

5 Minute Flow Guide



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When I started down this path of health and fitness over 10 years ago, my thinking was very different than it is today. I was focused only on improving performance. My only considerations for doing this were strength and power. Lift more weight, go faster. The end.

Along the way things changed.

First lay a foundation for Health & Fitness

Movement Quality

I realized within the last couple years that the #1 priority is actually just to give people the ability to move without pain or restriction. THIS is the key to lifelong fitness—the freedom to move well and be able to enjoy many physical activities along the way. If you have trouble walking, basketball is definitely out.

Joint Health

Maintaining good joint health is imperative for injury prevention and recovery (both in reducing the time it takes to return to activity, and reducing the chance of re-injury after recovery). A lack in this area can be linked to pain and even depression.

Hydration

Hydration is very commonly overlooked, but important all the same. The list of benefits of proper hydration and potential risks associated with dehydration is a mile long. Just understand that drinking water is important.

So, what is the easiest and most efficient use of time that will yield a dramatic improvement in quality of life?

The answer is a combination of research into behavioral psychology and physiology...I call it the 5 Minute Flow.

How To Build a Successful #5minuteflow Habit

1) Start small

In order for a habit to work, you have to make it a small start that feels manageable. The biggest mistake you can make is to try to go from zero days per week of exercise to 7 days per week. 5 minutes a day works for everyone.

2) Early morning is “Magic time”

There are multitudes of books written and stories from the most successful people in the world that talk about the importance of a morning routine and how critical those first hours are. There is a lot of truth to that—starting off your day on a positive note is HUGE.

3) Adherence

First and foremost, in order to succeed, you have to show up and put in the work. The specifics of what you do is secondary to **CONSISTENCY**.

How do you achieve consistency? Avoid the following!

1) Boredom

If something is fun, you'll be willing to MAKE TIME for it. If it isn't, you will be less likely to do so.

2) Injury

If you are injured, it's going to severely limit what you're able to do, and with fewer options, it's going to be more difficult to find a fun option.

Boredom and injury are the nail in the coffin for health and fitness aspirations. They KILL your potential for consistency more than anything.

4) No Barriers

In order for people to stick with it, it has to be easy to do—no gym required, no equipment required. No real reason not to do it.

The solution is simply to start EVERY SINGLE DAY with 5 minutes of movement and a large cup of water as a reward for your good work.

READY? GO!

- 1) **MOVE** for 5 minutes in a way that gently pushes your flexibility. Don't worry if you get stuck somewhere, retrace your steps while you think of the next movement. If you're into martial arts or yoga, throw your own blend together.
- 2) **REWARD** yourself with a refreshing glass of water when you are done.
- 3) **COMMIT**. Give me at least 30 days. There should be no excuse in the world that should prevent you from drinking a cup of water and moving around for 5 minutes. This is level 1, and from here we lay a foundation for great health and performance.
- 4) **REPORT**. At the end of 30 days, what change do you notice? I would love to hear about it.
- 5) **MAINTAIN**. Keep up the good work, and continue with your morning 5 minutes. You might like it so much that it becomes 10 or 15 minutes.

RESOURCES:

[Why and How of 5 Minute Flow \(Video\)](#)

[YouTube #5minuteflow](#) Playlist

[Instagram #5minuteflow](#)

[Facebook Group](#) (members ranging from 18-65 years old)

Still not convinced it's worth the effort? Read on...

My results have been absolutely fantastic. Body feels great and my morning productivity has skyrocketed—an area where I was lacking before. As for others who have joined me on this journey...The flood of emails thanking me for #5minuteflow has been overwhelming. Many people have reported that their chronic pain has gone away, and others say they don't even need coffee in the morning to wake up. It's a beautiful thing.

These minutes add up—big time!

Exercise ROI

Consider that the average person spends about 2 hours per week exercising. If you add just 5 minutes of movement in the morning that would be 30% extra....

$5 \text{ (minutes)} \times 7 \text{ (days)} = 35 \text{ minutes per week}$

$35/120 \text{ (2 hours)} = 30\%$

That's going from a D to an A, or C to an A +++

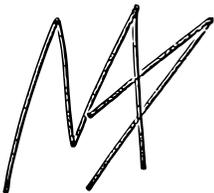
Ask anyone in finance if they'd like a guaranteed 30% return on their investments they would laugh at you because it's just not possible. But with your physical health and wellness, it is.

This extra time has a dramatic effect on your strength, flexibility, and overall well-being. When you do the math, it just freakin' makes sense.

Even if you're already doing 3 hours per week that's still a 20% improvement with just 5 minutes a day.

When you add up those 5 minutes per day it equates to an additional 30 hours of movement per year.

Better every day,

A stylized, handwritten signature in black ink, appearing to be 'MS' or similar initials.