

**NEW YOU IN THE NEW YEAR**

**2016**



# The 15-Minute Fitness Revolution

Get More From Less & Have Fun Doing It



with Jon Gabriel & Coach Brian Killian

# Why Exercise In the First Place?

- It's not necessarily about getting fitter, getting stronger, or more flexible (though those are great side benefits)
- The Gabriel Method objective is to create a “positive stress”
- Positive stress from exercise done right leads to greater insulin and leptin sensitivity that effectively switches on the get thin hormonal response



# The Get Thin or Get Eaten Response

- Intense exercise mimics intense experiences in nature
- Immediately, you are less hungry
- Your body is energized and ready to run, hide, and escape
- Hormonally, your body “listens” to leptin and insulin better
- Your body clearly understands that to be thin and fast is to be safe (rather than the opposite) and it responds and adapts quickly



# Tabata Training – Fitness Research

- Professor Izumi Tabata pioneered the research on high intensity exercise and its benefits in 1996
- Discovered that short, high intensity exercise had many benefits over long, slow workouts for certain goals
- Dozens of future studies confirmed this to be the case – high intensity, short workouts are superior for fat burning and metabolic balance



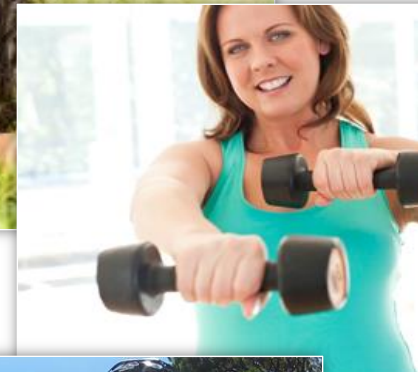
# The Death of Cardio?

- Any kind of exercise you enjoy is great—so don't stop!
- But research shows long cardio is not optimal for weight loss like we thought for decades
- If weight loss is your goal, the good news is that exercise can be simpler, shorter and more fun than you can imagine



# Instead of Working Out, “Work In!”

- GM focuses on the hormonal impact of exercise, not the “calories burned”
- We incorporate visualization, just like top-performing athletes, to see your outcome in advance & set the stage for success
- We use resistance training to mimic nature (aka lift heavy things!)
- We believe that intensity is great & want you to have brief moments of intensity throughout your work-in, while being safe with your joints



# 5 Principles of GM Fitness



- Brief
- Intense
- Playful
- Bendy
- Plenty of Rest



# Principle #1 – Keep it Brief!

- Overtraining can be a huge problem, especially when you first begin training
- Overtraining can actually increase your stress response in the body, reduce your energy, and lead to hunger cravings
- GM Fitness is in short, controlled bursts, think a sprinter rather than a marathon runner



# Principle #2 – It's Got to Be Intense

- To activate primal hormonal responses, we need a primal movement in the body—like running from a tiger!
- Intensity does not mean reckless or dangerous—it just means intense!
- Protect your back & joints by using a steep inclined hill to run up, or by adding tons of resistance on a stationary bike
- You want to get tired really quickly, complete, wonderful exhaustion



**Before You Start:** get a check-up and/or stress test from your doctor, to determine if high intensity is suitable for you

# Principle #3 – Make it Playful

- Have fun or don't bother, exercise should be some activity you love
- Structured routines like a stationary bike is fine, but free form exercise like improvisational dance is just as good
- Enjoy yourself: dance, run, play with your dog or your kids, swim, ride a bike
- Blast some music, act silly & have a laugh



# Principle #4 – Stay Bendy!

- The length & elasticity of your connective tissues directly correlates with your body's ability to move electrical energy—a flexible body is a super conductor!
- Stretching reduces inflammation and encourages hormonal balance
- A flexible body is less prone to injury and more prone to spontaneous movement and fitness (when you're loose, exercise just feels better)



# Principle #5 – Plenty of Rest

- Recovery is as important as training—perhaps even more so
- During rest, your body has time to repair and also to rebalance itself hormonally
- Many professional athletes actually have rest hours written into their legally-binding contracts because their coaches know rest is essential for top performance—it is for you too!



# Add High Intensity to Your Life!

- Out for a walk? Every minute or two, take 20 strides with everything you've got—then go right back to walking
- Listening to music at home? At the end of every song, go completely wild, twist and jump, squat and lunge!
- Playing with your kids in the park? Play “tag” or “hide and seek” and every once and awhile, run full out



# Adding Power to Your Posture

- The way you stand affects the way you feel—and that affects your hormonal response
- Try “Wonder Woman Pose” while waiting in line: hands on hips, chest lifted, proud and confident
- Midday, take a 10 second break: stand up, stretch your hands to the sky and say “yes!” out loud
- Get a good chair while at your desk so you can sit up tall and proud



# Stay Bendy at Work

## STRETCH #1 - Seated Piriformis Stretch

- Put your ankle on top of the knee
- Gently lean forward with your hands on your leg, you should feel a stretch deep in your bum





# Stay Bendy at Work (cont'd)

## STRETCH #2 - Seated Spinal Twist

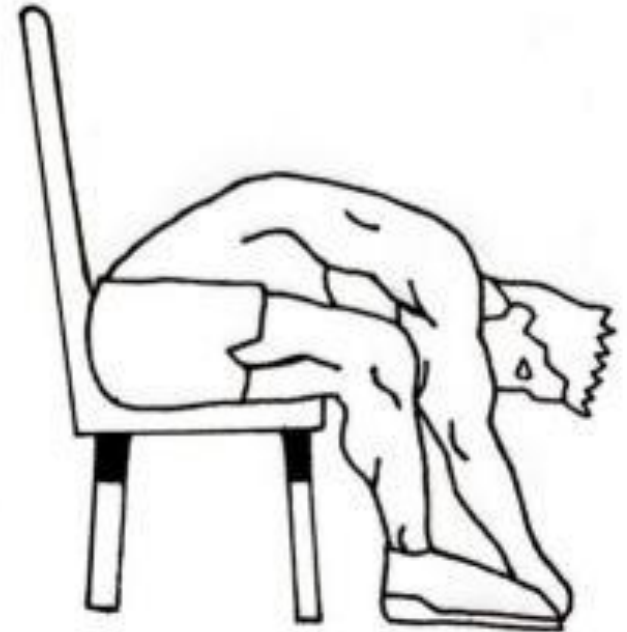
- Spine long, chin lifted, gently turn and twist
- Use your hand to reach behind and help you go deeper



# Stay Bendy at Work (cont'd)

## STRETCH #3 - Seated Lumbar Stretch

- Legs apart
- Fold forward & let your body flop onto your legs



# Break Free from “Fitness Myths”

- “No pain, no gain” is not true—you can have fun, and stay pain-free all while making huge gains in strength, flexibility & weight loss
- The “fat burning zone” does not require 20+ minutes of cardio, it simply requires you to exercise for hormonal balance, then you’re in fat burning zone all day long
- Never too old, too out of shape, or too heavy—start exercising today!





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**Medical Disclaimer:** The Gabriel Method is not intended to treat, cure, or prevent any disease or illness. This information is intended for educational purposes only, not as medical advice. Always check with your doctor before changing your diet, fitness, or health program.