Welcome back to becoming Cancer Free. I'm Nathan Crane, and as you learned in some of the previous modules, I've spent over 15 years now researching and learning from the best minds in the fields of natural health, integrative oncology, energy healing, even holistic health, spirituality, neuroscience, nutritional therapeutics, and behavioral change.

And I'm incredibly proud of this master class and truly just humbled and honored that you're joining me for these modules. You know, I'm remembering back in 2005 how I was able to change my own life, overcome years of sickness and addiction and homelessness, and step into my own life purpose while diving deep down the path of natural health.

Then in 2013, after my grandpa passed away from cancer and really not only the cancer itself, but the conventional treatment of chemotherapy and radiation, as you remember, I shared with you in a previous module how I just sat there feeling helpless and hopeless, not knowing what to say or how to help him as he was sitting in there, just in tremendous pain, could barely get up to go to the bathroom.

You know, without being in so much pain. And it wasn't from the cancer. It was from the conventional therapies. From that point on, you know, after he passed away in 2013, I literally became obsessed with learning everything I possibly could about cancer, what causes cancer, and how we can heal our bodies from cancer most effectively.

I literally began interviewing hundreds of world leading experts in cancer survivors. I produced summits, conferences, magazines, online video series, and award winning documentaries.

I helped launch some of the biggest online events you know about today that have been about cancer. And, you know, honestly, I never thought I'd be this passionate about something like cancer.

But the truth is, I am. And I'm sure you can feel my passion about it because this is something that is deeply meaningful to me, and I'm sure it's deeply meaningful to you.

And I know it's meaningful to millions and millions of people because, you know, we all know somebody who has cancer. You yourself may have cancer, and cancer affects us in so many ways.

Our loved ones, our selves, even our children. Nowadays, cancer is the second leading cause of death in children today. When just 50 years ago it was unheard of that children got cancer right.

And so if you want to understand the deeper reasons in case you missed the previous module about how to reduce and remove all the cancer causing culprits from your life, well, that's one of the major explanations.

That entire module basically gives you the understanding of, you know, one of the some of the biggest reasons why we get cancer, why children are dying from cancer, which the, the, the blessing is that it is almost all preventable.

Right? But if you have cancer, it is obviously time to take action. And you're watching this master class, you're going through it, you're filling out the the worksheets and the PDFs.

You're doing the homework I'm giving you. You're implementing the strategies I'm teaching you. So obviously you're serious and committed to really taking back control of your health, as we've been talking about.

And I know that once you fully understand and implement the information taught during this entire masterclass and all the previous modules that we've covered, it can truly transform your life and give you a profound sense of well-being, science based healing strategies, and professional support on your healing journey.

And that's why I created this masterclass. So no one will have to be afraid of cancer again. And so more people can understand what cancer actually is, how we get it, and how to stop making it in our bodies.

Now, whether you're able to become totally cancer free, or you at least add more years to your life and more quality of life to those years, the Foundation's practices and scientifically validated approaches I've shared so far, and will continue to share during this module, will give you the confidence, support, and principles you need to live a cancer free life.

I know there's a lot of great resources available about preventing and reversing cancer, but honestly, up until this point, I hadn't found this level of depth of not only foundational training all in one masterclass, but also including practical application as well as being able to turn the complexities and scientific understandings about cancer into a simple and effective blueprint for taking back control of your health.

So, you know, it's one of the bigger reasons why I created this masterclass, and I hope you've gotten a lot out of it so far. I mean, we've covered so much in the previous modules, and if you haven't seen any of them for some reason, make sure to go back and watch them all.

They will give you a truly transformational and effective approach for turning your mind and body into a healing powerhouse. And that's what we want right now.

If you can remember from the previous modules, what are the unhealthy lifestyle behaviors that can lead to cancer? Do you remember? Do you have them in your notes?

Well, here's here's the core ones, right? They include poor diet, excessive stress, continuous toxin exposure, smoking cigarets, drinking alcohol, eating animal products, chemical laden food filled with pesticides, herbicides, fungicides.

But on top of all those things, I would argue and actually, there's evidence to suggest this, that the most overlooked lifestyle choice that can actually lead to cancer and contribute to cancer cell proliferation and other chronic diseases is set in tourism.

Many people think they're not sedentary, right, since they feel like they're constantly moving from the bed to the kitchen, from the kitchen to the car, from the car to work, from work to the grocery store, from the grocery store to school or from school to back home, picking up the kids or dropping off the grandkids and so on and so forth.

It seems like you're really busy all the time right now. Stick with me for a moment. Let's take a closer look at what seven tourism actually looks like in our modern world.

Okay, because the shocking truth is that the average person that most people actually, that live in technocratic or oligarchic countries and continents like the United States, China, Europe, Russia, in most what we would call modern civilized countries today, in majority of cases, most people are living a sedentary lifestyle.

Let me know if this sounds familiar to you or someone that you know. Okay, you wake up, you do your routine, whether it's you might have coffee and sit and read, watch the news or make breakfast.

Then you sit and eat. Then maybe you brush your teeth, take a shower, get ready for work, or get ready for your day. Now, if you work outside of the home, then you walk to your vehicle of some sort and you get in.

You sit down again, and then you drive to work or wherever it is you need to go once you get to that place. So you get to work. Unless you work in skilled labor like construction or plumbing or something similar, then you then you probably work sitting down, right?

Or if you're in the very small percentage of people who swapped out their chairs for a stand up desk, then you were standing still. You might get up a few times to walk to the bathroom, get some water, take a break or a snack break, grab lunch, you know.

But most of the time you're sitting or standing in front of a computer screen all day, right? This is for a majority of people, or even in front of the TV all day.

Now, after work, you drive back home sitting again. You make some dinner and sit again and eat. Most people feel too tired by the other day to do any exercise, so they might sit again and watch TV, have dinner and go to sleep.

Are you noticing a pattern here? You know, for a growing vast amount of people around the world? While it might seem like they are busy, busy with all these day to day tasks and it feels like you're constantly moving from here to there, from here to there, from here to there.

The reality is, your mind is moving much more than your body right from sitting in the morning to sitting in the vehicles, driving to and from wherever you're going to sitting or standing all day, you know, at work or at the house to sitting at dinner, to sitting and watching TV.

Then after sitting, you're laying down and sleeping, right? For many people, that means sitting, standing still, or even lying down, not moving the body in the ways it was designed and intended and needs to move constitutes at least 90 to 95% of most people's lives.

And while sleep is critical for the function of healing and regeneration of the body, as we covered in previous module, you know it's usually another eight hours of lying down, not moving, right?

So for the average person, during a 24 hour day who is sitting, standing or lying down throughout the day, that means for most people, about 22 hours out of that 24 hour period, they are sitting, standing or lying down.

And the other two hours is really just the accumulation of short walks to the bathroom, or to and from the car to and from the kitchen, or to and from the office or, you know, just short little walks.

Get up, walk there, sit down, get up, walk there, sit down. Right. Does this sound familiar? To sound like anyone you might know? And if you're someone in skilled labor, you might move a bit more often, right?

But I would venture to bet the majority of people, not only in office jobs or who are retired or who aren't skilled labor, are still not implementing the most effective amount of functional and what I call medicinal movement, as well as the four types of these medicinal movements that we're going to cover in this module.

So why is movement so important for the function of our health healing and rejuvenation? There's many factors. Why. But here's nine primary scientifically validated reasons A healthy daily movement practice is critical to helping you overcome cancer.

I'm just going to list them off. If you want to get a pen and paper, write these down. These are the major, scientifically validated benefits for having a medicinal movement routine is.

I'm going to share with you in this module. So think about these for a moment. These are key to helping you heal from cancer. Daily movement practices gives you improved sleep and we all know how important sleep is.

Quality sleep, deep sleep. All the things we covered in the previous module is to your healing, and it's free sleep. It's free if you get it right and do it right.

And guess what? Daily movement routines actually improve your sleep gives you reduced pain. Actually moving the joints, strengthening the joints, putting healthy stresses on the joints.

You know, being more flexible, more mobile actually strengthens in the joints actually will help you as reduced pain. So improved sleep, reduced pain, increased immunity, exercise, functional fitness, daily movement actually helps you increase your immune system function.

Increased immunity is what we need for our bodies to remove cancer cells, right? We covered all that in depth in a

previous module, including your lymphatic system, which we'll go into more detail here as well.

Natural detoxification. We'll get into that and what that means. So increase immunity natural detoxification, longevity. People who move more often, who move daily, who move in different ways, actually are proven to live longer.

Right now, obviously, that doesn't account for accidents or, you know, getting hit by a bus, God forbid, or something like that. But, you know, aside from accidents or things like that, people who, if you study blue zones, for example, people who are live the longest and healthiest, one of the things they all have in common is that they've been moving their entire lives.

They ride bicycles, they walk miles and miles every day. They go outside to the garden. They're lifting heavy boulders up and moving them. They're taking things from here to there.

They're not sitting in the car all day. They're not only have TVs, most of the time, they're not sitting in front of the TV all day. I sit in front of a computer all day.

They're moving, walking, you know, doing all these functional movements, lifting, carrying, all day, basically hours a day. And most of them are so happy because they're living a stress free, disease free life.

Okay. So yes, it improves longevity and youthfulness and vitality. It also has a proven with all these things and more, to lower cancer risk. All right.

It's going to lower your risk of cancer, obviously. It's going to give you a better quality of life, right? It also reduces inflammation. So it helps to daily movement routines, functional fitness, the four core types of fitness you should be doing every single day.

It's a combination of them that actually helps reduce inflammation in your body. You think it well when you lift weights or you work out, you're actually increasing inflammation, right?

For a short period. And that's good information, good inflammation I should say. That's sending healing blood cells more blood with more oxygen because you're breathing heavy.

So you get more healing oxygen. Remember cancer cells hate a oxygenated environment. They like an anaerobic environment. Right. So getting more oxygen through movement, sending that healing oxygen to the blood.

You're sending more blood through that healthy inflammation. Remember we covered that in depth in a previous module. Difference between chronic inflammation that causes cancer and healthy inflammation that heals your body.

This is healthy inflammation that actually helps your body to heal. Right. So it's going to reduce chronic inflammation in your body. Beautiful thing. Right.

It prevents obesity heart disease and other chronic diseases of course including cancer. And it's proven to give you more energy, more focus and more clarity, which is important when making big decisions for our life, big decisions for our health as well as living more in tune with our higher purpose in life.

Right? The more energy, the more focus you have, the more you can do to contribute to society. Contribute to your family. Contribute to others in a meaningful way that gives you more purpose and meaning.

So those are, you know, a main list of all the benefits that are that are available to you from something that's free daily movement routines are free.

You can do it at home. You don't have to buy anything. Maybe a couple rubber bands or some dumbbells. You're good to go. Maybe a $15 a month gym membership, right?

It's free or next to nothing and it can change your life. Now you might be doing some movement routines. You might be doing some functional fitness. You might be.

But, I can venture to bet most people I'm not doing enough of or the right combination of, or the right forms of movement that we're going to cover. So make sure you stay tuned to learn what those are.

All right. So the truth is, any one of these reasons I just covered is a good enough reason to have a healthy daily movement, practice or routine. Right.

But when they're all combined these benefits, it's a no brainer. When you move the body the way it was meant to move, a lot of natural healing and healthy processes occur, including the pumping and flushing of the lymphatic system.

The lymphatic system helps remove waste from the body, including bacteria, viruses, toxins, abnormal cells, and cancer cells. The lymph nodes spread all throughout your body to your lymphatic vessels.

The lymph nodes house immune cells that help kill off abnormal cells and other harmful substances. The lymphatic system is a major part of the immune system, but the lymphatic system does not have its own pump, if you will like.

The blood system has a heart as its pump. The lymphatic system requires stimulation, most commonly through the contraction of muscles and increased heart rate and respiration to help pump the fluid throughout the system and remove the toxins and abnormal cells from your body.

The lymphatic system needs to be pumped every day, or at least six days a week, to help rid itself of toxins. If you're not contracting your muscles on a daily basis and getting your heart rate up and breathing heavily, doing physical activity, then the lymphatic system is continuously being overloaded by these toxins and by abnormal cells and cancer cells, and can eventually lead to chronic disease like cancer.

Another reason healthy daily movement and exercise is critical is because it supports good liver health, right? Excess fat in the liver causes inflammation and can lead to less insulin sensitivity, ultimately leading to fatty liver disease, diabetes, cancer, and even death.

It's been proven that intense exercise like weight training, can reduce liver fat and help improve blood sugar control in people who are obese or who have diabetes.

The American Heart Association says science is linked to being inactive and sitting too much, with higher risk of heart disease, type two diabetes, colon and lung cancers and early death.

Additionally, exercise supports better sleep, more energy, weight loss, reduced inflammation, reduced pain, and a longer, healthier life. We've all heard that exercise is critical to being healthy, but how often do you actually exercise?

Let's be honest with ourselves here for a moment. You may know how important it is. You may understand it, but are you embodying it? Are you living it?

Are you doing these things every single day to help you be more useful, more vital, have more energy, and actually get rid of cancer from your body? The reality is, more and more people are exercising and moving less and less.

And really, it's due to an ever expanding workforce that lives in front of computers. And even if you're if you work in skilled labor, like skilled labor, like construction, for example, you might be moving more than the average person, but you're unlikely moving the body in all the ways it was meant to move, which, of course, can lead to chronic back pain, joint pain, and toxic cellular build up in the body.

You know, I'm reminded right now of the famous saying, if you don't use it, you lose it. You know, here's a great example of what happened to me personally growing up in small town in Montana, Bozeman, Montana.

Belgrade, Montana. I was always an active kid. My parents had me in sports since and I could run really. I played soccer, basketball and football since.

I was old enough to to really join the teams during the long, you know, really cold winters in Montana. And we had long, cold winters. I mean, we're talking six months of snow and cold, you know, all winter long and then two months of, cold fall and two months of cold spring.

We only had 1 or 2 months of summer, really. But, throughout the year, I played all different sports. I was skiing and snowboarding in the winter, on the weekends, and, you know, pretty much nearly every day during the winter breaks.

And when I was around 12 years old, I started skateboarding. You know, skateboarding became a huge passion of mine. Some days I would spend eight hours a day skating.

I was super active as a kid, you know, I was jumping, climbing, running, squatting, falling, moving my body constantly doing it because I loved it, because it was fun, you know?

And yeah, some of these sports I was doing were also very damaging to my body, like getting tackled over and over again, playing football or falling down, you know, jumping off a 60ft cliffs, 50ft cliffs on my skis and snowboard, falling down hundreds of times a day on the hard pavement on my skateboard.

So, yeah, you know, that was damaging to my body. But the good side of it was was at least as a kid, I was moving all the time. And that's true for most kids, except nowadays, so many kids that all they do is sit at home, play video games, watch the iPad, watch a TV, and, you know, kids are getting diabetes, they have chronic inflammation.

They have all kinds of diseases and cancer, which they never had before. And look at the lifestyles, the toxic food, the exposure to toxins, the heavy stress and burden, and then sitting all day long at home and sitting all day long at school.

Right when I grew up at school, we had P. E.. So in addition to sports, in addition to running all day, in addition to playing all day to skateboard and snowboarding, all that stuff, you know, that was another hour or so each day of movement.

I also didn't grow up with iPads, right? I'm sure you didn't either. I also didn't grow up with a cell phone. I'm sure you didn't either. You know, I also didn't grow up sitting around watching TV all day long.

I was outside playing with my friends all the time, you know, playing in the mud and in the dirt the way it should be. So, you know, I'd have P. E. at school, so we were running and playing there as well.

Yes. Unfortunately, the rest of the day at school, we sat all day long in chairs, which is horrible for the body and leaves a chronic back pain and joint problems.

Right? If you're sitting eight ten hours a day in a chair. But after school I was usually doing something active for at least a few hours, so it made up for it.

Just like now, you know? Now I might sit in a chair for a few hours a day max. Most of the time I'm moving. During the day, I stand at my standing desk. I'll do.

I'll share with you a routine that I do throughout the day. When I'm working long hours every hour to 90 minutes, I get up and move my body for 5 to 7 minutes.

I work out in the mornings. I work out in the evening. So I'm moving way more than I'm sitting now. And I'll share more about that with you in a moment, because I had to go through pain and suffering until I realized I needed to change my own routine.

Right? So as a teenager, I mean, I unfortunately went down a pretty bad path and I really got consumed by, you know, the fast and toxic life of drugs, alcohol and partying at a very early age.

And I had an epiphany. I knew I had to leave all that behind, changed my life. And so I moved to California and started my life over. At 18 years old, I got to do a corporate job selling phones, and thankfully I was standing on my feet, walking back and forth all day long, squatting up and down, grabbing phones and accessories.

You know, from the from the ankle high cabinets and the kiosk. But that only lasted for about a year and a half before I quit. I resigned from a promotion because the job was too stressful and it was killing me.

I got into real estate, eventually opened my first business with seven other partners, and then left that company to start an advertising company with my spiritual mentor at that time.

And that's really where I began a physically detrimental nine year period of sitting at a desk like this. 10 to 12 hours a day while starting and running my own businesses.

I would try to make time, you know, a few days a week to go to the gym or do yoga. But honestly, I couldn't ever really be consistent with my movement routine.

One, I just really wasn't motivated enough by just looking good and just never really motivated me to keep up with going to the gym every day. I didn't really have a deeper reason why.

Back then, I didn't have yet a passion for physical fitness as I do today, and I didn't have yet the knowledge about the importance of good movement practices for health and longevity as I do today, as well.

Back then, I'd go to the gym and workout maybe a few days a week for maybe a month or two, and then I'd stop going for weeks or even months at a time.

You know, I also didn't understand back then biomechanics, physiology, medicinal movement or therapeutic exercise like I do today. What happened then was that I was slowly becoming sedentary, even though my mind was incredibly busy.

You know, I was forming poor spinal posture. I started getting really chronic back pain and joint pain from sitting for too long and not moving enough.

And honestly, as I mentioned earlier, the modern chair, as useful as it might seem, is one of the worst inventions for the physical health of human beings.

What happens is how the hips and knees are placed at a 90 degree angle. It forces these inner muscles. The psoas iliac is the TfL, the performance, the tightness, muscles which are all attached in different areas within the hips.

They're attached to the lower spine, they're attached to the femur. And what they do is they'll either shorten the muscles for long periods of time, contract or compress due to abnormal positioning of the body while sitting.

Well, at the same time, the glute muscles actually get lengthened. So you create this huge imbalance between the various muscle groups, ultimately leading to things like lower back pain, knee pain, and even sciatica.

So while sitting in chairs might seem like the most normal thing we could possibly do, the reality is it's the most unnatural and unhealthy position for our body to be in.

Many people who live in third world countries actually sit the way we were designed to sit. They still do today. We're designed to sit cross-legged or in a deep, full, deep squat position or in various seated positions.

And we can do that for hours at a time. And it actually, like if you see, you know, a Yogi meditating in full lotus,

that's how we're actually able to sit.

And that actually is the healthiest way to sit or sitting in a deep squat, right? If you watch kids, you watch my kids, for example, we're playing inside or outside, without any chairs around or anything for them to really sit on.

You'll see how they sit naturally. They sit on the ground, they sit cross-legged, they sit squatting, and they constantly move from one various cross-legged or squatting position to another.

You know, they don't just stay in the same position and never moving. There's squat like this. They have one knee down, legs across, you know, whatever it might be.

And when you're in those different positions, you're actually helping your low back, your hips, your knees, all of that to be stretched and lengthened and strengthened in the the deeper levels of mobility and range of motion that we're supposed to have.

Now, if you think, oh my God, I'm too old, I have too much pain, I could never do that again. I actually have something really exciting for you. You can get that range of motion again, you know, or at least get close to it, closer to it, which will help get rid of back pain, which will help get rid of sciatica, which will help get rid of knee pain and chronic joint pain.

Okay, I just met a gentleman the other day in his 60s who couldn't squat. He could not squat. He lost the ability to do it. Well, guess what? 12 months dedicated to doing these types of exercises that these types of movement, practices I'm going to share with you.

And guess what? We're on the hiking trail, and he's sitting there in a full deep squat but almost touching the ground. I think he's 68 years old. Incredible.

I walked up and said, this is amazing. You know, to see somebody of your age sit squatting. I know most people cannot do that anymore. I even lost it.

As someone who is in my 20s and I had to gain it back. And here's a gentleman in his late 60s and he was so excited. He was so useful. He said, yeah, I started moving and doing these exercises, this fitness, this type of functional movements, doing a lot of what I'm gonna share with you.

Except he's even missing one of them. So I gave him that secret. He was super excited. He was like, okay, I'm going to add this now. I'm really excited.

But he said it changed his whole life. He's lost 20 pounds, he's healthier than he's ever been, and he's able to do deep squat, which is really, really, really valuable.

And important for the longevity and health and pain reduction in your life. Okay. And this is exactly what our bodies are designed to do. And it keeps our hips and knees and ankles and back healthy and pain free for the rest of our lives, right?

By sitting in chairs for hours and hours a day, really never getting into these squatting positions or these cross-legged positions on the ground like we're designed to do.

It causes all kinds of problems with the body, right? Many of which we've already discussed, including by not moving the body properly, the ultimate potentiality of cancer, proliferation of cancer and other chronic diseases.

So, this is what happened to me. I started developing chronic low back pain and hip and knee pain due to sitting for eight, ten, 12 hours a day. I couldn't get into a full squat position any longer.

I lost my thoracic mobility from doing this. You know, I couldn't even get my shoulders up and back. I couldn't hold something overhead and squat down like I can do now.

And like we're designed to do. I couldn't sit cross-legged without chronic pain, and I was only in my late 20s by this point. And then what happened? I founded love for trail running, and I learned to use the pose method where you're running on the forefoot, not heel strike to actually jogging or running on the forefoot.

So your, your toes to your midfoot touch the ground slightly, just barely before your heel. So it goes for foothill, for foothill, for foothill. And there's a slight curve in there as well.

This is the healthiest way you can run. And yes, you can run like this in your 90s and hundreds people who are not in our modern society today who are in, you know, long term ultra runners in Mexico, in, the Tarahumara Indians can run hundreds of miles and they do this in their 60s and 70s and 80s without pain, without disease. Why?

Because they run more barefoot style. It's called pose form running. It's our more natural running form. And when we wear shoes that have these big heels kind of forces you to hit your heel first.

When you wear more barefoot style shoes, it actually helps you to. And you have to practice it because you have to retrain your body. But you can actually run this way and you can run hundreds of miles.

I'm not saying you should go out, run hundreds of miles, right? I'm just saying there's so many people think, oh, running's bad. It's bad for the joints. It's not good for you.

It's total B. S. when you know how to do it properly. The reason it's bad for the joints is because people don't do it properly. They wear these big, thick shoes and then they go heel strike.

And it puts so much pressure on your knee joints heel, heel, heel heel. Whereas toes heel toes heel toes heel. Now joints build. They have a spring. Anyway, this isn't a running class.

I just felt like I needed to share that with you. So I was running is in the post format that I was doing trail running, not road running. Road running is okay. Trail running is even better for your joints because it helps build healthy joints.

Well, I was also focusing on stretching before and after every run, which what happened naturally was that even though I had back pain doing all that, my back pain started to heal, right?

And along the way, I eventually found CrossFit and functional fitness and then began taking back control of my body, focusing on healthy movement 5 to 6 days a week, stretching, exercising, running, swimming, cycling, weightlifting and gymnastics, while also spending 30 to 60 minutes each day doing self bodywork, myofascial release, stretching, mobility, qigong and seeing a chiropractor twice a week.

I've now become an athlete in the sport of CrossFit when I couldn't even barely move before, and I'm enjoying competing with. The goal is to compete as a professional athlete when literally just a few years ago, I was headed down the path of long term chronic pain and sudden tourism.

You know, while I spend more time exercising each day than most people would ever need to because I'm training as an athlete, the reality is anyone can improve their overall quality of health and physical function by simply implementing the movement principles we all were designed with.

And that's true no matter your age or your physical limitations. I just watched a 90 year old man lift 405 pounds two times and didn't like it was nothing.

We have a woman in her 70s who couldn't sail anymore on her sailboat. Then, after coming to our gym and doing CrossFit for a year, she was able to sell again, pain free and regain the strength that she lost.

We have a paralyzed man, multiple paralyzed men who come to the gym in wheelchairs, and they still find ways to move their bodies and stay active even without the use of their legs, which is seriously, truly remarkable.

And within only a few short years on this new path, my own body has gotten close to 70% of its original original range of motion back. 90% of my back pain has been eliminated.

I'm much happier. I sleep much better. I love exercising and fitness and medicine movement now, simply for the love of it. And I know I'm on a path for living longer and healthier, with less physical complications than ever before.

Honestly, I still have a ways to go to get to where I want and to even get better. But I'm seeing and feeling the improvements over time. Month after month. And that's the key to success.

Small, consistent daily habits that lead to long term progress and results. If you want to live longer, healthier, without chronic disease and with less pain and more physical freedom, then you must exercise and move the body in the ways it was meant to move.

So we know how critical exercise and movement is to our overall health and well-being. But the next important questions are how much movement? How often should we be moving?

What forms of movement should we be doing, and what can we be doing each day? If we sit most of the day or work in front of a computer all day, or even where as a skilled labor person, but we want to improve our body's ability to thrive?

Well, here is the generally accepted prescription for exercise from cancer.gov right for people of all ages who want to stay healthy. So the US Department of Health and Human Services physical activity guidelines for Americans.

It's from the second edition released in 2018. I would extend this to all human beings around the planet. Recommends that for substantial health benefits and to reduce the risk of chronic diseases, including cancer, adults should now write this down.

Then I'm going to give you a blueprint and a schedule that you can follow as well. But adults should engage in a 150 to 300 minutes, 150 and 300 minutes of moderate intensity aerobic activity.

So this is this is per week, okay. Per week, 150 to 300 minutes of moderate intensity aerobic activity. And I'll get into the specifics of what each of these means and what it looks like in some examples for you.

Okay 153 minutes a week of moderate intensity aerobic activity. That's one. Secondly, in addition to that, not separate from in addition to, you should engage in 75 to 100 minutes.

I know the numbers sound a lot 100 minutes. That's like an hour and a half during the whole week. Not a big deal. 100 minutes of vigorous aerobic activity, vigorous aerobic activity.

And I'll share with you some examples of what that is, you know, or an equivalent combination of each intensity each week. Right. But we're going to compound these because you want real results.

You know, these types of activities can be done in any episodes of any length. All right. And in addition, they say we should be doing muscle strengthening activities at least two days a week.

And in addition. So here's the fourth one, medicina, what I'm calling the medicinal movement. Four pillars. Right? The fourth one is balance training.

So we should be doing balance training 2 or 3 days a week in addition to aerobics, higher intensity and muscle strengthening activity. So let me give you some some examples of scenarios.

And also if you can download they will help you with this. Okay. So what does this actually mean in like a real life scenario. Well, aerobics activity is anything that gets your heart rate up to 55 to 85% of your maximum heart rate.

Okay. That's aerobics activity. So what's the difference. And I'll say it again aerobic activity is anything that gets

your heart rate up to 55 to 85% of your max heart rate.

So here's a question. What's the difference between moderate intensity and vigorous intensity. Aerobic exercise. They're both aerobic right. Requiring oxygen to to feed the muscles and feed the body.

Right. So what's the difference between moderate intensity and vigorous intensity of aerobic exercise. Because we want to be doing both each week. Moderate and vigorous.

Moderate and vigorous. Well, moderate intensity activity includes anything ranging from fast walking to swimming, cycling light jogging even mowing the lawn.

Right. An easy gauge for this is that your breathing, is accelerating to the point where you're breathing, you know, higher than normal, faster than normal, but you can still hold a conversation with someone you know, like an example, if you're jogging at a light pace, like, I've ran with my brother many times and you can still hold a good conversation, right?

That's a good indication of light to moderate light to moderate intensity aerobic exercise. Light to moderate aerobic exercise. Right. So that's like hey, John.

Yeah. So tell me, what was your day like today. So you're still breathing. You can still hold a conversation. You can say you know, a sentence two sentences at a time.

You might have take up a breath, but you can, you know, generally hold a conversation. Now if you increase your running pace, cycling pace, you know, elliptical pace, whatever it is, to the point that you can still hold a conversation.

Hey, John, tell me about your day today. Right. But you have to take big breaths every few words. Then you're pushing more towards vigorous, aerobic, vigorous aerobic activity, which has its own amazing healing benefits as well.

So you need both every week okay. And that's the second form of movement. That's vigorous aerobic activity which includes all the same types of movements, you know, as moderate, which is things like cycling and running, swimming, you know, a lot of classes you can take that really start getting your heart rate up is hit workouts, kickboxing, dancing, Zumba.

Right. But at a higher intensity, vigorous aerobic activity pushes your heart rate closer to that 85% range. Now you're saying, well, how do I know it's 55%?

How do I know it's 85%? I don't know what I'm doing. Well, use the gauge. I told you. Very simple. Can you hold a conversation? If you're by yourself, try talking out loud.

See if you can hold the conversation. You can still hold a general conversation. Now you're in that light to moderate zone. If it's much harder to hold a conversation, you're more in the, vigorous zone. So. Right.

You need both. Remember, I'm just going to keep saying that you need both. You need both. You need both. So many people don't realize they need vigorous intensity exercise, because it's one of the best ways for your body to regenerate and to heal.

Okay. But in addition to those, the most accurate way to measure intensity is to get some kind of heart rate monitor and pay attention to it. As you exercise, you can wear them on your wrists.

They have them for your arms. You can, you know, wear it on your, right over your heart. Attaches to an app on your phone, and now you can actually measure what your heart rate is and it'll tell you, you know what, Ranger and all that kind of stuff.

They're actually very useful for when you're exercising. And the third form movement, we talked about a medicinal movement. It's recommended for ultimate health and longevity is muscle strengthening activities or strength training.

Remember the 90 year old man lifting, dead lifting, lifting and straight up from the ground 405 pounds two times? Yes, we are meant to be strong our entire lives.

Our bodies are designed to be strong. The stronger we are, the less pain we're going to have. The longer we're going to live healthier, plain and simple.

And strength training includes things like, you know, lifting weights, right. Might do power lifting, squatting, bench pressing, dead lifting. Right. You might do CrossFit, you might do gymnastics, which is mostly bodyweight, but it's still, very challenging bodyweight and strength training, you know, all kinds of bodyweight movements, you push ups, pull ups, squats, you know, even things like rock climbing, banded workout shorts, get some rubber bands and do banded workouts, resistance training.

Right? Even heavy gardening or any activity you're outside for example. That's specifically strengthening the muscles in the joints. Right. And to how do you strengthen a muscle?

You have to lift weights, right. Or something heavy. Heavy. You're right. You could do, you know, 50 curls with light weight and it's going to keep you from atrophying.

But if you do, you know, curls with a heavier weight and you can only do seven or 8 or 10 max, that's going to build strength, right? The ten to ones like you can't even do it.

You got to use this hand to go like this, right? And I'm not even suggesting you just sit around do curls all day long, actually, because it's not really a functional movement.

We're talking about functional additional movements, compound movements, movements where you're moving, you know, multiple parts or your entire body at the same time.

And that's the ideal scenario through compound movements that really utilize the full range of movements through the joints. Okay. Some great examples of simple and effective compound movements that strengthen the muscles and the joints while moving through the full range of motion.

And I already mentioned these squats, specially squats that go below parallel push ups where you're touching your chest all the way to the floor. You know, even if you have to do them from your knees and pull ups, even if you need a rubber band to help you, they pull your chin over the bar and ideally eventually even up to your chest.

Okay, now if these are like new movements for you, or you'd have trouble with them, then you'd likely need to work on both flexibility and strength and the beautiful thing is, there's lots of modified versions of these movements you can do while also working on your flexibility and mobility to expand your range of motion.

Range of motion meaning how far can you move through a movement and still have strength in that movement and stability in the joint? Okay, now hiring a personal trainer is honestly the first best step in doing strength training safely and effectively.

You know, I in this module, in this masterclass right now, it's just you need an ongoing I couldn't sit here and and effectively and safely training through strength training.

Right. You need someone you're meeting with, you know, a couple days a week, a few days a week that can guide you how to do it safely and effectively.

Even if it's, you know, a program you're doing online, but somebody that can guide you each day, multiple days a week. Okay. And the fourth form of movement.

Right. So we've got three so far. What are they. Do you remember did you write them down. The first is moderate. The second is vigorous. Right. So these are forms of cardio conditioning right.

Moderate intensity vigorous intensity a third one strength training strength training critical. And the fourth form of what I call medicinal movement you should be doing every week is balance training.

Balance training is anything that helps support overall balance, neuromuscular function. You know, stability. Some really great examples of things you can do that will help with this are yoga, tai chi, qigong.

Right. Any kind of anything requires balance. And this is really creating and reinforcing your neuromuscular function through through balance. It's helping support you through the rest of your physical exercises and supports a healthy brain, healthy joints, and safety through proper movement patterns.

So now I know I just cover a lot and I cover really fast. Don't worry, I'm glad you're still with me. I'm going to give it to you simply and easily. And also a PDF you can download to help you.

Okay, so adding all this up into a weekly schedule I broke it all down, I added up, you know, if this were me and if you know, if I'm like saying, look, you have cancer, you want to do everything you can to, you know, overcome cancer, reverse cancer, or limit your cancer risk.

Here's what an ideal weekly schedule, at minimum looks like. Okay, here's what it should look like for optimum health and healing. And I call this the medicinal movement routine.

You can download this PDF as part of your masterclass. But let's go through together real quick and then you can look at it later. So here it is Monday, Wednesday, Friday you would do something like 30 minutes of yoga, qigong, followed by 30 minutes of light to moderate intensity exercise like swimming fast walking, light cycling or jogging.

Okay Monday, Wednesday, Friday 30 minutes of something balanced, focused yoga, qigong, 30 minutes of something you know, light cardio. You know, get your heart rate up a little bit.

Swimming, fast walking, light cycling. You could split this up. Do one in the morning, do one in the afternoon. You could do it back to back. It is better to split things up so you're moving more often, but you make it work for your schedule.

Okay, so it's Monday, Wednesday, Friday, Tuesday, Thursday you're going to do 30 minutes of strength training. You can use bodyweight calisthenics. You can use gymnastics. You can use free weights some dumbbells.

You can do weightlifting or powerlifting okay. So Tuesday Thursday 30 minutes of strength training. Do something where you are increasing the strength of your joints, increasing the strength of your muscles, increasing the strength of your body.

That doesn't mean you have to get big and bulky, and it's just to keep your muscles and your joints healthy, okay? And to remove the toxins from your body.

Right. It's not about you don't have to if you want to. It's great. You don't have to set a goal of lifting 405 pounds. You can lift 100 pounds. If you lift 80 pounds, 70 pounds, you know, whatever it is.

But something that's going to help you get stronger, right? Which means less injury. It means less pain means living longer, healthier and happier, which leads to less disease.

Right? So 30 minute strength training Tuesday, Thursday, plus 30 minutes of vigorous intensity exercise okay. So that's like faster running. Maybe a spin class.

You could do cardio kickboxing for example. You could do faster cycling or even CrossFit. Now if you do CrossFit, I want to just give a little caveat on this.

I love CrossFit. I just am totally addicted to it. Okay, and most CrossFit classes I've been to are about an hour long, and they include both of these.

They usually include strength training and then vigorous intensity exercise, usually also including some form of balance and mobility and flexibility.

So you kind of get the most bang for your buck in a single class. But before doing any CrossFit classes, I highly suggest hiring a personal trainer, maybe for at least a couple of months who can help you achieve greater flexibility, greater balance, learn movement safely, and develop some strength before you dive headfirst into CrossFit.

Because the truth is, a good CrossFit coach will help you be safe. But not all. Not all CrossFit coaches are saying that's your truth. So you have to take your time making sure you find someone who understands your current physical limitations, as well as understand your goals and can help you create a path towards slow but steady progress through safety and proper movement.

And then when you get to that point, you know, CrossFit can be extraordinary for you. Or if you're going to a CrossFit gym, you know, talk to them about your limitations, about what you're looking to do and see, your feelings about them.

And if they really have the training, the education, the compassion, the wherewithal to support you. But again, I love it because you get everything all in one.

But aside from CrossFit again, Tuesday, Thursday, let's recap. You know, you should be doing strength training 30 minutes. You could do it in the morning or in the evening.

And then the other one is, vigorous intensity exercise. Get your heart rate up right for 30 minutes and you can do it back to back. You can spread them out throughout the day and then.

So now we got Monday through Friday covered. And you're only doing an hour a day, you know, five days a week so far an hour a day. Are you doing an hour a day. No. Now let's be honest.

Are you actually doing an hour a day of all of these forms of movement right now? If not, that's the bare minimum to stay healthy. Remember that Saturday 30 minutes of yoga or qigong, followed by 60 minutes of light to moderate exercise like jogging, cycling or swimming.

Okay, again, you could split these up or you can do them back to back, but that gets you the recommended amount of minutes. As you know, was prescribed from cancer Tcga from the American Heart Association spread out throughout the entire week.

So it's a Monday through Saturday plan. It's 60 minutes a day, Monday through Friday and 90 minutes on Saturday. The nice thing on Saturday it's just 60 minutes of light to moderate.

You could literally go jog for 20 minutes, go cycle for 20 minutes, go swim for 20 minutes. You could go jog for 60 minutes. You could do cycling for 60 minutes, right?

If you're thinking, oh, this is easy, this is I can do all this. Great. If you're thinking, oh my God, this is way more than I could ever imagine. Don't worry, I'm going to help you, you know, build up to this, right?

You don't want to dive into this, especially if you haven't been doing any exercise at all. So I'll give you a little bit of a strategy to do it effectively and safely.

In some days you would rest, you know? So this is like an ideal schedule because you want to be moving at least six days a week. That's critical. And it's critical to take a full rest day so your body can just totally repair and heal and regenerate and and really soak in all the benefits of that exercise you just did for the past six days.

Okay. So to to make it easy for you, make sure go download the Medicinal Movement Routine PDF. It's part of this program. I made it for you. It's super simple single page.

You can print it out so you can follow it each week. Okay. And just know this the sample schedules, it's not perfect for everyone. And it's not a one size fits all.

But it's a great example and a great foundational blueprint of what you can and ideally should be doing. Each week. Based on the recommendations provided by the US Department of Health and Human Services Physical Activity guidelines.

And if you're currently not doing any exercise or doing less than 50% of the sample schedule I just gave you, then I suggest increasing your total exercise volume by about ten minutes each week until you're at the minimum suggested volume as outlined above, right?

So if you're not doing anything, just start ten minutes a day, ten minutes Monday through Saturday. So all you gotta do is pick something like jogging, fast walking, cycling, swimming, yoga, qigong, switch it up throughout the day, and then the next week add another ten minutes to each day, and next week add another ten minutes.

Next week add another ten minutes. If you're feeling good, you know, just keep adding, you know, ten minutes, ten minutes, ten minutes. You can add it two days a week, then three days a week, then four days a week, then five days a week until you get to the schedule.

You could build up like that over the course of, you know, 2 to 3 months would be ideal if you're doing nothing right now. All right, start late, but plan to build up each week.

Make a commitment to it. Dedicate to it. Right? This is your life, your health, your future. We're talking about here. Okay? This is so important. Really want you to know that really make that commitment right now to yourself, okay?

Because here's something to think about. If you go from no exercise, or very little exercise to lots of exercise too quickly, you know, obviously you could get injured.

So the best thing to do is hire a personal trainer, let them know your ideal goals and your current limitations. Let them know this is what you're trying.

You're working towards achieving this schedule or some form of it, and then have them assist you in slowly but steadily progressing to the suggested amount of volume over the next three months, even six months, until you're comfortably challenged with the amount of exercise suggested.

Okay. And if you get to a point where you feel you're ready to go above the minimum suggested amount each week, awesome, right? If you're moving safely and effectively, you're and you're feeling like you need more to achieve better results or even have a goal to work towards, then set your sights on a goal in the future.

Like maybe running A5K race to support something good. Maybe swimming, you know, a half mile or even a full mile like, wow, I just want to swim a half mile unbroken and see if I can do it, or if you're already there, maybe a full mile. Right.

Or cycling, even cycling. A digital race at home, right? Yes. You can do those. You can do races and, and actually cycle with other people at home with applications like Zwift. Right.

You don't need you can get a little trainer to put on your bike, and you just set up your laptop in front of you or your TV. You don't even have to go on the dangerous streets.

If you don't want to write. You can do it at home. Or you could have a goal is lifting a certain weight and breaking your own personal records. Right?

It's like, all right, I built up to 100 pounds on the deadlift. You know, my goal is to get to 200 pounds in the next year. Okay, now you got a goal and then you got some to work towards, right?

So like, you want to get stronger, you want to get better, set goals for yourself and work towards achieving those. You will feel so much better as you're making progress in your fitness.

So in addition to the suggested schedule, there are simple but effective daily movements. You can do these kind of daily movements, these little hacks, if you will, you can do throughout the day while you're working at your desk or sitting or hopefully not sitting very often anymore. Right.

Or standing. These little things I do while working on the computer, these helped me stay focused, increase my lymphatic function, improves my flexibility, reduces pain, helps me improve overall health and well-being.

All right, so you can watch the bonus video I made as part of this masterclass. I call it simple daily movement practices. And then go through this simple practice together with me, right?

If I have a long day computer, I'll do a variation of this at least 3 to 4 times a day. Okay, so and it only takes a few minutes, you know? But in addition to that, I'm usually doing a full workout in the morning and another one in the evening.

So I'm getting lots of movement. But this is a great way to stay moving throughout the day and support you on your healing journey. Okay, so make sure you have a little bit of room.

You can do it anywhere. You don't need a gym. I want you to take five minutes, watch the video and follow along with me. This is a simple routine that will add more years to your life, and I have modified versions for you based on any limitations.

So immediately after this module, go and do this simple routine and then you have it for when you're, you know, if you're sitting all day long, just put a little timer on every 90 minutes.

Boom. Get up. Do it three times a day. Do this for five minutes. Do this five minutes. Do this for five minutes. You could double it if you want. Ten, ten, ten. Boom.

You just, you know, added so much more, movement to your day with this simple routine you can do at home. Okay. And when you do it 3 to 4 times a day, it'll help you tremendously with flushing your lymphatic system, reducing back pain, joint pain, and improving flexibility in your hips and your low back.

And before we go any further, I understand some of this might be overwhelming and scary and some of this you might already know, but right now is a great opportunity.

I want you to take a self-assessment, recognize how often you're actually moving your body. How often are you moving your body every day? Like actually moving.

How often are you doing squats, push ups, pull ups? How often are you running, swimming, cycling? How often are you doing an elliptical or, you know, going on fast walks?

How often are you doing the combination? You're doing qigong, yoga? How often are you doing these suggested medicinal movements throughout your day? Are you exercise doing moderate to vigorous intensity movements?

You know, cardio conditioning 5 to 6 days per week for at least 30 to 60 minutes each day? Are you doing balancing activities like qigong and yoga three days a week for at least 30 minutes each day?

Are you doing strength training at least two days per week? Building your muscle, strengthening your joints? If not, please be honest with yourself and also recognize that if you really want to prevent and reverse cancer, at the very least, live longer, healthier, happier, with less pain, less chronic disease, and more vitality and youthfulness.

Then you need to make a commitment right now. You need to make a commitment right now. Declaration to yourself getting yourself a personal trainer, getting yourself to the gym, or creating a simple space in your house where you can have a few pieces of basic equipment, whether it's rubber bands and dumbbells or a bike.

You know anything. There's a small space where you can actually move each day, and creating a progressive schedule that gets you to these minimum numbers we talked about.

I know it might be challenging at first. It might be uncomfortable, it might feel weird or embarrassing, especially if you haven't done any of this for a long, long time or ever.

But I promise you, the more consistent you are, the more dedicated you are. The more you stay focused and fully committed to the process. You will see progress, you will feel better, you will start to enjoy it and you will get healthier.

It's not a hope for a dream. It's a science and a reality. It's how we were designed. We were designed to move every day. When we move in this way, our brain releases endorphins and dopamine and serotonin, rewarding you, making you feel good for what you were designed to do.

Beautiful design right? And after a few weeks, you'll start looking forward to it. And after a few months, you'll feel like you're starting to love it.

And after a few years, you'll feel like a brand new person. Okay, so, this is a simple resource that I want to share with you another place you can access, because, again, you can follow.

You don't have to go to a gym. You don't have to go to, be in person if you don't want to. You can get access to things online. You know, there's a there's a gentle movement routine and we're adding more inside there all the time in the Health and Healing Club, I've actually personally recorded exercise routines for all levels of fitness with my brother, who's a certified personal trainer.

Including if you're overweight or you have trouble moving. And those classes you can access inside the Health and Healing Club, you just go to Health and Healing club.com.

There's an entire routine program in there called Healing Back Pain, for example, and it's a great bodyweight movement. Series of videos with the program PDF outline a schedule.

You can do these at home with just body weight. You don't need anything except your body and, your computer or iPhone or wherever on your TV. You can access that entire program in the Health and Healing Club.

So there's other great programs out there, other home programs, other things you can do, at home. Right. To make it easy. But to wrap up here, to complete this section, here's the most important thing to consider about a daily movement practice.

This is critical. Write this down. It needs to be something you enjoy, plain and simple. Period. Exclamation point. Double exclamation point. Fact. It needs to be something you enjoy.

If you enjoy it, you'll stick to it all. Exercise feels hard and cumbersome at first. It just does right? That's the beauty of challenge or challenges or challenging.

But when we break through them, then we are rewarded. But no matter how hard or cumbersome or challenging it feels, the more you do it, the better you'll feel and the more often you'll stay on track.

So ask yourself these questions real quick. What's your deeper reason why you want to heal cancer? What is it? Write this down. Please take a moment. Write this down.

These deeper reasons why are going to serve you and support you in staying committed and focused on this

healing journey. Why do you want to heal cancer? What is it?

Is it to live longer? Is it to fulfill your life's purpose? Maybe to be a better parent or grandparent? A better friend or colleague? Is it to enjoy the remaining years of your life with more energy, happiness, vitality is that you still want to leave a legacy on this planet to contribute to society in some way?

What is it you could think of your number one reason why you want to heal cancer, or at the very least, add more years to your life. Add more quality of life to those years.

What is it? Ask yourself. Write down a second reason and a third reason. What are your deeper reasons why? The more clear you are on this answer, the more you're going to be able to lean on it to pull you through the challenging times.

Okay, let me in my own example. I don't ever want to get cancer right. I want to live as long as I can. I want to live healthy and vital. Why? One I know what it's like to be sick.

I don't want to be sick. I know what it's like to have pain. I don't want to have pain. I know what it's like to not live a fulfilled, healthy, happy life.

I don't want that. I live that early on in my life. Thankfully, I found the path beyond that to a happy, healthy, vital, fulfilling life. And that's what this masterclass is all about. Helping you get there as well.

And so I know I don't want those, and what I do want is I want to be 90 years old, being able to hike and backpack and adventure into the wilderness with my grandkids, even my great grandkids.

You know, I want them trying to keep up with me, not me. Keep up with them. You know, I want to be a leading example. I want to contribute to society in meaningful ways and help bring light to people's darkness in their lives.

Right? That's power of contribution. I want to experience love and appreciation and gratitude and share that with as many people as I can. You know, I want to live as long and healthy as I can on the planet, not just long, but fulfilled and not just fulfilled, but vital, right?

Nobody wants to live to be 90 or 100 years old, but in chronic pain, in a wheelchair and sick all the time. So if we're going to live longer, let's do it with health and vitality.

What are your deeper reasons? Is it your grandkids? Is it your legacy? Is it, you know, write this down. Write down a second reason, a third reason for trees and fifth reason you already got to keep writing.

What are your deeper reasons why? Why would you want to reverse cancer? Why do you want? Why do you want to reverse cancer? Why do you want to live longer?

Why do you want to be healthy? Right? If you wrote I want to be healthy, why do you want to be healthy? What freedoms does that give you? What does that allow you to do?

Where does that allow you to go? What new ventures can you start? What new businesses can you start when you passions can you start that can start bringing more financial security, financial freedom to your life, right, so that you have enough money to help you live the life that you want to live, right?

So you don't outlive your money, so your money outlives you, and then it can donate to somewhere beautiful and supportive in the future. And you can do that at any age.

At any age, people restart their lives at 50 and 60 years old, even 70 year olds, 70 years old all the time, and they spend the next ten, 15, 20 years doing something that not only brings them great wealth, but great happiness and great health as well.

Okay, so take these reasons. I want you to put them up on the wall, put them up in front of the mirror, put them up somewhere where you're going to see them and remind yourself every single day.

Because whatever your deeper reasons are, remind yourself of them every day when you step into that gym, when you turn on that exercise video, you take that qigong class.

Remind yourself of your deeper reasons for committing to the process. Remind yourself of these when it's challenging. Why? Because it's going to help you live longer, healthier, and with more purpose in your life.

Remind yourself that a daily fitness routine is going to help you achieve your goals in life. Enjoy more of your life with less pain, and experience more health and happiness for years to come.

And remember. Find something you enjoy. Try new things. Try tennis or racquetball. Go get some swimming lessons. Start fast walking and then jogging and running.

Try some forms of martial arts, right? Qigong is an amazing, amazing thing for your joints, your mind, your body. It goes beyond just subtle movement.

It goes into energy healing, meditation, wisdom healing. Qigong is the system of qigong. I highly recommend because it implements just about every major healing movement.

Most of them, you still need to do some of the other things I've talked about, but wisdom, healing Chicken is a great healing system. It's also really good for your joints, good for your flexibility, good for your mind and your body.

Right? Put on your favorite music. Go to the gym. Try cycling right? Hire a personal trainer. Have them teach you the ins and outs of lifting weights safely and effectively.

Take a Zumba class right? Take some kind of dance class. Try, you know, different kinds of dancing. Start golfing, try CrossFit, get a coach, but stay committed to the process.

Once you find something you love, it helps you move every single day. Following the medicinal movement, principles that we talked about. You will look forward to it.

And it won't be a chore. It'll be a blessing. That's the key to sustained fitness. It needs to become a lifestyle, and it needs to be something you enjoy and look forward to.

So that way, you know, if you've tried a few things and honestly, nothing's like stuck with you yet, try new things until something sticks. There's something for everyone.

Diversity and variety is key, and once you find it, you'll know it and it will consume you in such a good way. It'll add years to your life and life to your years.

Right? So now you've got a foundation for your daily movement routine. You know what you need to do. You know what you need to do. So it's time to put it all together.

It's time to create your personalized blueprint for what I call a holistic plan of health and healing. And let's make it stick. Let's make it last. That's what the seventh and final step is all about.

That's what module eight is all about, which is the seventh and final step of this entire masterclass. So right now, if you've made it this far and you've been attending all the other modules, give yourself a huge pat on the back.

Give yourself a hug. Thank yourself. Congratulate yourself for making it this far. You've accomplished more than 90% of people ever will, which is just exciting.

It means you're committed to the process, and I want you to know I'm committed to you. I'm here to truly help and

serve. And I'll keep giving in giving because I know it's for the people like you who will go all the way.

Give it everything you have to be the best and healthiest version of yourself. So this next and final step is crucial. It's the packaging that wraps it all together, so you have a daily, weekly, monthly and yearly plan of attack and a strong support system to help you achieve your goals and live life at a higher level of health and vitality.

So as soon as you're ready, let's dive into step seven and create your own personalized, holistic health and healing plan. Let's go!