



TRIFITNESS
FUNCTIONAL FITNESS FOR LIFE

**ADAPTIVE FITNESS FOR HEALTHY
AGING: PROMOTING INCLUSIVITY AND
PHYSICAL WELL-BEING FOR
INDIVIDUALS 50+**

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WHO AM I?



Dedicated Husband believer Retired U.S.C.G with 20 years experience leading many teams in many different situations

Successful entrepreneur & Fit Pro with 18 years in the Fitness Industry with a B.S. Exercise Science



I have spent the past 20 years on my own healing journey working through many traumas and creating the habits and the processes to heal and help others learn to heal themselves as well in my work



Through TriFitness Gym and My personal coaching my goal is to help others overcome their challenges to build strong, successful, and healthy lifestyles they are excited to embrace each day.



“CREATING A BETTER WORLD FOR US ALL TOGETHER”



WHAT IS ADAPTIVE FITNESS?

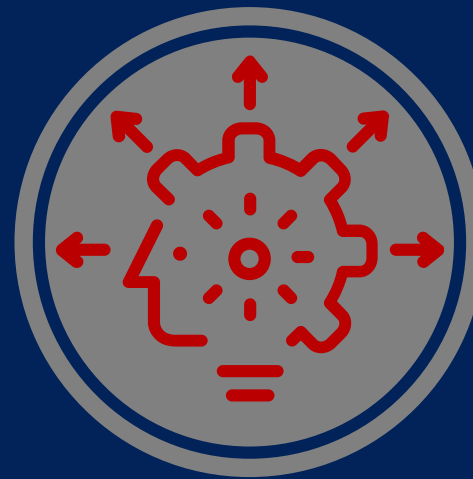
PERSONALIZED

IF YOU AREN'T TAKING TIME ASSESS AND UNDERSTAND THE LIMITATIONS, DESIRES AND CAPABILITIES OF YOUR CLIENT THEN YOU ARE MOST LIKELY NOT PROVIDING THE BEST EXERCISE FOR THE INDIVIDUAL IN FRONT OF YOU. WE ARE ALL DIFFERENT IN MANY BEAUTIFUL WAYS AND THIS IS IMPORTANT TO RECOGNIZE



SAFE & ACCESSIBLE

WE STRIVE TO CREATE A SAFE AND WELCOMING ENVIRONMENT AND PROGRAM THAT MAKES IT ACCESSIBLE FOR INDIVIDUALS WITH MANY DIFFERENT ABILITIES AND WE EDUCATE ALL OF OUR COACHES ON THESE DIFFERENT CONDITIONS AND GIVE THEM RESOURCES TO SUPPORT THEIR CLIENTS SUCCESS. WE ALSO TRY AND ENSURE WE HAVE A WIDE VARIETY OF AVAILABILITY FOR SCHEDULING AND CONVENIENCE OF ACCESS



WHAT'S YOUR ANSWER?

EFFECTIVELY CHALLENGING

SPECIFIC TO THE NATURE OF EXERCISE & TRAINING YOU MUST OVERCOME SOME SORT OF RESISTANCE OR ADAPTATION TO MAKE PROGRESS & INCREASE YOUR CAPACITY & IMPROVE YOUR ABILITY TO ADAPT TO THE FORCES YOU ARE OVERCOMING, BUT OFTEN THIS IS MISCALCULATED, TAKEN TO AN EXTREME, ISN'T ACHIEVABLE, ISN'T ADEQUATE OR ISN'T MAINTAINABLE



CONNECTION BETWEEN TRAUMA THE MIND, AND THE BODY



“TRAUMATIZED PEOPLE TEND TO DISCONNECT FROM THE BODY. TRAUMA CAUSES THE SYMPATHETIC NERVOUS SYSTEM TO GO INTO OVERDRIVE, AND IT’S HARD FOR PEOPLE WHO HAVE EXPERIENCED TRAUMA TO REGULATE THEIR NERVOUS SYSTEM BACK INTO A STATE OF CALM AWARENESS.” (REF 1)



“SOMATIC EXERCISE FOCUSES ON A BOTTOM-UP APPROACH TO TRAUMA RECOVERY. RATHER THAN STARTING IN CONVERSATION ABOUT EMOTIONS OR COGNITION, THIS APPROACH FOCUSES ON HOW THE BODY RESPONDS TO TRAUMA AND HOW THAT, IN TURN, AFFECTS THE BRAIN.





THE BIG QUESTION!

**HOW CAN WE ALL WORK TOGETHER TO ENSURE EVERYONE
LIVES A FULL, REWARDING AND FRUITFUL LIFE?**

CARING CONNECTING & COACHING

**AN ADAPTIVE FRAMEWORK FOR BUILDING
HOPE, BELIEF, CONFIDENCE AND
CAPABILITY & HELPING FACILITATE
HEALING IN THE MOST ADAPTABLE
AMONG US**

**OUR BROTHERS AND SISTERS HAVE BEEN
ADAPTING FOR US WAY TOO LONG AND
ITS NOW TIME TO MEET THEM IN THE
MIDDLE**



SYSTEMS LEAD TO SUCCESS

MOBILITY/WARM UP

THIS BEGINS THE PROCESS OF GETTING THE CLIENTS BODY AND BRAIN READY FOR EXERCISE AND COULD COMBINE A WIDE VARIETY OF EXERCISES AND MODALITIES OF PREPPING INCLUDING CARDIVASCULAR AND MUSCULAR SYSTEM ACTIVATION

DYNAMIC WARM UP

THIS IS WHERE WE WORK MANY DIFFERENT CRITICAL PHYSICAL ATTRIBUTES LIKE BALANCE, REACTION TIME, POWER, SPEED, COORDINATION, GROUP ACTIVITIES AND ALWAYS A LITTLE FUN

FUNCTIONAL STRENGTH TRAINING

THIS IS THE PORTION OF THE TRAINING SESSION WHERE WE WORK ON STRENGTHENING THE CAPABILITY OF THE CLIENTS TO PERFORM MOVEMENT PATTERNS THAT HELP OUR CLIENTS LIVE BETTER LIVES

H.I.I.T

THIS IS WHERE OUR CLIENTS WORK ON THEIR OVERALL CAPACITY TO PRODUCE ADEQUATE OF AMOUNTS OF POWER & INCREASE THE BLOOD FLOW TO THEIR BRAIN, HEART & LUNGS TO IMPROVE MANY DIFFERENT ATTRIBUTES INCLUDING VO2 MAX

TRIFITNESS

FUNCTIONAL FITNESS FOR LIFE



PERSONALLY DESIGNED FUNCTIONAL FITNESS PROGRAMS

- Improve personal knowledge of and capacity to train safely and effectively
- Improve strength and endurance
- Improve balance, coordination and reaction time
- Improve brain activity and neuroplasticity
- Improve mental and emotional health and processing

SOCIALLY FOCUSED GROUP FITNESS PROGRAMS

- Are more fun and interactive leading to increased adherence
- Provide education focused on improving your knowledge of the habits and actions that lead to healthy aging
- Provide continued support, coaching, volunteer opportunities and events focused on building a strong and active community of active and healthy adults!



TRADITIONAL EXERCISE IS FAILING MOST!

TRADITIONAL EXERCISE INSTRUCTION AND APPLICATION USUALLY ONLY INVOLVE STRENGTH TRAINING, CARDIO, 1-DIMENSIONAL MOVEMENTS

WE NEED MORE THAN STRENGTH!





THREE PILLARS OF EMPOWERMENT IN MENTAL AND SPIRITUAL HEALING

YOU ARE A HEALER



SELF-CARE INCLUDING
MOVEMENT NURTURES
PERSONAL GROWTH,
CONFIDENCE AND
INDEPENDENCE



COMMUNITIES JUST
LIKE HDSA FOSTER
COLLECTIVE
STRENGTH, SUPPORT
AND SOCIAL
CONNECTION



MINDFULNESS PRACTICES
ENHANCE YOUR PRESENCE
AND YOUR ABILITY TO
EMOTIONALLY REGULATE
REDUCING STRESS

MINDSET MATTERS

If you can't cultivate a growth mindset and approach your training with the patience, consistency and intensity required to progress you are not going to persevere past the obstacles that you will have to overcome on this journey.

Both the coach and the client need to have these traits to succeed!



GROWTH
MINDSET



PATIENCE &
CONSISTENCY





HEALING IS A JOURNEY TOWARDS SELF- DISCOVERY AND PERSONAL EMPOWERMENT.

It helps you foster growth through mindfulness, self-acceptance and cultivation of personal healing

WITH THE AVERAGE DEATH AGE AT 76 AND 78% OF AMERICANS HAVING A LIFESTYLE RELATED DISEASE BY THE AGE OF 60 THERE IS A LOT OF ROOM FOR IMPROVEMENT IN THIS ARENA AND IT'S CRITICAL IF YOU WANT TO ENJOY THE GOLDEN YEARS OF YOUR LIFE!

WHAT CAN YOU INFLUENCE?

- HABITS
- NUTRITION/HYDRATION
- MINDSET
- ENVIRONMENT
- MOVEMENT
- MEDICAL CARE
- SLEEP
- SAFETY

WHAT YOU CAN'T INFLUENCE?

- GENETICS
- UNEXPECTED ACCIDENTS
- SOME VIRUSES
- SOME ILLNESSES
- TRAUMATIC EVENTS
- MENTAL AND PHYSICAL ABUSE





DAILY PRACTICES

MINDFULNESS AND MEDITATION
FOR EMOTIONAL HEALING AND
DAY TO DAY EMOTIONAL
REGULATION AND GRATITUDE
PRACTICE

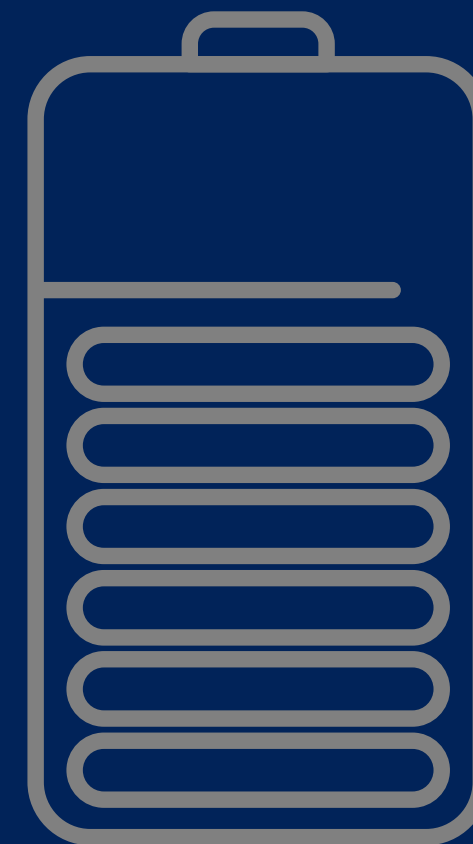
PHYSICAL ACTIVITY AND
EXERCISE FOR EMPOWERMENT
CONFIDENCE PHYSIOLOGICAL &
PSYCHOLOGICAL BALANCE

RECOVERY

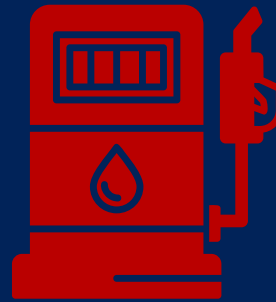
WHAT MANY PEOPLE DON'T KNOW IS THAT EXERCISE AND DAILY ACTIVITIES CAUSE DAMAGE AND DISRUPTION IN THE BODY.

THE REAL MAGIC HAPPENS WITH THE REST AND RECOVERY!

100%



3R'S



TO BUILD MUSCLE YOU WILL NEED
ENOUGH FATS, PROTEIN &
CARBOHYDRATES TO FUEL YOUR
BODY BASED OFF OF YOUR TRAINING,
BODY SIZE AND YOUR GOALS

REFUEL



YOU HAVE TO FULLY RECOVER AND
ALLOW THE MUSCLES AND YOUR
IMMUNE SYSTEM TO DO THEIR THING
AND BUILD STRONGER AND BIGGER
MUSCLE TISSUE FOR YOU TO UTILIZE!

REBUILD



THE BODY IS 60% WATER AND AS
WE EXERCISE WE LOSE DIFFERENT
LEVELS OF FLUIDS BASED OFF OF
THE TYPES AND DURATION OF THE
EXERCISE AND THE ENVIRONMENT.

REHYDRATE

K I S S

**HERE
&
NOW**

**KEEPIN
IT
REAL**

**GET
HELP**

KEEP IT SIMPLE

START WITH VERY EASY TO LEARN EXERCISES WHETHER THEY NECESSARILY EASY TO DO IS BASED OFF OF THE CAPACITY OF THE CLIENT BEING TRAINED IF YOU GIVE THEM TOO MANY TASKS THEY WILL NOT BE ABLE TO COMPLETE THEM

GET STARTED ASAP

IT'S HARDER TO GAIN THE NEEDED BENEFIT THE OLDER YOU ARE, BUT DOING SOMETHING RIGHT NOW EVEN IF IT'S VERY BASIC COULD PAY HUGE DIVIDEND'S, SO DON'T COMPLICATE IT USE WHAT YOU HAVE AND GET MOVING

REAL EXPECTATIONS

SHOOTING FOR THE STARS SHOULD BE YOUR GOAL, BUT DON'T LET THIS BECOME A CONTENTION POINT WITH YOUR EXPECTATIONS. EXERCISING HAS SO MANY BENEFITS THAT YOU CANNOT SEE AND DONE SAFELY IT IS ONE OF THE BEST THINGS YOU CAN DO FOR YOURSELF

WE ALL NEED HELP

TRAINING ALONE IS USUALLY VERY DIFFICULT TO STAY CONSISTENT WITH AND MAY BE UNSAFE FOR SOME PEOPLE, SO HAVING TRAINING BUDDY, FITNESS COMMUNITY OR COACH WILL MAKE YOU MUCH MORE LIKELY TO SUCCEED WITH YOUR TRAINING PROGRAM

READING IS A CHEAT CODE!

NO SWEAT

MICHELLE SEGAR PHD

THE BODY KEEPS THE SCORE

BESSEL A. VAN DER KOLK

THE POWER OF HABIT

WAYNE JONAS MD

RADICAL ACCEPTANCE

TARA BRACH

THE BRAIN THAT CHANGES ITSELF

NORMAN DOIDGE, M.D.



TRIFITNESS

FUNCTIONAL FITNESS FOR LIFE

THANK YOU!

SCAN BELOW TO HELP GROW YOUR MISSION!



**SCAN FOR
MISSION-DRIVEN FITNESS
BUSINESS BLUEPRINT**



**FREE 30 MIN COACHING
CONSULT**

FINAL THOUGHTS



I AM GOING TO QUOTE SOMEONE I HAVE ADMIRERD MY
ENTIRE LIFE

“LIFE’S MOST PERSISTENT AND URGENT QUESTION IS,
WHAT ARE YOU DOING FOR OTHERS?”

MARTIN LUTHER KING JR.

References

1. REHABILITATION RESEARCH: SOMATIC EXERCISE AND TRAUMA RECOVERY. (N.D.).
[HTTPS://ACRM.ORG/REHABILITATION-MEDICINE/SOMATIC-EXERCISES-AND-TRAUMA-RECOVERY/](https://acrm.org/rehabilitation-medicine/somatic-exercises-and-trauma-recovery/)