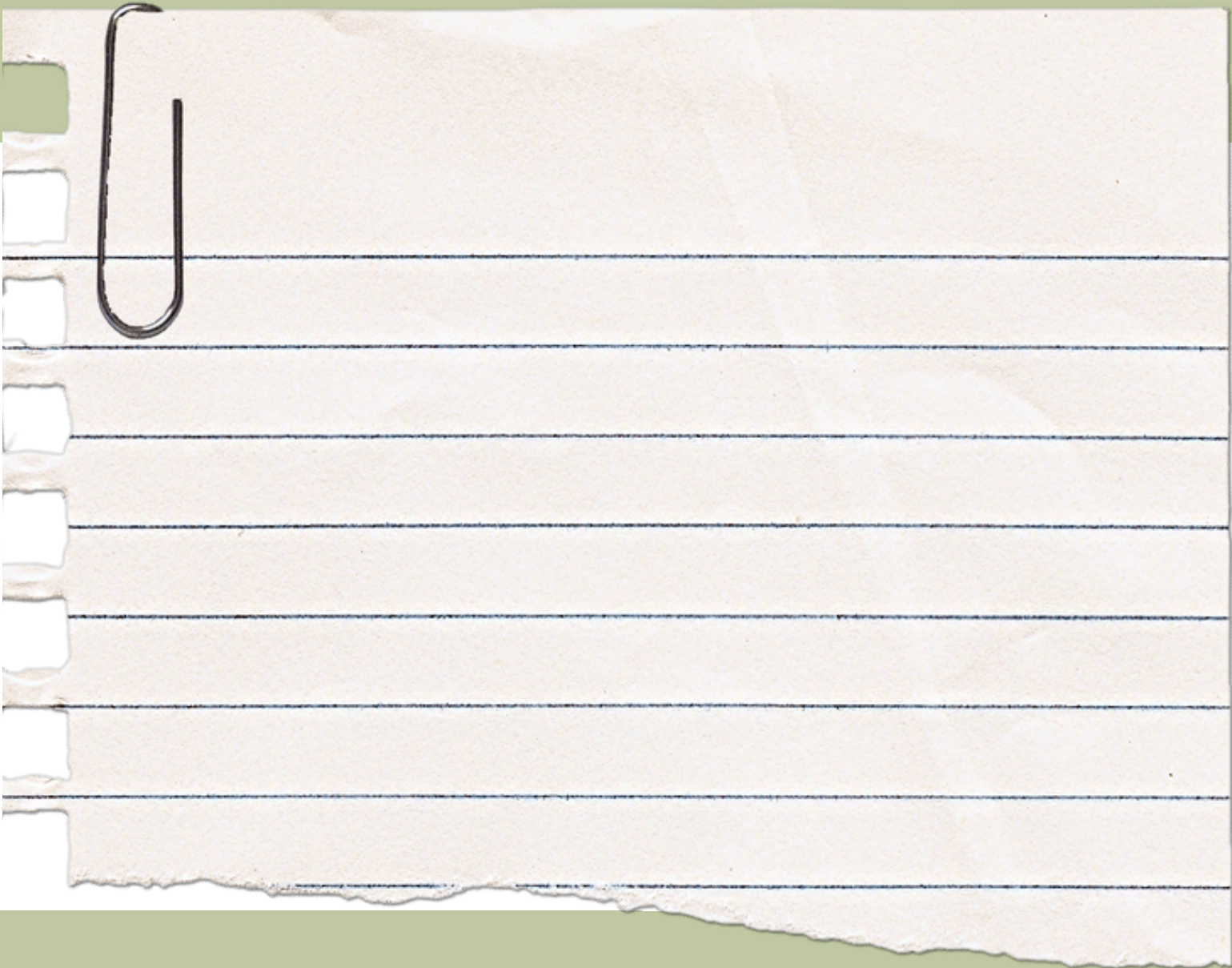


WHAT OBSTACLES DO YOU THINK YOU WILL FACE EN ROUTE TO YOUR GOAL? WHAT SOLUTIONS CAN YOU PUT IN PLACE NOW TO OVERCOME THESE CHALLENGES?



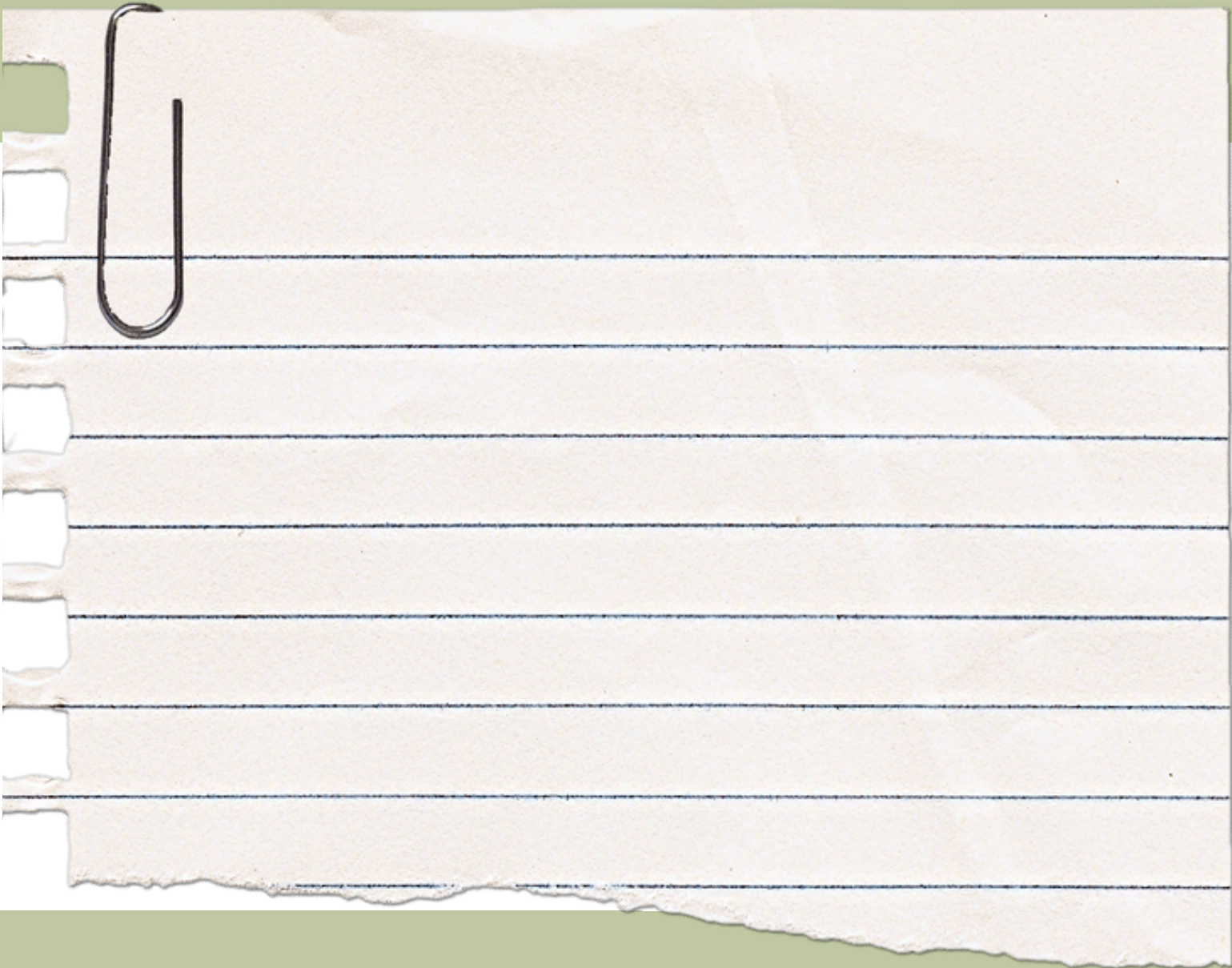


WHAT IS YOUR BIGGEST SUCCESS SO FAR IN LIFE? WHAT DID YOU DO TO ACHIEVE IT? WHAT ASPECTS OF THAT JOURNEY CAN YOU APPLY TO CREATING/SUSTAINING YOUR HEALTHY LIFESTYLE?





**WE ALL NEED A LITTLE HELP SOME
TIMES. WHAT IS YOUR SUPPORT
SYSTEM FOR STAYING ON TRACK?**

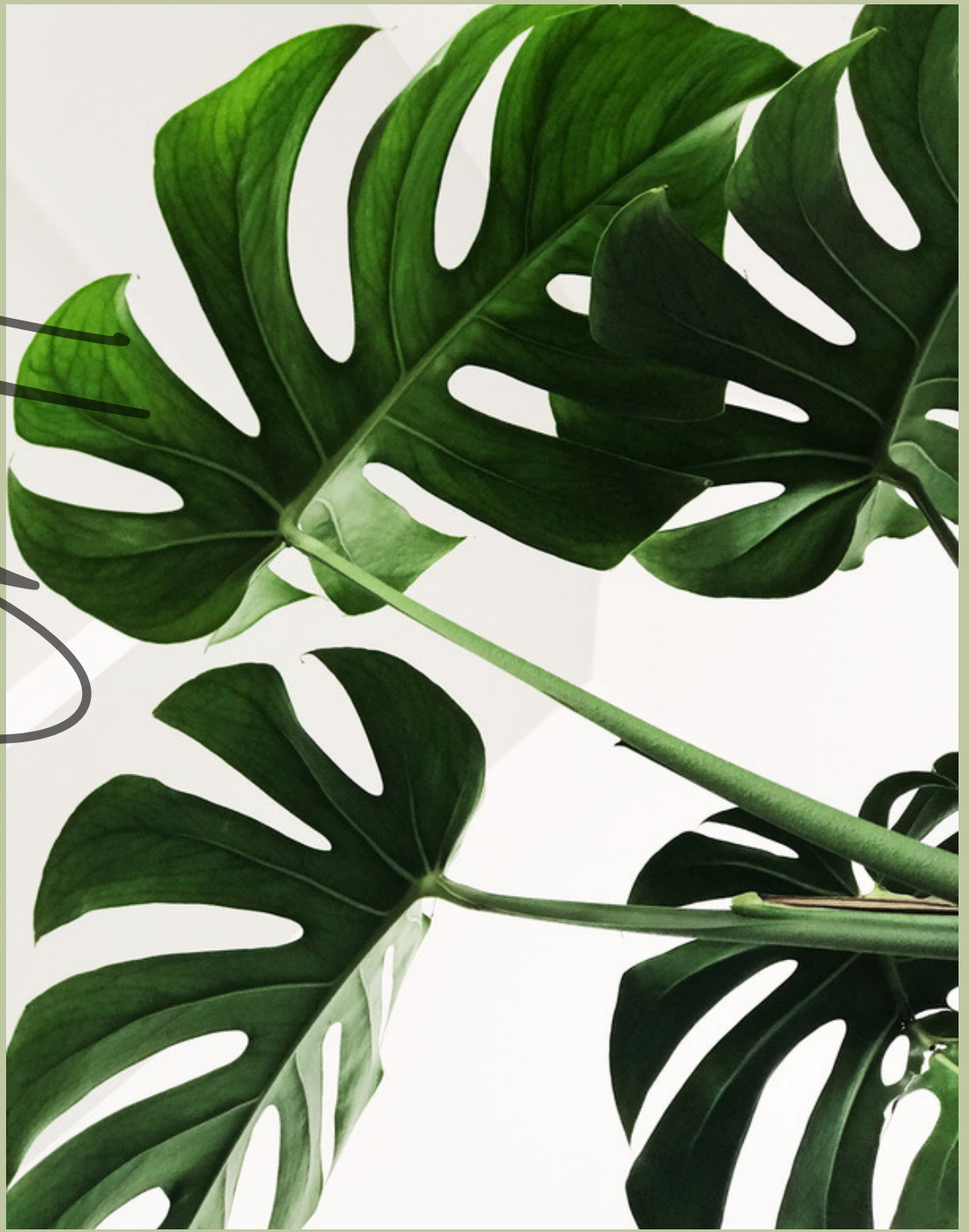




NOTES

CHAPTER 2

Chapter 2



Breath and Flow



#2

Chapter 2 breath and flow the chakras

Most of us are familiar with the mainstream ways of getting our lives in line... you eat better, move more, maybe get some traditional therapy. Those things are great! But I am sure if you are here, you want to go a little deeper. Maybe those things alone are no longer working for you the way they used to or maybe they never worked for you the way they seemed to work for others. Whatever the reason, we are all going to start right here together!

*To start our trek into diving deeper we will be learning about the chakras. We will go over what a chakra is and where they're located, and **most importantly, common discomforts, dis-eases and/or life traumas that are experienced when a particular chakra is out of balance.***

Chakra is a Sankrit word that means wheel or cycle. The chakras are various energy centers in your body (or in your auric field), that correspond to specific body regions, internal organs etc. There are 7 major (most talked) chakras, however there are many more. The 7 we will focus on run from the base of your spine to the top of your head. When these energy centers become blocked, stagnant or over active, you will experience imbalances in your life and/or body. These imbalances can present themselves as emotional, physical, metaphysical, chronic issues, reoccurring life themes, and/or illness to name a few. On the next page is an overview of the 7 chakra system. This will be a useful "tool" to reach for on your journey to wHolistic wellness.

#2

CHAPTER 2

breath and flow

THE CHAKRAS

1st Root– base of spine/color red

Shadow: Fear

Addictions: Food, gambling, shopping, work

Issues/Deficiency/Excess: Trust, Boundaries, Family, Disorganization, Focus

2nd Sacral– below navel/sex organs/color orange

Shadow: Guilt

Addictions: Alcohol, sex, drugs

Issues/Deficiency/Excess: Needy, clumsy, emotional, fear of sex

3rd Solar Plexus– gut region/color yellow

Shadow: Shame

Addictions: Caffeine, work, anger, drugs

Issues/Deficiency/Excess: Self esteem, ego, need to be right, passive

4th Heart– center of chest/color green

Shadow: Grief

Addictions: Tobacco, sugar, love, weed

Issues/Deficiency/Excess: Relationships, intimacy, self love, clingy, narcissism, isolations



5th Throat– neck/adam's apple region/ color blue/light blue

Shadow: Lies

Addictions: Opiates, weed

Issues/Deficiency/Excess: Lack of voice, neck pains, talks too much, fear of speaking up

6th Third Eye– between the brows/color indigo/bluish purple

Shadow: Illusion, disconnected

Addictions: Hallucinogens, weed

Issues/Deficiency/Excess: Lack of nightly dreams, can't remember dreams, nearsighted, lack of imagination/daydreams

7th Crown– top of head/color purple

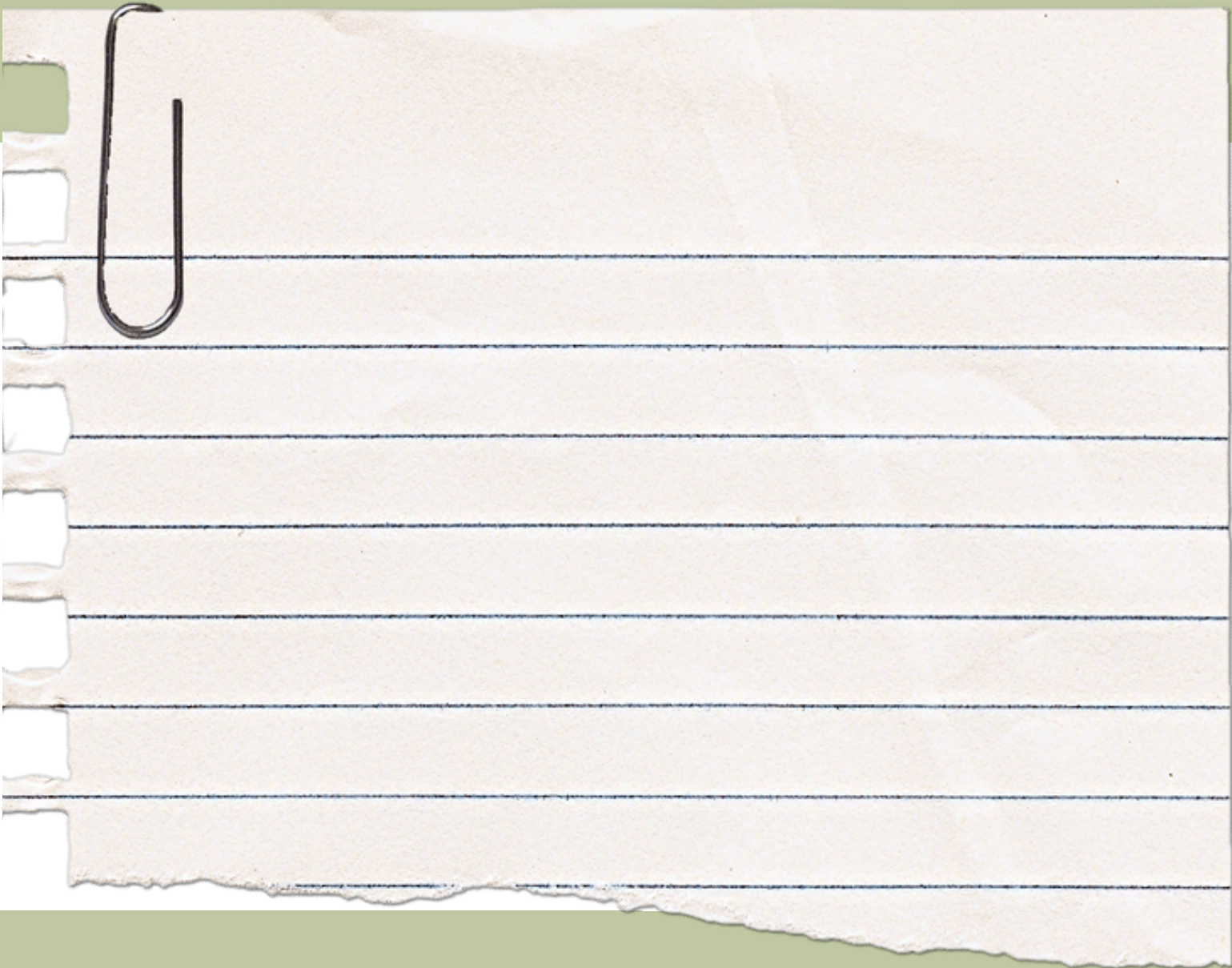
Shadow: Attachment

Addictions: Religion, spiritual practices

Issues/Deficiency/Excess: Love, presence of divinity, overly intellectual, thinks too much

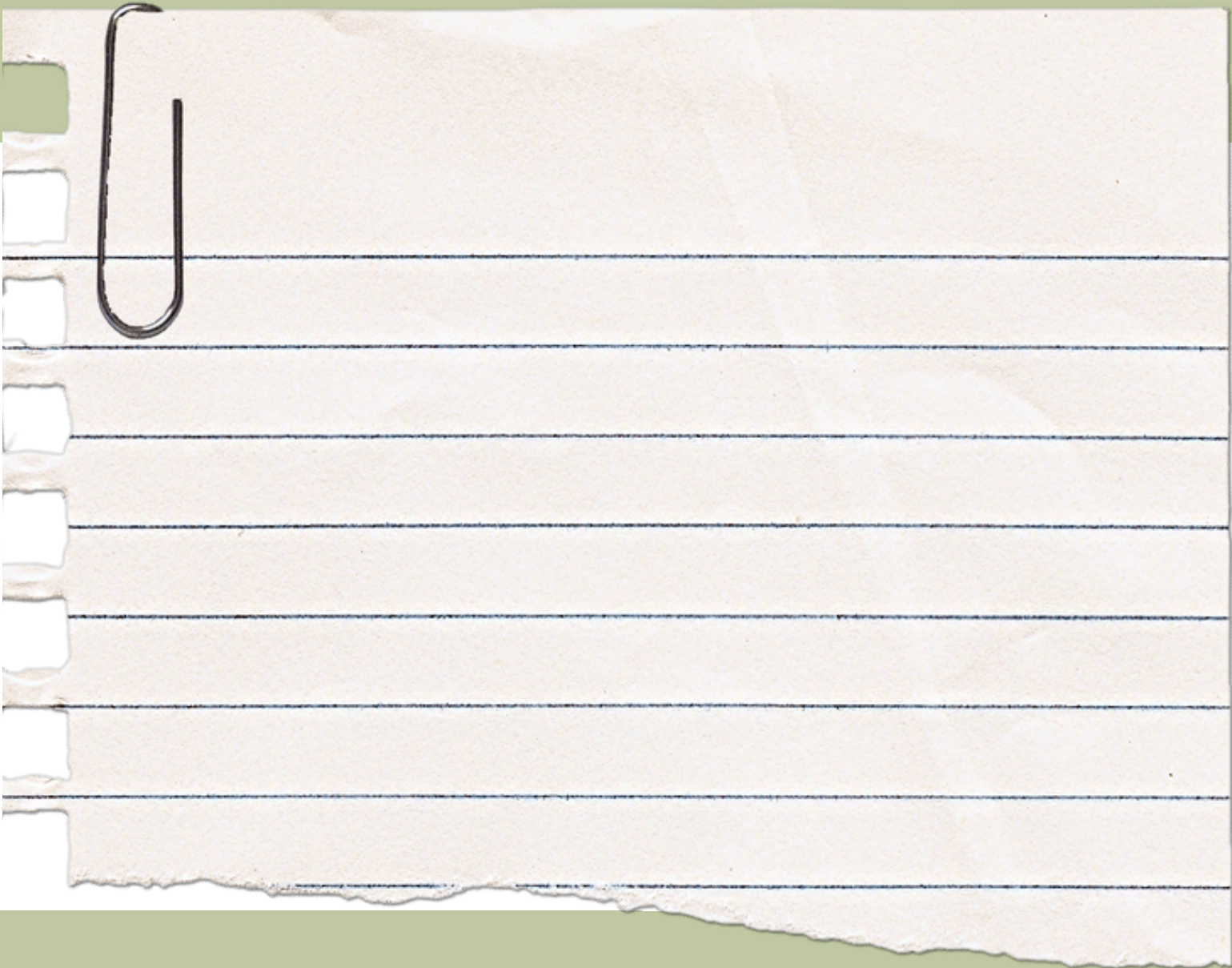


WHAT PART OF YOUR BODY FEELS
THE MOST DIS-EASE, OUT OF
ALIGNMENT, IN PAIN, FOGGED ETC?
AND WHICH CHAKRA DOES IT MOST
CLOSELY CORRELATE TO?



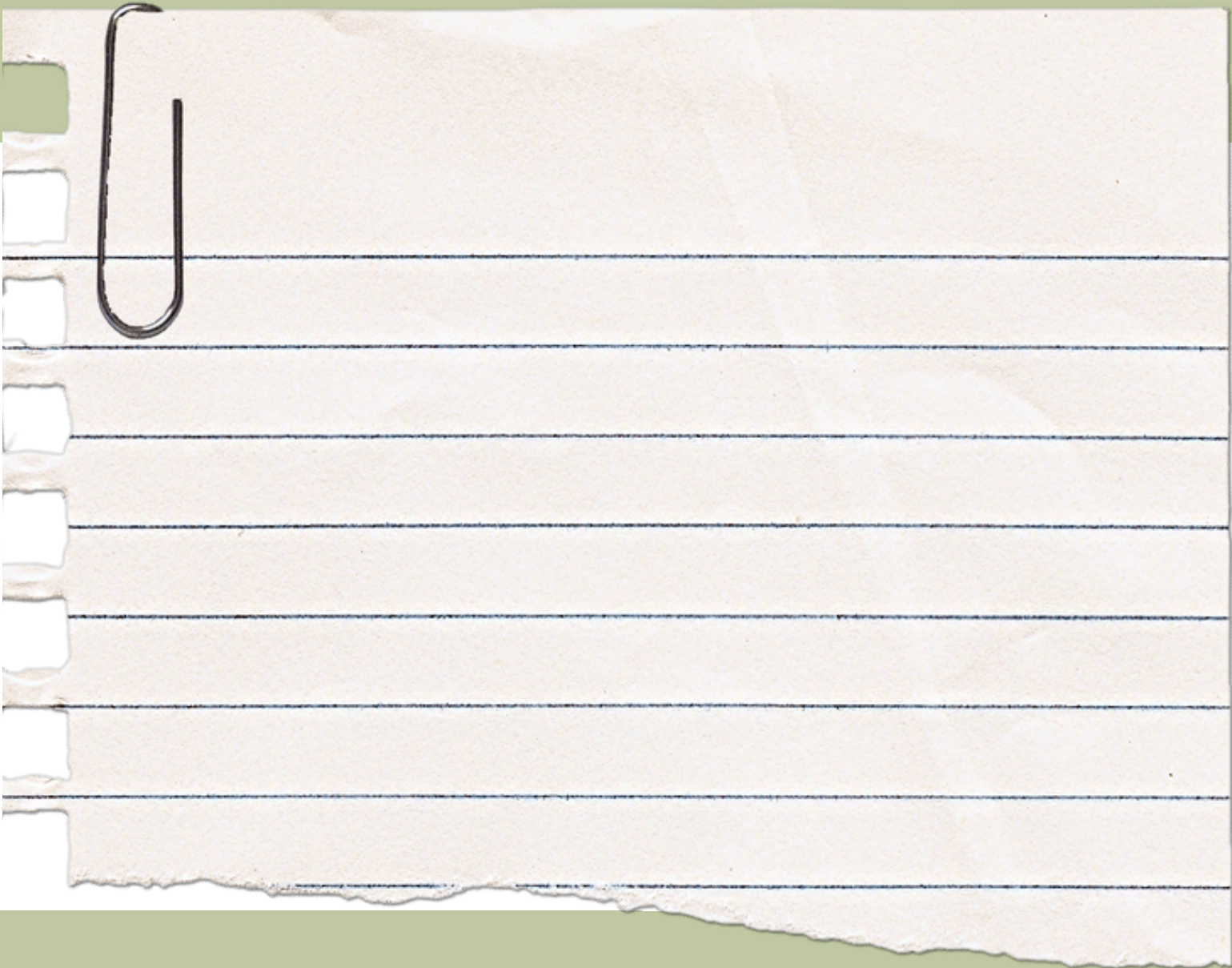


WITH YOUR NEW KNOWLEDGE OF
THE CHAKRAS AND THEIR
SHADOWS, CAN YOU THINK OF ANY
SHIFTS YOU'D LIKE TO MAKE TO
BRING THESE ISSUES INTO THE
LIGHT?





IS THERE A "SHADOW" OR
"ADDICTION" THAT REOCCURS IN
YOUR LIFE OR THE LIVES OF YOUR
LOVED ONES?





#2

GETTING INTO BALANCE

BREATHWORK

Before we settle into breathing together. Let's take a brief moment to ensure everyone is familiar with prana (your life force) and chi (your inner-g /inner-chi).

What is Prana? And how do I reconnect with it?

Prana is the breath of life, without it, there is no you! Prana is the subtle energy that runs throughout the body. Prana connects your "being" to your mind. There are several ways to reconnect with your life force: yoga, being in nature, meditation and of course breathwork. An easy reconnect method is to do what I call a Mind, Body, Breath Check In. To do this, notice your inhales and exhales. When you breathe in to fill up is your stomach and chest expanding or collapsing. In most cases, we have become so out of tune that we contract our bodies when we should be expanding and opening up to draw in more life force energy. To reconnect, take a pause and purposefully expand on your inhale and squeeze out on your exhale. If you are one of the lucky ones that had your breath and body connected already - you just took a moment out your day to tune into you. And that is never a bad thing! CONNECTION COMPLETE!!

What is Chi?

Chi is sometimes described similarly to prana, as it to is an energy that runs throughout the body; where they seem to differ is that PRANA is also described as POWER!! And the more you develop your breathwork practices and mind body connections - the more POWER you will have! It helps me to think of the breath as PRANA and the build up/blockage/suppression of energy (that feeling you can't quite name) as CHI!



GETTING INTO BALANCE

#2

BREATHWORK

What is Breathwork?

Breathwork refers to any type of breathing exercises where attention and consciousness are brought to the breath and conscious control and technique are applied to the breath.

This attention, focus and control improve a person's mental, emotional, and physical states, as well as, their spiritual wellbeing. It also has a therapeutic affect on their outlook on life. All these things work together to shift your INNER CHI.

How It Works?

*Breathwork helps to release and move CHI. Through this release, it breaks down stagnation around traumas, suppressed emotions and/or mental, physical and spiritual blocks. It also helps you connect back to your higher self. **Most important to me, with continued practice and removed blockages, it will allow you to hear guidance more clearly from source/divine/God.***

“

**FUN FACT:
WHEN YOU BREATHE, YOU
ELIMINATE 70% OF WASTE
FROM THE BODY IN THE FORM
OF GASES. WHAT A GREAT WAY
TO JUMP START A HEALTH OR
LIFE DETOX!!**

”



Let's Breathe Together

#2

Chapter 2 breath and flow breathwork

We are going to use SOUND in today's session to move energy and calm the mind. The sound "ahh" (like a long "A" sound), is a Healing Sound/Vibration used to release/move fear and anxiety. You will do this with your eyes closed. So review the following details then, close the eyes and drop in.

- Seated - Deep breath in, drop the shoulders, unclench the jaw and stack the spine*
- Bring one hand to heart and one to belly OR both hands to belly*
- Breath into your hands, feeling the chest and belly rise and fall*
- Start to slow the breath making your exhale a tad longer than your inhale*
- Now gently let your thoughts fall away. They won't stop, and stopping them isn't the objective. Just simply bring space between the thoughts. Don't trail them or add on to the them. Notice the thought and let it gently pass you by*
- Now as you breath in, take a slight pause before your exhale and when you breath out make the "ahhhhhh" sound for the entirety of the exhale*
- At the end of the exhale, pause. Then inhale slowly slowly slowly, pause. Exhale "ahhhhhh". Take a pause... and repeat. Your "ahhhhh" sound can be loud, soft, aggressive, shaky... let it be what it needs to. It'll vary each session and that's perfectly fine.*

If you are new to breathwork, do this practice for 1-3 mins, 1-2 times a day. This practice can be grown into 30 mins or more

***do not practice while operating heavy machinery or when full attention is needed on a task/person/event.*



#2

GETTING INTO BALANCE BREATHWORK

Box Breathing

This is a CLIENT FAVE!! It is wonderful for calming the nervous system and distracting the mind. Since this calms the mind in such an efficient way, it is used a lot for bringing people out of anxiety and panic attacks. Box breathing is really great for releasing stress and tension from the body! However great, do not start or stop anxiety and/or similar types medications without medical practitioner approval/consult/observation.

I conduct my box breathing method slightly different than the standard. In most cases, you count 4 x 4 x 4 x 4 creating your box. But when I conduct Box Breathing I start with a 4 count, and as the person reaches new levels of peace, I increase the number going up to a 6 count (or higher if applicable). I also have had people use a prop. Props are good to help refocus the mind away from the traumatic event or trigger. The prop is usually something that is thin and square/rectangle shaped (namely a napkin or paper towel). To use it: trace the edges with the finger tips as you take your counted breath. This is an excellent technique to pull the mind out of the abyss and back to the present moment. Let's Box Breathe together on the next page!



#2

GETTING INTO BALANCE

BREATHWORK

Box Breathing - HOW TO DO IT:

- 1. Sit in a chair or on the floor spine stacked, shoulders away from the ears. You can close the eyes if you like.*
- 2. Breathe in for a count of four*
- 3. HOLD for a count of four*
- 4. Breathe out for a count of four*
- 5. HOLD out for a count of four*

IN 2-3-4 HOLD 2-3-4 OUT 2-3-4 HOLD 2-3-4 Repeat

Continue to do this until you feel a shift in your perspective, thoughts, body sensations and/or emotions.



#2

Chapter 2 breath and flow breathwork

LEVELING UP Your Box Breathing:

You can add tracing a napkin or paper towel. All you need to do is hold the napkin between your thumb and pointer finger. As you breathe in for a count of four, draw your fingers along the edge of napkin, pulling it with the opposite hand. Pause on the corner for your hold. Then, breathe out rotating the napkin and drawing your fingers along the next edge for a count of four. Pause on the corner and repeat.

Bonus:

Once you have reached a "level of peace" at your four count, you can increase the count to five for a few rounds. Then to a count of six few a rounds. You can continue to count at your highest count of five or six until you are ready to relax into a few moments of stillness, meditation or prayer.

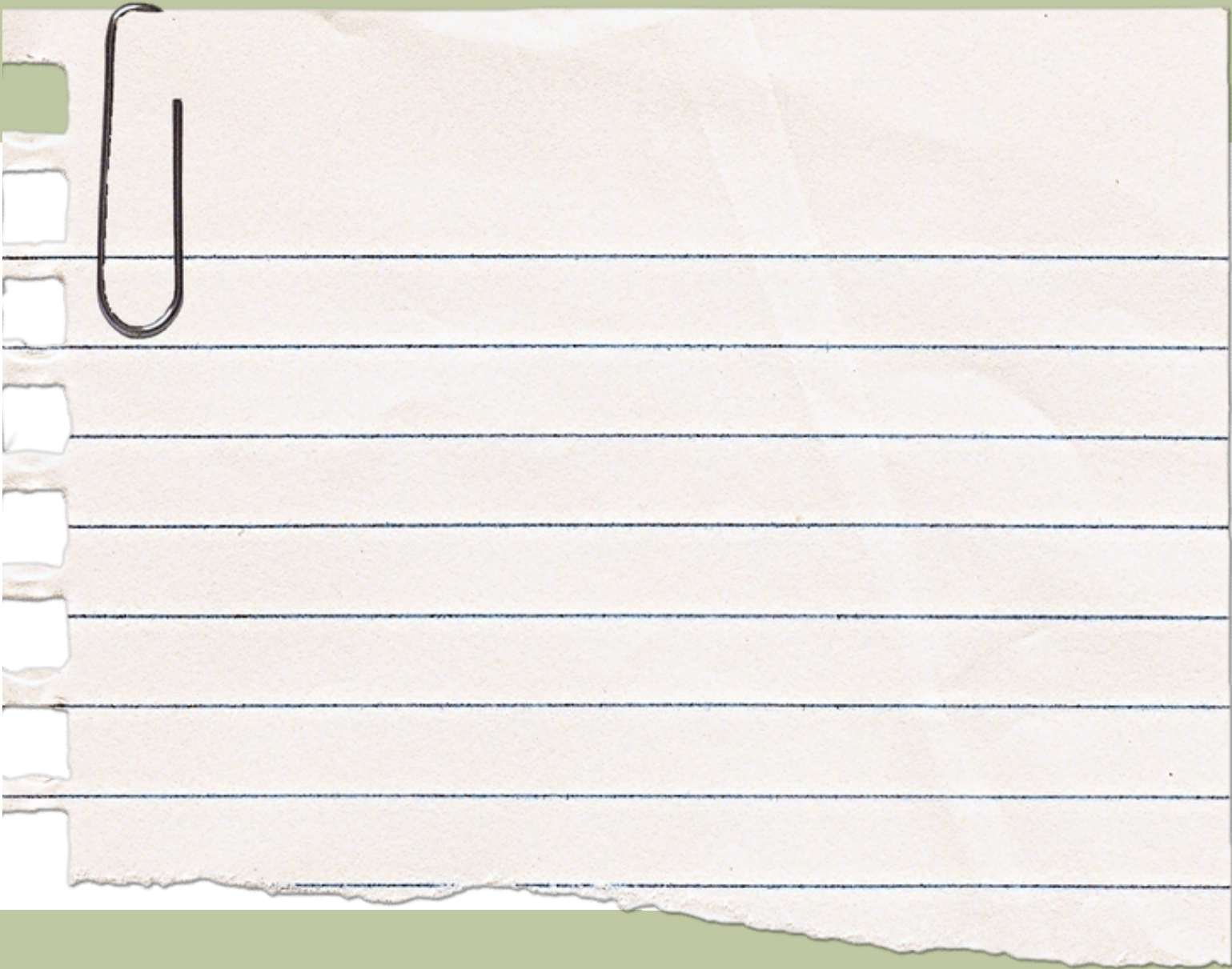
You can also take the count back down from a six count, into a five count, back to a four count and then relax into a few moments of stillness, meditation or prayer. I especially like taking the count back down!! For me, *if there are any lingering thoughts or feelings, having to think backwards takes my energy away from those thoughts and brings me back to the present moment.* Resulting in the calm we all seek...

INSOMNIA x BOX BREATHING:

This technique is also good 1) if you can't calm the thoughts for sleep, 2) if you can't seem to bring yourself into the present to meditate or 3) you need to focus in on a specific task and you keep getting the monkey mind syndrome. **Use box breathing to settle into the moment of NOW!!** When it is all said and done, all we have is now... not yesterday, not 5 years from now - JUST RIGHT NOW!

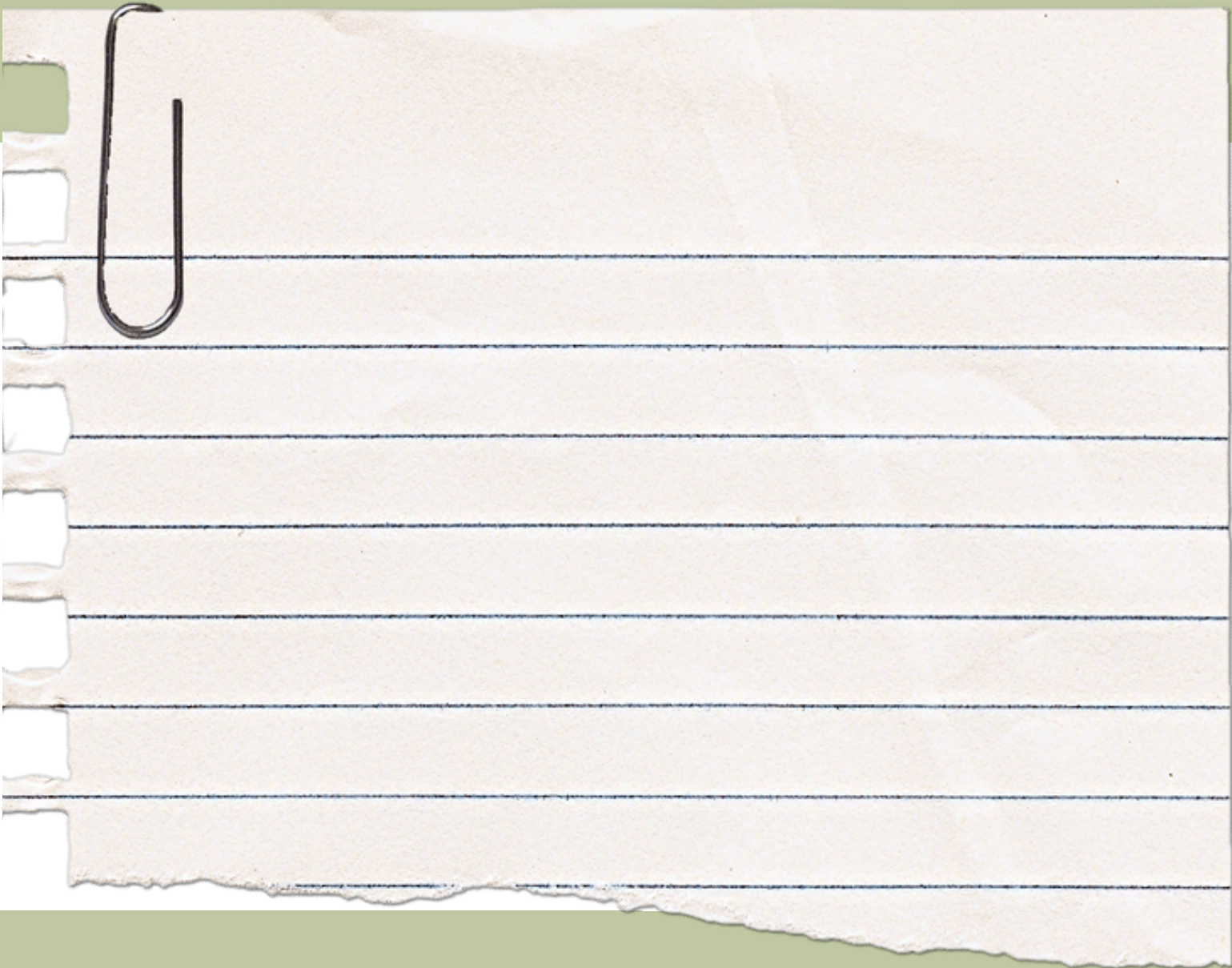


WHERE DOES THE BREATH TEND
GET STUCK IN YOUR BODY?



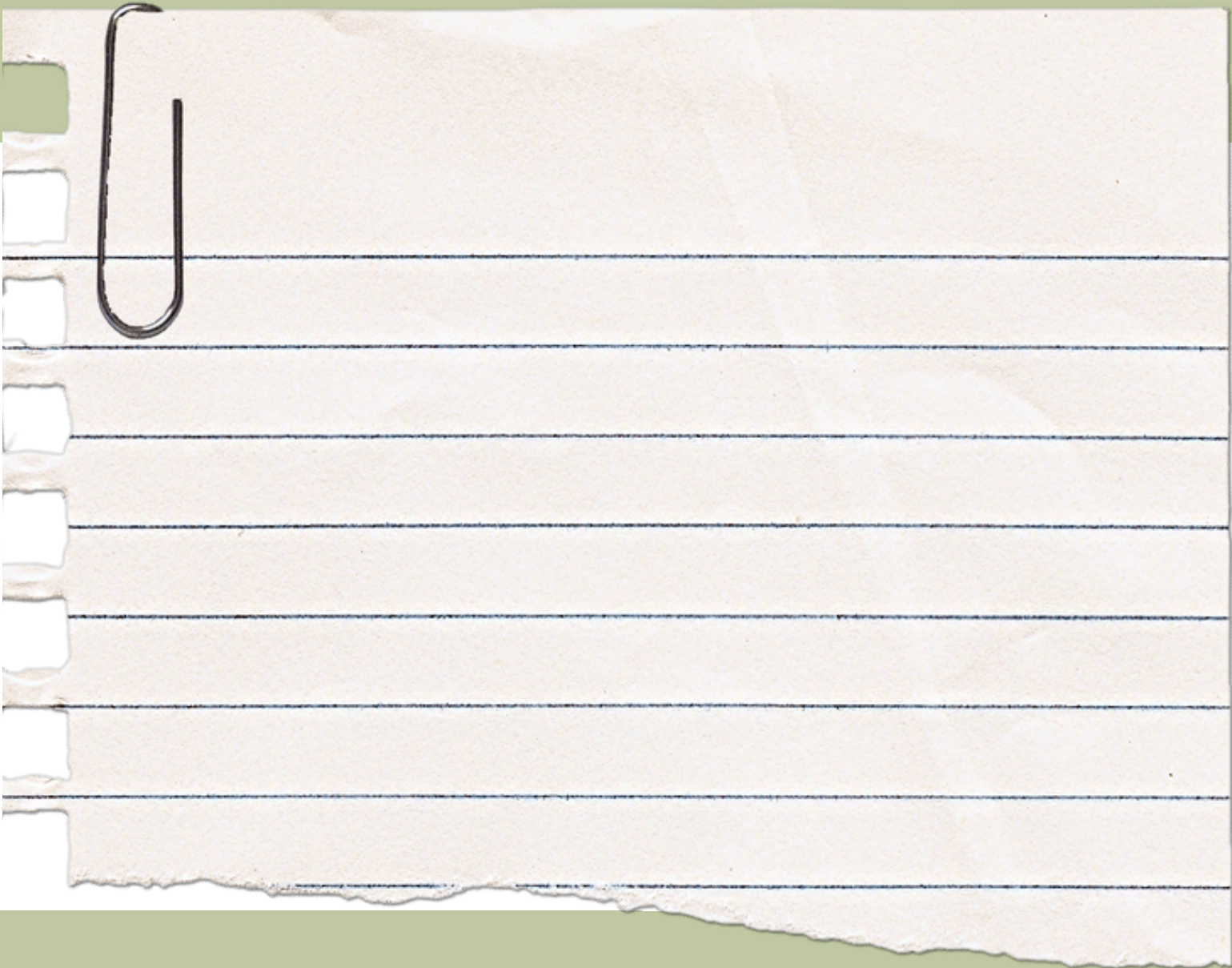


WHAT SENSATIONS CAME UP?
PAINS? TINGLES? PRESSURE?





DID ANY THOUGHTS OR MEMORIES
COME UP? IF SO, WHAT WERE
THEY? HOW CAN YOU WORK ON
FURTHER PROCESSING THESE
ENERGIES?





#2

Chapter 2 breath and flow flow with life

Suppressed emotions and unhealed wounds... as we have talked about breath, chakras and prana; there has been mention of triggers, emotions, traumas and the like. This work of wHolstic Healing brings those things more to the forefront to be dealt with! As an additional resource and tool to unlock and heal these hidden wounds, I would like to offer you my free UNRAVEL SELF LOVE CHALLENGE. If you have not completed it or it has been a while OR YOU DO NOT EVEN KNOW WTH I AM TALKING ABOUT :-)) I would definitely suggest that you take up that challenge now. My Unravel Self Love Challenge helps to clear out as many blocks and obstacles as possible. This aids in your journey forward being as successful and smooth as possible.

You can find The Unravel Self Love Challenge for FREE on my blog. Go to: www.janetgathers.com/bloggin You can also search "Unravel" from any page on my site to find all FOUR WEEKS of that magical unraveling journey.

Make this a wHOLISTIC journey by reaching goals and healing on all levels of your being. This can be achieved and sustained if you clean out all the cobb webs and dark corners and continue to keep them clean as you evolve and grow. It might not all be fun and games, but it is more than WORTH IT (and so are you)!

Stay Tuned for **The Unravel Self Love Challenge 2.0** expected to be released later this year, fingers crossed #Amen and #Namaste

If you need further assistance in your journey, I conduct Breathwork and Spiritual Coaching Sessions. Please contact me if you have questions.



#2

GETTING INTO BALANCE SELF CARE AND PRANA

When I am out of balance within my body and spirit I often rely on self care and remembering how blessed I truly am (ie gratitude). I am hoping that a similar process can assist you too. For that reason, I have included the upcoming pages.

*Use the **self care intentions** page to write reflections or ideas that align with you to improve various areas in your life. Maybe it is removing a habit or person, or maybe it is adding something small to your day that brings you joy. Remember, you get life bonus points if you SMILE ;-) I kid, but it doesn't hurt to add a SMILE.*

*Energy flows where attention goes. So flip your focus to things of a higher vibe to help you realign. Use the **gratitude tracker** to bring into your focus the good around you. No matter how bad you think it is, there is always a silver lining in the midst of the \$#!+, so look for it. And when you find it, whether it be big or small (the silver, not the \$#!+ lol), hold on to that image, energy and vibe. Fix your (mind's) eye on what is "unseen" 2 Corinthians, not the "seen" chaos around you!*

*Lastly, not all goals and gains are about improving aesthetics, getting more money or acquiring a bigger house. These achievements will fill your earthly environment with more "things", but not so often do they fill/feel your spirit and heart. Use the **goal tracker** to set goals that will improve how you feel as you move through the world and interact with it. That means many different things to different people. So, let your intuition lead the way. You could make goals for spiritual, emotional and/or mental improvements. Or maybe goals that make you feel more comfortable in your skin, mind or surroundings. If you have completed my **UNRAVEL SELF LOVE CHALLENGE**, use the obstacles that unraveled in your **Flower to Seed Exercise** as a roadmap on your goal tracker. All roads lead to your future improved states of existence. *Challenge details on page 29*

However you use these, make sure it is with a light heart, an open mind and no self judgement.

Self Care Intentions

Physical Self Care

Emotional Self Care

Spiritual Self Care

Intellectual Self Care

Social Self Care

Environmental Self Care

NOTES:

Daily

Gratitude Tracker

Today's Affirmation

3 Things I Am Grateful For Today

3 Good Things That Happened Today

What Are You "Goaling" Towards

Set Goals

Goal 1

Ideas

Goal 2

Ideas

Goal 3

Ideas

Goal 4

Ideas

CHAPTER 3

Chapter 3



Movement



#3

MOVING YOUR ENERGY YOGA FOR WHOLE HEALTH

Most people discount yoga unless it's a power flow class, heated to 102 degrees or you are standing on your head. But you can gain a lot of benefits from a simple vinyasa done in correct alignment, diligently and properly linked to your prana. I started my 100 lbs weight loss with a yoga dvd and outdoor walking. So I am always going to be partial to this art/exercise form (tbh).

We will be "perfecting" the Sun Salutation or Vinyasa. It's one of my fave parts of the yoga practice! SUN Salutes - it is just like it sounds! This series is designed to start to ignite the body, awaken the mind and unite the spirit with them both. After all, yoga means UNION! Sun Salutations are used as a WARM UP in most yoga classes but can be a FULL PRACTICE/WORKOUT all on its own. The salutations will start to build the heat and breath in the body. Sun Salutations also take the joints through their full range of motion. In a yoga class, we often need "connectors" or a set of poses to transition us from one pose or sequence to the next. Sun Salutations function as those connectors (usually called a vinyasa)!!



#3

MOVING YOUR ENERGY

YOGA

benefits of yoga

From my personal story alone, you can see that yoga has SO MANY BENEFITS. Let me share with you a few more: Increased flexibility, Quieted mind, Improved energy and health. It also drains the lymph system (the body's sewage system), Strengthens muscles, Improves bone health and Reduces weight to name a few.

what is yoga

Yoga is a discipline that was started by men in ancient India over 5000 years ago which includes physical postures, simple meditation and breath control. It is practiced for health and relaxation. Yoga IS NOT A RELIGION and is not tied to any religion. The word "yoga" itself means union. It is all about creating harmony between the mind and body through the breath and asana, through the physical postures.

Yoga can be broken down further into "The 5 Pillars of Yoga" which are: Breath (which is called Ujjayi), Gaze/Focus (which is called Drishti), Foundation (which is your core, feet and limbs), Tapas (which is the heat created via your breath) and Flow/Movement (which is the vinyasa and the "doing" of yoga).

We won't expand on all the pillars in this book, but I felt it good information to share. We will however learn more about the breath, ujjayi.



#3

Chapter 3 movement ujjayi

There is a breath in yoga called "ujjayi". This type of breath is from the diaphragm. It fills the lower belly first, then rises to the rib cage and lungs, then upper chest and lastly the throat. It is also creates tapas in our bodies, which we just learned is the heat!

Let's learn how to perform ujjayi breathing so that you can begin to connect your inhales and exhales as you move throughout your practice.

To help you learn this technique, I want you to hold this mental imagine in your mind. Imagine we are creating a breath that could fog up an imaginary mirror right in front of you! So picture breathing out onto a mirror creating a fog on the surface that you could write "I Love You" on. That I love you is to yourself. Xo - You. With this mental picture of a "fog creating breath", move to step one.

First: Seal your lips and start to breathe in and out through you nose

Second: Take an inhale and when you exhale, exhale through your nose while constricting the muscles in your throat in the same way you would constrict the throat to fog a mirror.

This may sound like a crazy feat. But let me explain. You know how you constrict your throat to engage your "whisper voice"? It is the same thing, but instead of speaking you will just breathe. Since your mouth is closed and your throat is constricted this breath should make a sound. It should sound kind of like the ocean or for my Star Wars folks, it will sound like Darth Vader. That ocean sound alone sounds relaxing, right and you haven't even done any moving yet?!

You can use this breath when you are practicing yoga or doing other exercise activities. It is also good when you are agitated or just plain nervous. So, carry this breath with you through your practice, as well as, throughout your daily life.



#3

Chapter 3 movement

learn the poses

Mountain | stand hips width apart -about two fists width- ground down through your feet, outer thigh bone spiraling in, slight tuck of the tailbone, draw navel towards spine, arms rested to the side with palms facing forward to start, lift hands and arms towards the sun, heart pulls to the heavens, chin slightly lifted. ENGAGED FROM FEET TO CROWN

High Plank | on hands and feet, stack shoulders over wrist, stack heels over toes, neutral neck, engage through the back and shoulder blades, push the floor away, think "cat" back but not as pronounced, pulled in through the core creating one long straight line of energy

Low Plank / Chaturunga | shift forward, draw elbows into side body, bend elbows back like a crickets, drop to the knees if you need, lower half way down, don't dip the shoulder (I generally do my first 3-5 chaturungas on my knees to get warmed up)

Up Dog | legs out long, ground down through the tops of the feet, engage the thighs and glutes, draw the navel in, don't dump weight into your lower back, press through the palms and tops of the feet (push the ground away), chest and heart reach towards the sky, lift chin

Down Dog | roll over the toes to the balls of the feet, press through the balls of the feet and the palms, send the hips to the sky, shoulders roll away from the ears, ground down through the palms, grip the floor, no crease in wrist, pull your chest back towards your thighs, gaze towards knees, navel or thighs - whatever feels best on your neck. *Down Dog is your first "inversion" or sampling of a head/handstand, so get that form right. It will benefit you as you grow your practice.

I will explain how to link these movements to your ujjayi breath on the following page. Add your Vinyasa to a workout or make it its own workout. For Beginner's: If adding to a work out, do 3-5. If doing it as a stand alone workout, do 5-10. Intermediate and Advanced yogis expand rounds as per your need.

For information on group, private and couple's yoga, meditation and breathwork, please contact me.



#3

vinyasa

Chapter 3 movement

INHALE—tall mountain

EXHALE—forward fold (roll down spine)

INHALE-half way lift (press palms in shins)

EXHALE—high plank

EXHALE cont'd- low plank/chatarunga

INHALE- up dog

EXHALE- down dog

****take an inhale in down dog, on your exhale look forward and step or lightly hop to the top of your mat. Inhale and REPEAT***



#3

LET'S SEE, WHERE YOU AT? FITNESS TESTING PROTOCOLS

Let's see where you are at!! This fitness test isn't just for those that are trying to lose weight. This fitness test is design to track your progress and base lines in terms of increased endurance, ROM (range of motion) and flexibility. For that reason, it is a good test for all us humans no matter our current goal. Even if there is no "goal", it is definitely a great idea to keep an eye on our "homeostasis" point as we age. This ensures that if something needs to be addressed, we "catch it" before it "catches us" ;-) Can I get an "AMEN!"?

The selected exercises are not particularly hard (this is not meant to be a boot camp), but instead chosen for a particular reason. These exercises use the body in a way that many aspects can be evaluated at once. I love a good ol' multitask.

If you are on a journey of change - It is suggested to retest these exercises every 4-6 weeks for optimal tracking of progressions and changes. If you are testing to simply keep up with where your body is as you navigate through life - It is then suggested to retest a few times a year. I prefer to do it with the season changes, as it is easy to remember.

ALWAYS, Warm up and stretch thoroughly before starting this test or any exercise protocol. Each exercise is to be completed on a ONE MINUTE TIMER (unless otherwise noted). In the space provided (on the next page), note the quantity completed, as well as , any important details (ie breaks needed, flexibility improvements, changes in form/modification etc).

FITNESS TEST

Exercise	Qty/Time Completed && Notes
Burpees	
Crunches	
Jumping Jacks	
Push Ups	
Squats	
Plank	
Dips	
Wall Sit	
Bike Crunches	
Donkey Kicks	
Twists	
High Kness	

Planks and Wall Sits are to be done with a stop watch, noting how long you can hold the position. Donkey Kicks are to be done for 30 secs per leg.



#3

REACHING YOUR BODY GOALS

For those that are looking to reach aesthetic goals, whether that be dropping weight, filling out your biceps, gaining muscle or the other myriad of ways we can shape our human form; you'll need (or should I say it will be helpful to have) a road map!

*On the next page you will find a **fitness tracker**. You can use this to log new workouts and exercise experiences, track your weight and sizes, notate your moods etc.*

PLEASE NOTE: Tracking is not suggested for all people. We are all at different stages of life and healing. For that reason, a deep dive into food, nutrition and fitness tracking will be detailed in the following chapter "Meals and Food". If you are triggered by tracking, please feel free to move ahead.

The two journal pages following the tracker allow space and opportunity for you to be totally honest with yourself about what changes you are working towards in regards to your health and body as well as reminders about the things that are already to your satisfaction.

REMEMBER: Never get so caught up "making yourself better", that you forget that you are already PERFECT!

You were born that way, BABY!!

Ok, enough with the mushies XoXo :-)

FITNESS

Goals

Date: / /

Exercise / Activity	
_____	_____
_____	_____
_____	_____
_____	_____

	Start	Goals
Chest		
Arm		
Waist		
Hips		
Thigh		
Calf		
Weight		

Motivation

Notes

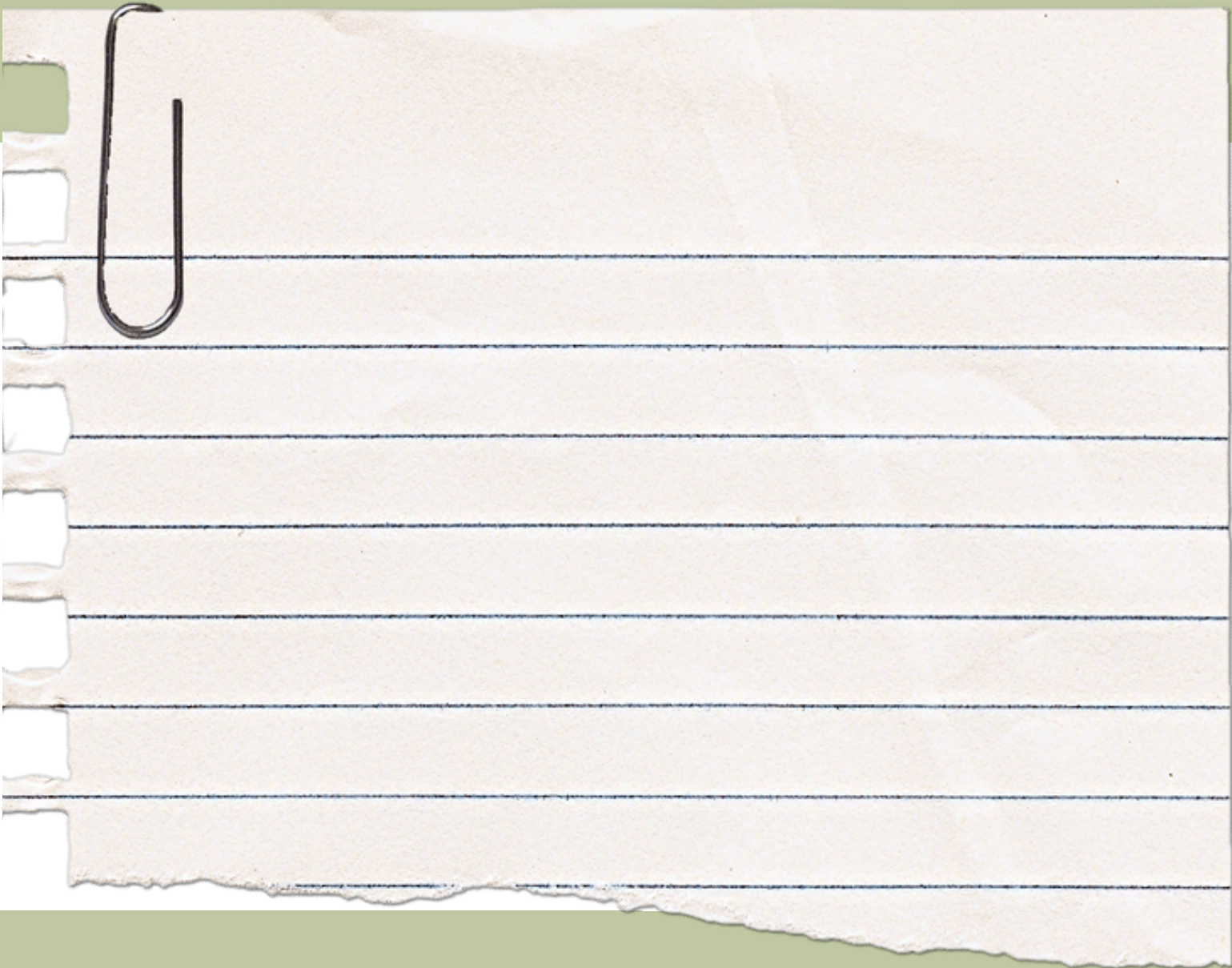


WHAT ARE 5 THINGS I LIKE ABOUT MY BODY & HEALTH

A sheet of lined paper with a metal paperclip on the left side, intended for writing. The paper has horizontal blue lines and a decorative, torn-edge bottom. The paper is placed on a light green background.



WHAT ARE 5 THINGS I WOULD
RATHER CHANGE OR ENHANCE IN
REGARDS TO MY BODY & HEALTH





NOTES

CHAPTER 4

Chapter 4



Meals and Food



#4

Chapter 4 meals and food

In this chapter, you will find various ideas for meals that fall into most guidelines for a healthier way to nourish your body. Via this info you can tailor your meals to fit your caloric needs and eating preferences. The idea is NOT to be on a diet, but to create a sustainable LIFESTYLE.

Keep in mind, not everyone is accustomed to (nor prefers to) eat 3 “square meals” a day and 2 snacks. Honor your own preferences and schedule. Tailor your eating habits to fit your lifestyle while ALSO keeping in mind whatever goal you are currently working towards. You need enough calories to support your workouts, daily activities and bodily functions. This is applicable whether you are looking to lose fat, gain muscle or maintain. Also, if you are on a medical/illness healing journey, you need to be sure you are nourishing in such a way that it lends support to your cells and spirit; as opposed to continuing to feed it things that grow dis-ease and misalignment within the body and mind.

If you are undereating it HALTS weight loss because your body thinks it is STARVING. On the other side of the same token, overeating HALTS weight loss as well because of course the excess calories are stored as fat! If you are looking to build muscle and aren't getting the correct macros in, again your efforts won't give you the results you are seeking. Lastly, if you are eating things that cause inflammation or allergy, or are out of alignment with your vessel; you will begin to cause dis-ease within the body. All things considered, what we put in our mouths (keep it clean folks - lol) is very important and should be taken more seriously!!

*For my folks on a weight loss journey ... **YOU CAN'T OUT EXERCISE A BAD DIET. IT IS JUST NOT POSSIBLE.** So do the work on BOTH ENDS (in the kitchen and gym)!! This means not over eating or under eating because both will impede your efforts.*

It should also be noted that individual medical history, age, emotional suppressions etc play a part in eating towards your goal (and what may be hindering you from achieving your goal) and should be considered when creating a healthful lifestyle.

If you need assistance with your eating habits and modifications to your lifestyle to reach your goals, please contact me.

Please also be advised that GatHouse Fitness / Janet Gathers is not a registered dietician or nutritionist. A physician or nutritionist should be consulted before beginning a new diet and/or exercise routine. This is to serve as an example.

“

FUN FACT:

CARBS ARE YOUR BODY'S FIRST CHOICE OF FUEL. CARBS ARE ESSENTIAL TO ATHLETES AND INDIVIDUALS. THEY ALSO ASSIST IN BALANCING BRAIN CHEMICALS. THIS IS WHY YOU LOSE YOUR \$#!+ ON A LOW CARB DIET. YOUR MOOD IS UNSTABLE AND YOUR BLOOD SUGAR IS LOW!!

”

DAY 1

Meal Ideas

BREAKFAST

southwestern tofu scramble in a spinach tortilla wrap with side of fruit

SNACK

favorite veggie and a fun dipping sauce of choice

LUNCH

dark mixed greens salad, topped with lots of veggies, lean protein, nuts, natural dried fruit and a vinegar based dressing

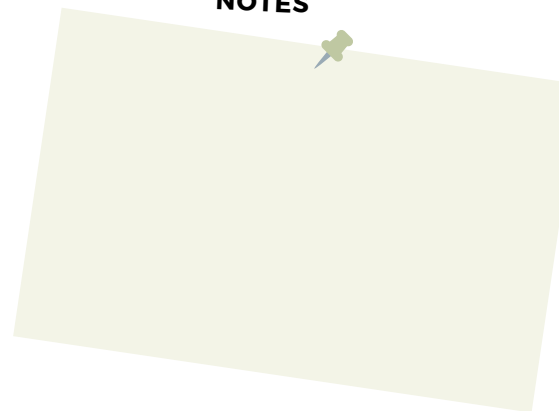
SNACK

yogurt with diced fruit and your fave nut topping

DINNER

buddha bowl, pick a grain and load the bottom, add your fave protein, add avocado, beans, roasted veggies and a peanut or tahini dressing

NOTES



DAY 2 Meal Ideas

BREAKFAST

english muffin with a drizzle of agave, honey or topped with no sugar added jelly/preserves + egg whites/tofu egg

SNACK

fresh pressed fruit juice

LUNCH

mile high sammich, sliced roasted meat or veggie deli slices, romaine, tomato, avocado, whole grain mustard, on grilled sourdough with a side of fruit

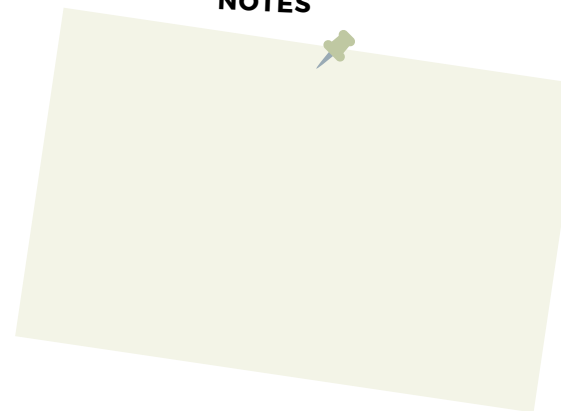
SNACK

granola

DINNER

veggie + fave lean protein stir fry over long grain rice or quinoa with a teriyaki or hoisin dressing

NOTES



DAY 3 Meal Ideas

BREAKFAST

smoothie or smoothie bowl made with protein powder, fruit, water or nut mylk. add to bowl and top with fruit and granola + diced fruit for a more filling meal

SNACK

nut, fruit and grain trail mix blend

LUNCH

soup and salad, or salad and sammich, or soup and sammich or maybe a portion of all three

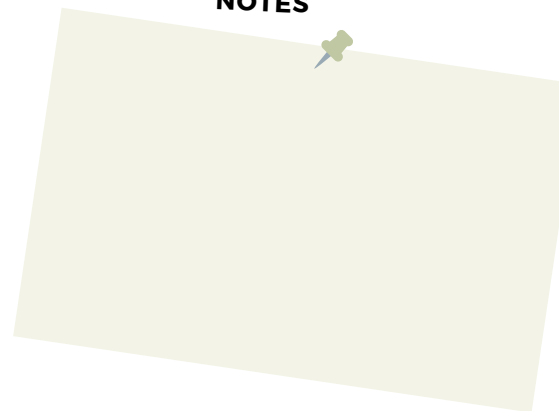
SNACK

sliced dates and apples with a small piece of dark chocolate

DINNER

diy bagel or tortilla pizza(s), topped with your fave sauce, veggies, lean protein and healthful condiments add a side salad or sweet potato

NOTES



“

FUN FACT:

FAT IS ESSENTIAL TO BALANCING
A WOMAN'S HORMONES AND
CYCLE, AS WELL AS, KEEPING A
STABLE IMMUNE SYSTEM, VIBRANT
HAIR, SKIN AND NAILS AND A GOOD
VITAMIN/MINERAL BALANCE.

”



#4

MEALS AND FOOD

An easy way to think about your calorie intake is to have a moderate amount of HEALTHY FAT, limit the PROCESSED SUGAR, and a good amount of CLEAN PROTEIN and WHOLE CARBS (not processed). Then add in lots of veggies and a good balance of fruit. In my work, I have found that it is not sustainable for us humans to REMOVE a full MACRO GROUP (Carbs, Protein and/or Fat) from our diet. This is why most habitually fall off the wagon or have binge cycles while doing diets like Akins or Keto etc. But to each their own! BUT ALSO, the root word of DIET is DIE! This is why I preach LIFEstyle instead.

You have to look at your body as a science experiment. Depending on your body type, how your body processes certain nutrients, outside factors like meds, climate and allergies etc; what you need and how you need it is going to be different from the next person. And what you require calorically today may differ from what you need in just 45 days. It will also change with the seasons, stress levels, daily activity expenditures, goal changes etc. So stay aware about how what you choose to feed yourself makes you feel, emotionally as well as satiety wise. Also, be aware of how the things you consume help or hinder your goals or maintenance.

You can use my provided meal ideas to create any healthy meals/snacks. My general rule of thumb for a meal is mostly whole carb, lots of veggie and add a protein and sensible sauce. However, in 2010 I ate low carbs. There was a year that I ate low protein. None of these is better or worse than the other, AS LONG as your body is still functioning at optimal levels, you still FEEL GOOD and the food is assisting in achieving or maintain your overall goal.

Lastly, ALWAYS REMEMBER PORTION SIZES and READ THE NUTRITION LABELS/INGREDIENTS. I can't tell you how many clients thought they are eating something healthful and it was basically a trash dessert or equivalent to a deep fried Oreo LOL. Or how many people are eating way too big or small a portion. Always ask a professional if you are unsure about something! This is just a guide.



#4

MEALS AND FOOD

TRACKING WEIGHT, FOOD AND HEALTH CHANGES:

FOOD AND/OR WEIGHT TRACKING IS NOT SUGGESTED FOR THOSE STRUGGLING WITH OR RECOVERING FROM FOOD/EATING/BODY DISORDERS, UNLESS PROFESSIONALLY RECOMMENDED TO DO SO.

Even for those not battling these issues, tracking is not something I would suggest doing for a long period of time. In short time periods, or in goal focused arenas - tracking is a good tool to see exactly what you are putting into your body, how it affects you, and if it really is as macro friendly and/or healthy/helpful as you think it is. Tracking is also great to see if you are getting enough nutrients to fuel your journey. Simply put - It is a tool to periodically check in with, just like a fitness test or a scale ;-)

The scale... let's speak on it for those that tie their success to it! The scale literally JUST MEASURES your gravitational pull on the atmosphere. It doesn't know the intricacies of your particular journey. Are you bloated? Have you exchanged fat for muscle? Are you inflamed? It knows nothing beside your pull on the earth. So, the scale can not be the END ALL BE ALL indicator of your success on your health journey. Be consistent and it will all come together in the end!! Pay attention to ALL THE THINGS that are changing on your journey. Is your skin glowing? Do you have more energy? How do your clothes fit? Have your food cravings improved? Are your workouts better? Has your endurance improved? Has your sex drive improved?

Use all your senses and surroundings to measure your progress/maintenance. Also, keep in mind that what you have going on internally (emotionally, mentally, energetically, spiritually) also contributes largely to our success and roadblocks. These roadblocks are often suppressed emotions, unhealed traumas, off balance hormones/chemicals, life stressors etc. Emotional Baggage is REAL. I have had someone break up with their partner and LITERALLY jump on the scale and the 10 lbs they had been battling with for months suddenly GONE!! No Joke!!

FOR THOSE THAT SHOULD NOT TRACK food or weight- TRY THIS!! Look into mood or habit trackers. You can use those tools to monitor your journey, focusing on markers that aren't triggering.

Daily Meal

Planner

Date:

Breakfast

Lunch

Dinner

Snack

Shopping List:

MEAL PLAN

Meal Plan

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

S M T W T F S

Date: _____

FOOD DIARY

MEAL	TIME	WATER	VITAMINS
Breakfast:			
Lunch:			
Dinner:			
Snacks:			



#4

MEALS AND FOOD

A bit on portion sizes: Just like what to eat is a sliding scale per the person, their goals and their outside factors. So are portions. However, the national suggested portion sizes and portioning on the food package is a good place to start to see if what is suggested, what you consume and where you are in your health and weight journey all align. Food tracking is a great way to see over time what affects your goals and moods and in what ways. But this doesn't have to be an "involved" mathematical adventure if you just want to "become more aware" of your portion sizing and their affects. If this is the case, you can make a mental note "I usually eat this amount but I am still hungry" or "when I eat this amount I feel fine, but if I eat this amount I feel bloated and sleepy" etc. Remember, we are forever an experiment. Observe, ask questions, set a hypothesis, choose your method of goal accomplishment and then note results. If you feel good and you are obtaining your goals: Rinse and Repeat. If you feel out of whack and/or you goals still seem to allude you: Rinse, Reevaluate and Run New Experiment!



#4

MEALS AND FOOD: portions

Veggies, fruit, pasta or grain - 1 cup

Protein - Palm Size approx 3 ounces

Nuts or dried fruit - Cupped Handful approx 1 ounce

*Chips, popcorn or pretzels - 2 Cupped Handfuls approx 1
Ounces*

Oil, butter, sugar or mayo - Thumb Nail Size approx 1 tsp

How does your plate stack up??

Portions as suggested by the remake my plate organization

“

FUN FACT:

It takes a 3500 calories deficit to lose JUST ONE POUND. So make wise food and beverage decisions, while also getting consistent movement of body and chi to create a caloric deficit that drops pounds.

”

“

FUN FACT:

A traditional cheeseburger is approximately 550 calories. It takes running 5 miles to burn 500 calories. As you can see, it takes more effort to burn off what we consume than what one may seem to think. Make it a wHolistic journey: Mind, Body, Spirit, Food and Movement!

”



#4

Chapter 4 meals and food fasting

What is fasting?

Simply put, traditional fasting is refraining from eating and/or drinking for a designated amount of time. There are several types of fasts: water, juice, liquid, dry, intermittent ETC. In this intention fasting is used to remove the habit/addiction of eating/food which are used to suppress your thoughts and emotions and/or aid in weight or health management.

More non-traditionally, you can also fast from people, media, activities and much more. Anything that we take in via our senses, we "consume". You are consuming the information of this eBook right now. For that reason you can refrain from consuming a thing to refocus your energies. This assists in realigning and unblocking your mind, body and spirit. Fasting was (and remains) an essential part of my wHolistic journey.

FOOD FOR THOUGHT: What are you "feeding" your soul? What is "eating" at you? What thoughts "consume" your mind?

I have used fasting to realign my spirit as well as to aid in my health and weight efforts. Fasting is a multifaceted tool and honestly needs more time and space than I can give it in the context of this book. BUT I am not going to leave you hanging like that! On the next page is a little more fasting information for you to "chew on". Are my jokes getting better or worse...? anyways ONWARD to some key benefits about fasting.



#4

Chapter 4 meals and food fasting

How fasting helps to ignite your SUPER POWERS! Fasting:

-Brings to the surface addictions and self sabotaging behaviors that oppose your will power

-Increases the release of dopamine, the happy chemical, and a host of other hormones and chemicals in the brain/body that reduce depression, anxiety, cognitive disorders and more

-Eases the Rest and Digest Cycle, bringing you into pure REST

-Decreases the chatter in the mind so you can finally hear guidance from Divine

-Improves quality of sleep and decreases the amount needed

-Increases restoration and productivity by spending less time planning, prepping, cooking and consuming

-Helps to stabilize your emotions and release negative emotional patterns

-Increases lightness in the body by switching to digesting fat stores vs carbs/sugar which also BOOSTS energy levels

-Removes consciousness blocks which improves inspiration, meditation, prayers, memory, comprehension, focus, patience and creativity

-Sharpens the 5 senses making normal tasks more enjoyable

-Expedites healing/recovery responses getting you back to high vibe states faster

-Decreases inflammation

-Aids in maintaining a healthy weight

-Increases the ability to more easily connect with your intuitive and spiritual gifts

-Is a great way to commune with and create a personal relationship with the Divine

***As always consult your doctor and/or nutritionist before starting a new exercise or diet regimen and/or changing your exercise or eating habits.*



#4

Chapter 4 meals and food

Meatless Mondays

6 Reasons to Try Out Meatless Monday:

1. It can help you live longer
2. It can help you lose weight/maintain weight loss
3. Helps you start the week off on a “healthy” foot
4. It’s good for your heart
5. It decreases your environmental footprint
6. It can help you save on your grocery bill

As someone who has been vegan for 5+ years now, I deeply align with and can vouch for how a plant based lifestyle can improve many facets of your life. However, it can be said that you don’t have to be vegan to lead a healthful life. But I think we could all agree that eating less animal products and more plants is overall a great decision to improve health and extend life span!! Maybe you do that on MONDAYS ;-)



#4

Chapter 4 meals and food

Detoxing for Health

what is a detox

A detox is the removal of toxicity from your being. The body sends most of its detox load to the liver. For that reason, whatever detox protocol you take on needs to take special care of the organ doing all the work, your liver! The other organs that lend a helping hand in detoxing efforts are your skin, kidneys, lungs and digestive system. This is why when carrying out a detox your skin may break out, you may become congested, get an upset stomach etc. It's the nature of the beast essentially. Detoxing more consistently over time will reduce the toxic load on your body, greatly reducing the chance of adverse side effects. So it is good to detox as maintenance, instead of waiting until issues are presenting themselves.

how to detox safely

I think it goes without saying that if you are unfamiliar with and/or need guidance with setting up a detox protocol for yourself, that you should consult a PRO. Outside of that, the safest way to do a detox is SLOWLY and PROGRESSIVELY. There is no need to do everything at once. It might sound like a faster route to your end destination. But we humans have DECADES of toxins built up within us. **Do you think it wise to have them all release at once?** YIKES! In my best HOV "Izzo" paraphrase "I went through dat, so hopefully you won't have to go through that!" **No Copyright intended** I unsubscribe to that idea. This is not a good place to apply 0-100 mentalities! When it comes to detoxing "Slow as you go, like driving on black ice."

***As always consult your doctor and/or nutritionist before starting a new exercise or diet regimen or changing your exercise or eating habits.*



#4

Chapter 4 meals and food

Detoxing for Health

Here is an Easy Detox Framework to Jump Start your journey:

Remove these foods from your diet for a period of time beneficial to your desired goals. Eggs, Dairy, Wheat Gluten, Canola, Corn, Soy, Pork, Tuna, Swordfish, Bass, Tilapia, Antibiotic Meats and Sugar/Syrup.

Some added bonuses:

Start your day with Warm Lemon Water, An Herbal Tea and a Green Juice. Pure Celery Juice is HIGHLY detoxing. Feel free to use a "clean" brand green powder if you don't own a juicer or want to save time. End your day with either Warm Lemon Water or an Herbal Tea. If you're still hungry after your last meal, eat another round of veggies and/or increase your fluid intake. Also note, it is helpful to reduce your fat intake significantly and aim to hold off on consuming fat until your lunchtime. Your workouts and energy expenditure should also be reduced/modified during this cleansing and restorative time. The same can be said for fasting, in regards to reduced activity!

I have constructed many detox plans for myself and others via life experience and deep research. I would suggest you take the time and deepen your knowledge on this subject too. Start Here: The Medical Medium, Gerson Therapy, The China Study and Blue Zone Diets. These pros helped me develop knowledge into the true causes of the majority of my ails and dis-ease that occur frequently in those around me. I would definitely suggest you take the time to dive into such studies to improve not only your life but the generations that follow you. I OFFER YOU THIS - alot of things that populations think are heredity or cultural are only so because generation after generation have made the same decisions and created the same patterns/habit. Nothing changes, if nothing changes! You can be the one who changes the tides of health and dis-ease in your entire bloodline!! As the sayings go, the definition of insanity is doing the same thing over and over again, expecting a different result. Be the change you want to see in your family and in your world!!



NOTES

CHAPTER 5

Chapter 5



More Tools



#5

DON'T SABOTAGE YOUR EFFORTS

Self sabotage has been a reoccurring cycle in my life and the lives of many of my clients. It is a sneaky lil shadow that doesn't always present itself in the ways you might think. When most think of self sabotage they imagine, for example, someone saying they want to stop smoking but still buying the cigarettes and in turn continuing to smoke. Of course, that is a form of self sabotage. But if you are like me, I am not going to OUT RIGHT self sabotage my efforts. My ego wouldn't allow it. My self sabotage is more of a SNEAK ATTACK. I've never been a smoker but I will use smoking as an example of how my EGO would "sneak attack" me in such a situation.

EXAMPLE: Me saying I want to stop smoking, not buying the cigarettes (because DUH no smoking), but still engaging in all the activities that always lead to me smoking. Or being around the people that aren't in alignment with me quitting smoking. This is not to say that I will never engage in these activities again, or that I have to "quit" my friends along with the cigarettes. But I do need to get myself to a mental place where being in the same space with the cigarettes and/or the things that lead to the use of them, is no longer a trigger for me. This approach is highly recommended!! This could look and play out many different ways and usually takes several attempts.

Having to try again is not FAILING, not trying again is though.

*As the late great Aaliyah said "If at first you don't succeed, dust yaself off and try again, try again, try again." *No copyright intended* And if you didn't sing along, we are no longer friends!! lol*



#5

DON'T SABOTAGE YOUR EFFORTS

The year I lost 100 lbs (2010-11), I missed EVERY BBQ and GATHERING. Why? Because I knew if I went, even if I took my healthy choices with me or ate before I went; that I would indulge in all the things that would sabotage my efforts. Since I was addicted and in deep trauma patterns I didn't know I was using food to suppress. So, I wouldn't eat a SMALL something; I would eat ALL THE SOMETHINGS!! Like enough calories for a linebacker! I wasn't in control yet and I was honest enough with myself to act accordingly. You have to be honest with yourself too! Always put yourself in a place to succeed. Those around you will understand, and if they don't - then you have quickly figured out what weeds to remove from the "garden" of your life. When food was no longer an addiction for me, I then reintroduced myself to those spaces with little to no worries of back sliding.

This same principle can be applied to any trigger and/or addiction: a toxic person, food, sex, alcohol, a toxic job, social media and the list goes on!!

Hold yourself accountable. Are you eating too little to maintain your weight or gain muscles and curves? Are you surrounded by people that tear down your spirit? Are you eating too much to decrease your fat accumulation? Maybe you keep a cluttered environment, reflecting the clutter within yourself... Maybe you think you are eating less sugar than you are... Maybe you eat when you are actually dehydrated...

Take some time to self reflect. Get introspective, get honest and GET RAW!

HELP YOU, HELP YOU.

Don't set yourself up for failure. We have enough challenges to face outside of ourselves, let's not add to the pile. Study yourself, be honest and give yourself the space and grace you need to have as easy a journey as possible. That may mean changing activities, thoughts, people and/or food OR MORE.

Whatever it is, DO IT FOR YOU!! You are worth it. You first ALWAYS.



#5

Chapter 5 more tools self sabotage

You might think to yourself that there is no way on God's green earth that you would SET YOUR OWN SELF UP to fail! But you would be surprised. Wounds, trauma, the inner child and ego have a way, if unchecked, of GETTING THEIR WAY! They like comfort and "sameness", it makes "their" world seem safer. So the sabotage may not look like the scene you have played out in your mind.

This is what a SNEAK ATTACK might look like:

- *Negative self talk*
- *Creating unneeded challenges that make it harder to reach your goal*
- *Interacting with people and things that make it easier for you to get off the path of your goal*
- *Doing things that lower your self esteem instead of add to your self love*
- *People pleasing*
- *Putting yourself last so you don't have time, energy and space to pour into reaching your goal*
- *Neglecting your health and/or engaging in depressive behaviors*
- *Not finding something new to fill the time/space of your old trigger or habit*
- *Always finding something to complain or be annoyed about*
- *Perfectionism or "not good enough" syndrome*
- *Not creating a support system (whether it's people, virtual or reference books etc) to go to (and find comfort/safety in) when things get rough*

In my work, I have found that 1) Putting Yourself Last, 2) Not Finding Replacement Activities/Associates and 3) Not Having A Support Systems to be the top 3 causes of sabotage.

Are you Self Sabotaging? Is it listed here or do you have another go to sabotage method?

In what ways can you start to correct these habits going forward?

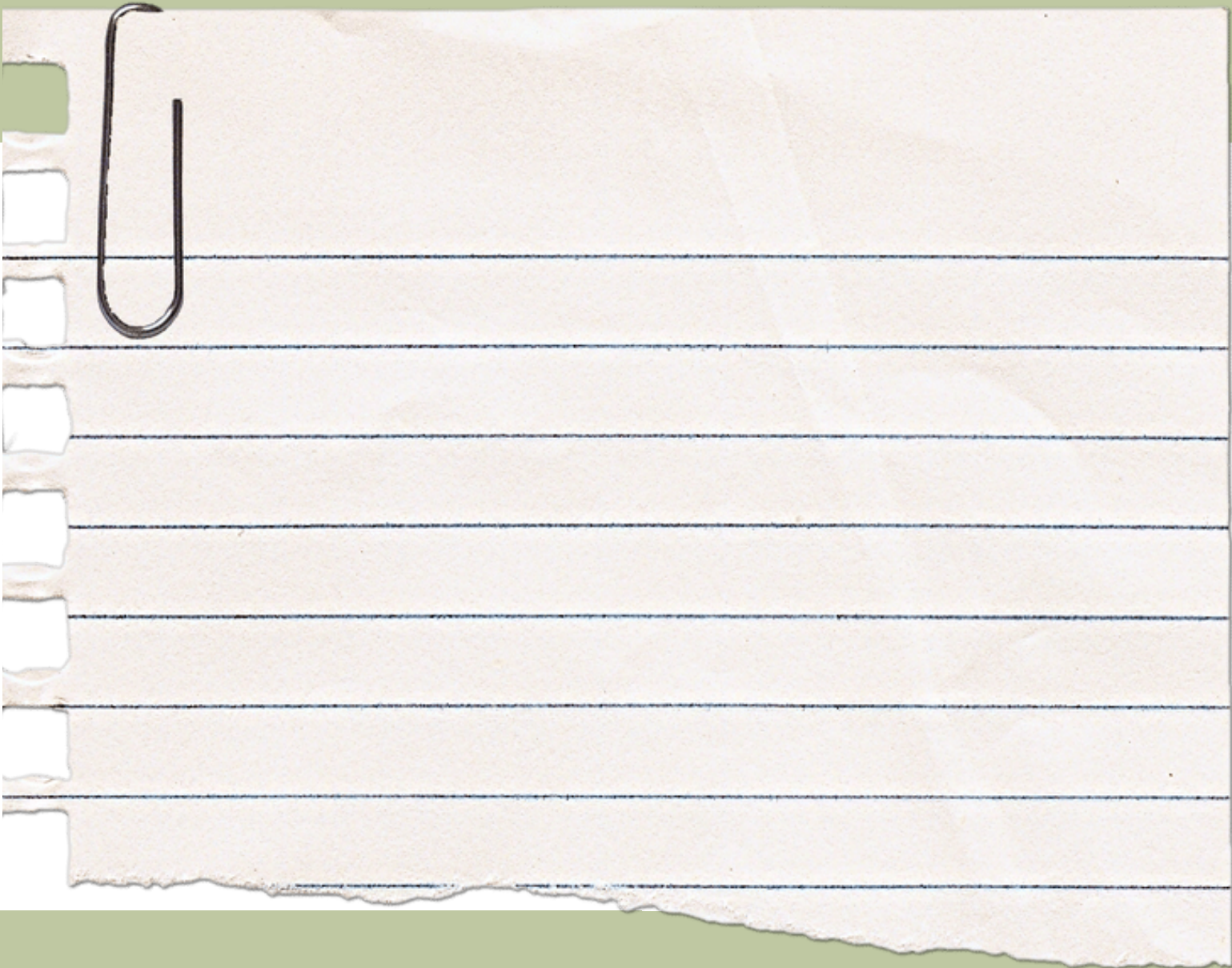
... USE THE SPACE PROVIDED ON THE NEXT PAGE TO JOURNAL THIS OUT ...



1) ARE YOU SELF SABOTAGING?

2) WHAT ARE YOUR SABOTAGE METHODS?

3) IN WHAT WAYS CAN YOU START TO
CORRECT THESE HABITS GOING FORWARD?





NOTES

#5

CHAPTER 5

more tools

RANDOM TID BITS AND PRO TIPS THAT HAVE REALLY HELPED ME ALONG THE WAY!!

.. *Make sure that you are getting your cardio in. Aim at getting your heart rate up, and slowly pushing past that point of discomfort. You can do this by doing intervals. This means getting your heart rate up for a short period of time, then allowing it to come back down and repeating... (walking, jogging, hiking, skating, biking etc), **this is not just for weight loss - this is for great overall health and a longevity***

.. *As a part of your personal workout routine, work on things were are difficult for you to do during your last exercise sessions. You can have one session of just these "more challenging" movements*

.. *Prep/plan your meals at the start of the week [boil a pot of eggs, bake/grill proteins, chop veggies and fruit, make a pot of rice, bake a bunch of sweet potatoes, make a big bowl of tofu scramble, go shopping etc]*

.. *Double your water intake. **A gallon of water daily sounds great but isn't feasible or even the most "healthful" for all beings***

.. *Start your day off with a glass of water before your breakfast meal. And then drink a glass of water before every meal thereafter*



.. ***Carbs are good, JUNK FOOD IS NOT... Know the difference.** Remember carbs are also in fruits and veggies, so you don't want to "waste" your daily intake on chips, candy, desserts. Carbs are your body's **FIRST** choice for fuel. So, I don't suggest **CUTTING CARBS OUT YOUR DIET.** This makes you foggy, hungry, most likely to binge eat and least likely to make **LONG TERM CHANGES...** Just focus on getting the **RIGHT** kind of **CARBS AND RIGHT PORTION** sizes. (Example: whole grains, sweet potatoes etc — **NOT CHIPS, HONEY BUNS, CUP CAKES, CANDY** etc.) Also beware of sweetened coffee drinks, juices and processed smoothies*

.. *When you do have a special event - enjoy yourself! **Some of life's events only come around once. EAT THE DAMN CAKE** (in moderation of course) and tomorrow (not the next week, **TOMORROW!**) get back to your goals. And of course, only do this if you have passed the self sabotage stage... there's levels to this \$#!+*

#5

CHAPTER 5

more tools

BUT WAIT, THERE'S MORE... TIPS AND TIDBITS!!

“ Also remember that **protein can be found in HIGH concentrations in dark green veggies, tofu, tempeh, seitan and beans**, and they are lower in calories than meat. For this reason, these are great alternatives when cutting back on calories as they can be eaten for volume while using up less of your daily calorie intake!
#ProTip

“ If you go to the gym, try machines that are new to you , explore and get creative. Machines have an instruction guide, so take a look and **TRY IT OUT!!** Don't be **SCURRED**. Workout DVDs/YouTube are also good for days when you don't want to have to think about planning a workout. Home workouts can be just as effective as the gym or a class, if you are consistently pushing yourself!! On the other side of that coin - try an exercise class ;-)
It's a good way to get out of your comfort zone, and add some variety so you don't become **BORED** or plateau

“ **(if not triggering)** keep a written or digital log of your workouts so you stay accountable **AND CAN SEE YOUR PROGRESS**. It can also help you see if you have been doing the same thing too long adding to your boredom and/or plateaus



“ If still hungry after your last meal of the day eat some more veggies and/or drink more water/herbal tea. Also, try fruit infused water. It helps you not get **BORED** drinking water. Slice some fresh fruit (berries, orange, lime and/or lemon) and put it in water for a fun twist

“ **Don't confuse THRIST with HUNGER**. In most cases, people are very dehydrated and confuse this sensation for hunger! Have you walked in the kitchen and just stared in the fridge or pantry...? You're probably dehydrated

“ **Create a meal CUT OFF TIME** in order to stop late night snacking, boredom eating and emotional food splurges

“ (if losing weight) Ensure that you are getting **AT LEAST 4 workouts in a week**. Shoot for 45-60 mins per workout. Start to incorporate **RESISTANCE/WEIGHT** training, if you have not started this already. Progress your workout length, resistance and/or intensity as you move through your journey. If you are starting from the couch, begin with a couple workouts a week at 20-40 mins each and progress from there. No 0-100 mentality

To Do List

Set Goals

... what 2-4 things if accomplished today (or this week) would have the biggest overall positive impact on my peace of mind and life...

...what's today's vibe...

...in what ways did i win today...

1

2

3

4

5

6

NOTES

OUTRO

Outro



Closing Remarks

client reviews



Sessions with Janet are empowering, fluid, intuitive, and strengthening to my mind, body, and spirit. Ever since I started working with Janet--both through one-on-one sessions and private couple's yoga sessions with my partner--I have felt more in tune with my own inner super powers as well as in connection with my husband. Within the time she has facilitated weekly sessions with us, we conceived our first child and now I've been able to relax into my pregnancy and enrich my experience of carrying a baby in my womb through her embodied sessions. I really appreciate how Janet always molds her sessions uniquely to fit our needs--and she has ROCKED our worlds with her own extraordinary fusion of yoga, reiki, spiritual, emotional check-ins, affirmations, strength-building work-outs, breathwork, couple's bonding tools, and so much more. Xo - Pris

What attracted me to Janet & Gathouse Fitness? Her website..but especially her story. She had been in my shoes. She knew the struggle of weight loss. At our first meeting, right away, I knew I was in good hands. We started slow -she was testing me the few first weeks; taking it easy, learning my body, my abilities and strength. And then BAM! Right when I figured out what I was capable of, she put me in beast mode. She pushed me just the right amount every week, making me go out of my comfort zone little by little. But then Fridays would come and we would do Yoga. Please don't be fooled-our yoga sessions were no joke; we pushed hard in those too...but my goodness, it felt good after. Week after week, I felt a sense of accomplishment and stronger. She had been in my shoes..she knew what I needed. Xo - RDavis



"She Gathers Wellness", I couldn't have said it better myself as it describes this Beautiful, Spiritual, and Talented young lady in the art of Yoga and overall Mind, Body, Spirit. I am a Doctor of Chiropractic with 20 years of experience. The Word Chiro-prac-tic means "done by hand", hence we take pride in the Science, Philosophy, and Art which delivers health and wellness through touch and the connection between doctor and patient. In my profession we have a Philosophy that "The Power That Made The Body, Heals The Body". Similarly, Janet Gathers has the gift of aiding her clients with overall wellness and wholeness through her instruction of Yoga Xo - Doctor G

It's been a while since I've smiled a genuine smile but today after my reiki session I felt like a weight had been lifted. I originally thought that she would not be able to feel my energy bc it was a distance session. It was my first time having a reiki session but boy was I wrong. She told me stuff about myself that I hadn't even said or asked her to focus on. She definitely felt my energy. I was truly amazed and blown away. I could feel her energy, it was like she was holding my hand. I know I will definitely be doing another session. It was very peaceful and relaxing. Xo - CFernandez



the services



fitness

personal training, boot camps, couple's, group ex, corporate contract, youth

energy

reiki, angel cards reading, ordination services, spiritual coaching, couple's intimacy




yoga

vinyasa, power, prenatal, postnatal, youth, restorative

prana and mind

breathwork, meditation, health and wellness coaching





come join the party!!
...DISCOUNT CODES...

HERE ARE SOME DISCOUNT CODES FOR ALL YOUR CONSISTENT WORK AS YOU JOURNEYED FORWARD AND MOST IMPORTANTLY, AS A THANK YOU FROM ME TO YOU.

I WOULD LOVE TO HELP YOU AND/OR YOUR TEAM DIVE DEEPER. FOR FITNESS, YOGA AND ENERGY SERVICE DISCOUNTS. MENTION **WELLNESS2022** WHEN BOOKING TO SAVE 15% ON YOUR FIRST SERVICE ***ONE TIME USE, NOT GOOD WITH ANY OTHER OFFER**

TO EXPERIENCE THE HIGH VIBE AND PURPOSED PRODUCTS OF THE VILLAGE HEALER APOTHECARY AND SAVE 15% USE CODE: **WELLNESS2022** AT CHECK OUT. ***NOT GOOD WITH ANY OTHER OFFER**

CODES GOOD THROUGH 12/31/2022

IF YOU HAVE PURCHASED THIS EBOOK AFTER THE ABOVE DATE, PLEASE CONTACT ME AT: **GATHOUSEFITNESS@GMAIL.COM** TO SEE IF THERE ARE ANY CURRENT PROMOTIONS.

I AM EXCITED TO WORK WITH YOU ALL.

WHOLENESS, LOVE AND HEALING,

NAMASTE XO - JG

*GATHOUSE FITNESS, JANET GATHERS, SHE GATHERS WELLNESS AND/OR VILLAGE HEALER APOTHECARY HOLD THE RIGHT TO DISCONTINUE THE USE OF AND/OR CHANGE THE TERMS OF USE OF DISCOUNT CODES AND/OR PROMOTIONS AT ANYTIME.



Healing Connections

As I have made my trek in this life, I have come across many modalities that have helped me immensely and I hold near and dear to my heart. Unfortunately, we don't have the space in this book to give them their full credit and flowers. **But I couldn't complete this book without at least sharing these healing modalities with you.**

Since I won't be diving into each of these modalities with you; I will not only be telling you the name of each modality/practice, but also giving you direct contact info to my specific practitioner.

You're Welcome ;-)

Emotion Coding with **Desarae Walker** CECP, RET, Life Coach and Reflexologist - (719) 220-2205
www.restforyoursoles.com, desarae@restforyoursoles.net or RestForYourSoles on IG and FB

Rapid Eye Therapy with **LaDawn DeWitt** Master RET - (435) 773-7314
ladawndewitt@gmail.com

Womb Healing with **Raye** Holistic Womb Doula
rayethedoula@gmail.com

Emotional Freedom Technique with **Suzette Roth** Wholistic Health Coach, EFT Practitioner
www.suzetteroth.com

***just as myself, all these practitioners work virtually and can serve you from where you are*

Thanks For Taking Me Along On This Journey With You.

Contact Me For More:

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@village_healer_apothecary on IG

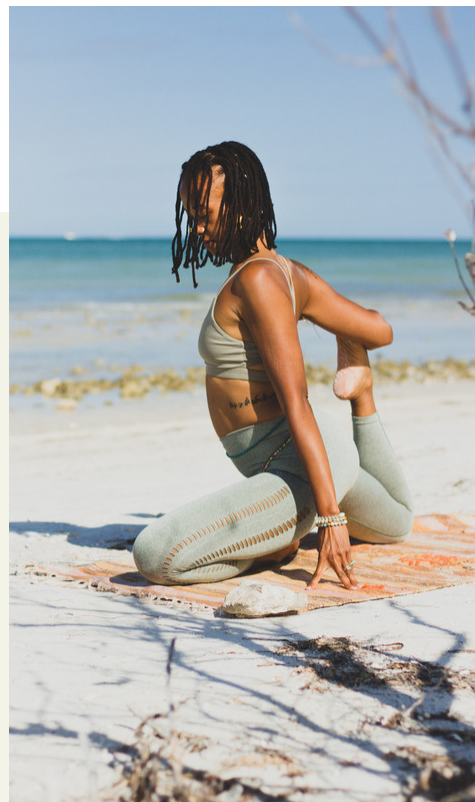
I hope that somewhere within these pages you found a nugget that will help you move through life with more ease. Most importantly, I hope that you were reminded of your true power and nature. You have all you need within you!! Go find yourself, you beautiful being.

Tag me in your online reading and wHolistic journey posts online.

5 Star Reviews are welcomed!!!!

Xo - Janet Gathers

Cert Personal Trainer, Advanced Yoga Instructor and Reiki Master



*Here at GatHouse Fitness we gather wellness!
Helping you journey to become the best version
of yourself.*

*GatHouse Fitness est 2015
serving Tampa, FL locally and Worldwide digitally*

www.janetgathers.com

GatHouse Fitness, 2022
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Xo - JG

