

Moving the Rocket Body

Reclaiming Vitality

Why Move The Rocket?

We know exercise benefits us in pretty much all aspects of life — from energizing to strengthening to the release of endorphins — but why is it a struggle for some and seemingly easy for others?

It's simple: the ones who find it easy are enjoying it, are immersed in it. They have found exercise they love & do it for the sake of doing it, while the ones struggling through every workout do it because they feel they have to — or they'll transform into Jabba the Hutt. In other words, one group exercises for the pure joy & ecstasy of the activity itself, while the other does it out of fear of losing their image, struggling to maintain it, to gain the approval of others.

Who do you think sticks with it?

■ ROCKET INSIGHT

Those who exercise for an outcome are often inconsistent — whether or not they achieve that outcome. Those who exercise for the enjoyment of the activity itself maintain it.

Checking in with the Mission

- What are your current activities, and how many hours a week do you spend doing them?
- Are you enjoying the exercise you are doing?
- What is a form of exercise you'd like to try?
- How might it feel trying it?
- What beliefs do you hold about exercise? Are these beliefs worth holding?

Rocket Body Navigation

- Do I enjoy group or solo activity?
- Do I prefer more casual or competitive play?
- Am I interested in physique, longevity, community — or something else?
- What are my current fitness goals?
(Build muscle mass, maintain current health/endurance levels, train for an event/competition)
- What barriers exist that can prevent me from exercise?
- If I could only do one form of exercise for the rest of my life, what would it be?

Notes

The Rocket Walk

If you're not finding any form of activity enjoyable, know that **30 minutes of walking, 5× a week, is enough.**

When you walk, you have the option of treating it as a practice. How long can you notice and focus on:

- The color green (or any other color)
- The breath
- The feet striking the ground

Pick one to focus on for the walk, set the intention, then watch and enjoy! The purpose is to **sustain attention** — to elevate our level of awareness.

If you can make your walk in nature, even better.

Practical Takeoff Tips

- Keep equipment visible — just seeing it will prompt you to use it.
- Tracking your progress can be helpful, but do not obsess over it or beat yourself up if you miss a day.
- Just prior to and during exercise, routinely check in with yourself: gently ask — “What sensations are happening now? Am I having fun? Can I push a bit harder or do I need to ease up?”
- At the end of the exercise session, give thanks for being able to move, for showing up today, & for completing the activity!
- If you're finding a particular routine repetitive, switch it up! The rocket body welcomes novelty voyages.
- Any movement is beneficial. If you are feeling particularly fatigued on a given day, a lighter workout may be preferred. Check in and listen to the rocket body!

★ REMEMBER

If the activity is not enjoyable, you are not required to continue! All of us human rockets have preferences in our flight styles — part of the fun is finding yours.

Do not compare — for it robs you of the joy of moving now!

■ A NOTE ON GYMS

If you enjoy exercising at a gym, wonderful. Just know it's not for everyone, nor is it necessary to get a quality workout in. Know that you can get the same workout, for free, outdoors! Check your local parks: often there are exercise areas available to you at no cost.

The Blueprint Creates the Mission

Your beliefs surrounding exercise determine if — and when — you'll do it. *Surrender these beliefs as they arise;* they are your only hindrance! Get out of your own way, allow your rocket to be immersed in the flight!