



MY BODY SCORE

KNOW YOUR NUMBER,
HONOUR YOUR BODY,
MOVE FREELY EVERY DAY!

What Is My Body Score?

Honouring & Connecting To Your Body

Exercise is a stressor. Sometimes the level of stress is too much for the body. Remember the term "Flog a dead horse?"

I have seen this all too often: Gym-goers, exercise enthusiasts and those needing to heal are not listening to their body when it is screaming for them to slow down and work "in" rather than work "out."

My Body Score is a great way to honour your body when it is whispering so that it doesn't end up needing to scream!



What is My Body Score?

My Body Score helps build a strong connection between you and your body. It is a number that represents your body's energy state upon waking, or before heading to do a workout.

Your Body Shares Your Stress

Thoughts become matter, stress becomes restrictions

We are all unique squishy balls of fabulous mess. It should not come as any surprise to know that our daily stress manifests in our bodies.

What is your body's daily story? How much load are you willing to give it when you tune in to just how tired it is?

Instead of fighting your body, this is an opportune time to learn how to make the most of the energy your body has at any given time.

EXAMPLE ONE: In the morning, you woke up before your alarm. You are feeling great in your body. You played some music and danced around before heading to work. You had a productive fun day. You head to the gym to do your workout. Your Body Score is 8/10. Every Movement Centre is available to you. You have the energy to start with some Breathwork to get ready for a bit of HIIT Training before moving to some heavy weight lifting. You finish your session on the vibration plate. You go home pumped and happy.

EXAMPLE TWO: You didn't sleep well. Dreams had you exhausted! Your day at work was draining. You got a flat on the way home. You have a personal goal of exercising five days a week and do not want to miss a day. Today was a 10km run day. It starts to storm. You calculate your Body Score. 5/10. You decide that your training session is indoors. You are going to spend 30-40 minutes doing some TRE release work and some diaphragmatic breathing. You feel happy as you know your mind and body will still benefit from the nurturing.

How to Calculate My Score

Listen - Feel - Connect

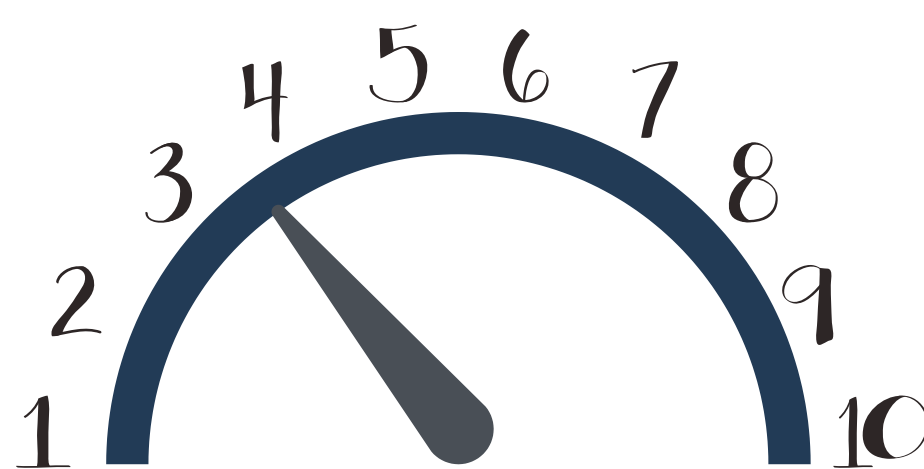
Score yourself as soon as you wake up and before you do your movement (aka exercise) if later in the day.

Ask yourself the following questions and use the next page to help calculate your score out of 10.

1. Did I get enough restful SLEEP?
2. Do I feel HYDRATED?
3. Am I nourished from proper NUTRITION the day before?
4. Is my mind free from STRESS?
5. How is my EMOTIONAL energy?
6. How does my BODY feel?
7. Is my MOVEMENT strong, limited or painful?

Hold no judgement when answering your questions. It is what it is.

Your score out of 10 will determine the type of movement your mind and body is ready for, and the intensity level that best suits you to perform the movement.

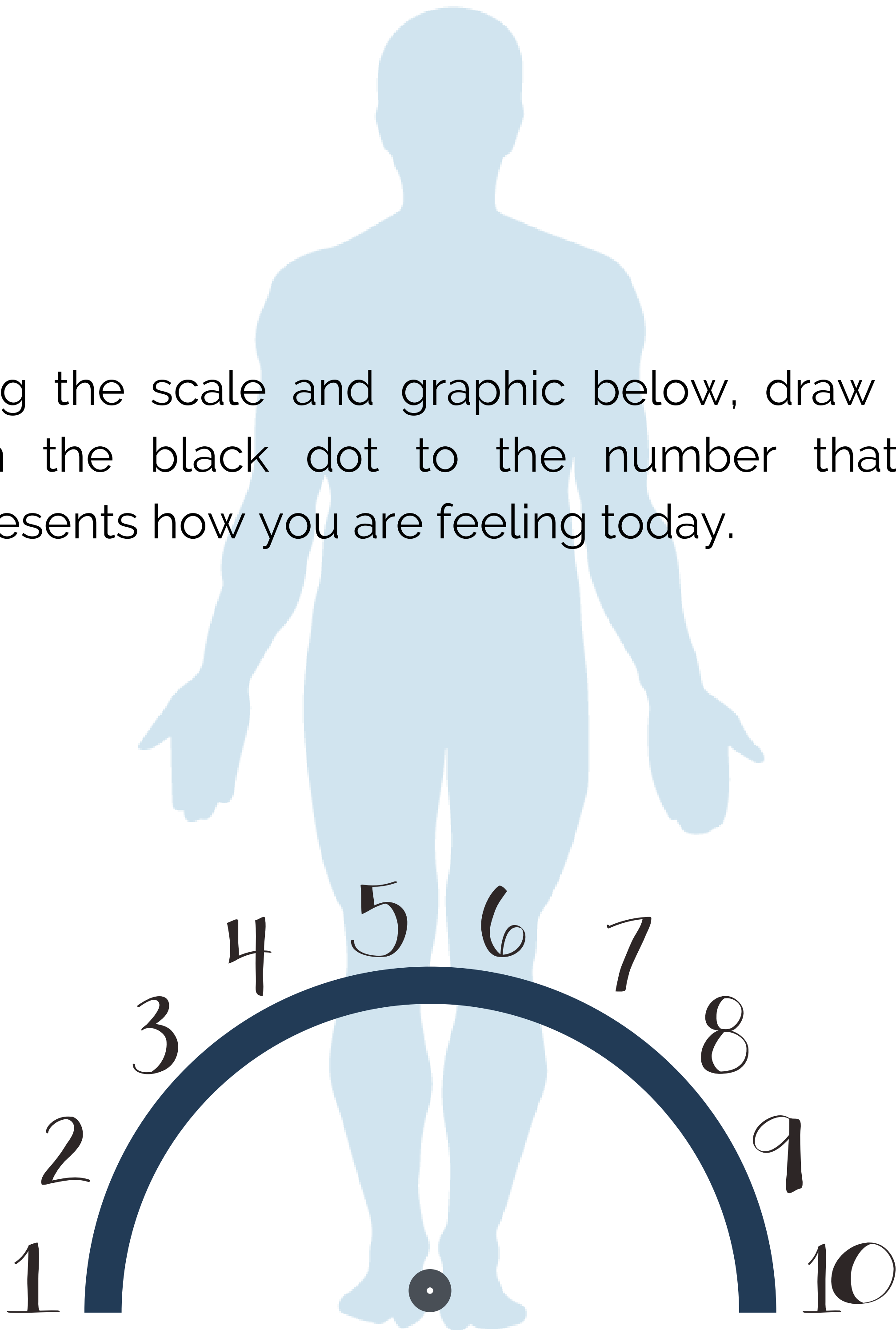


"Love that I can assess how I'm truly feeling each day and work with my energy from there" ~ Fleur S

My Body Score Results

Meet Your Body Where It At

Using the scale and graphic below, draw a line from the black dot to the number that best represents how you are feeling today.



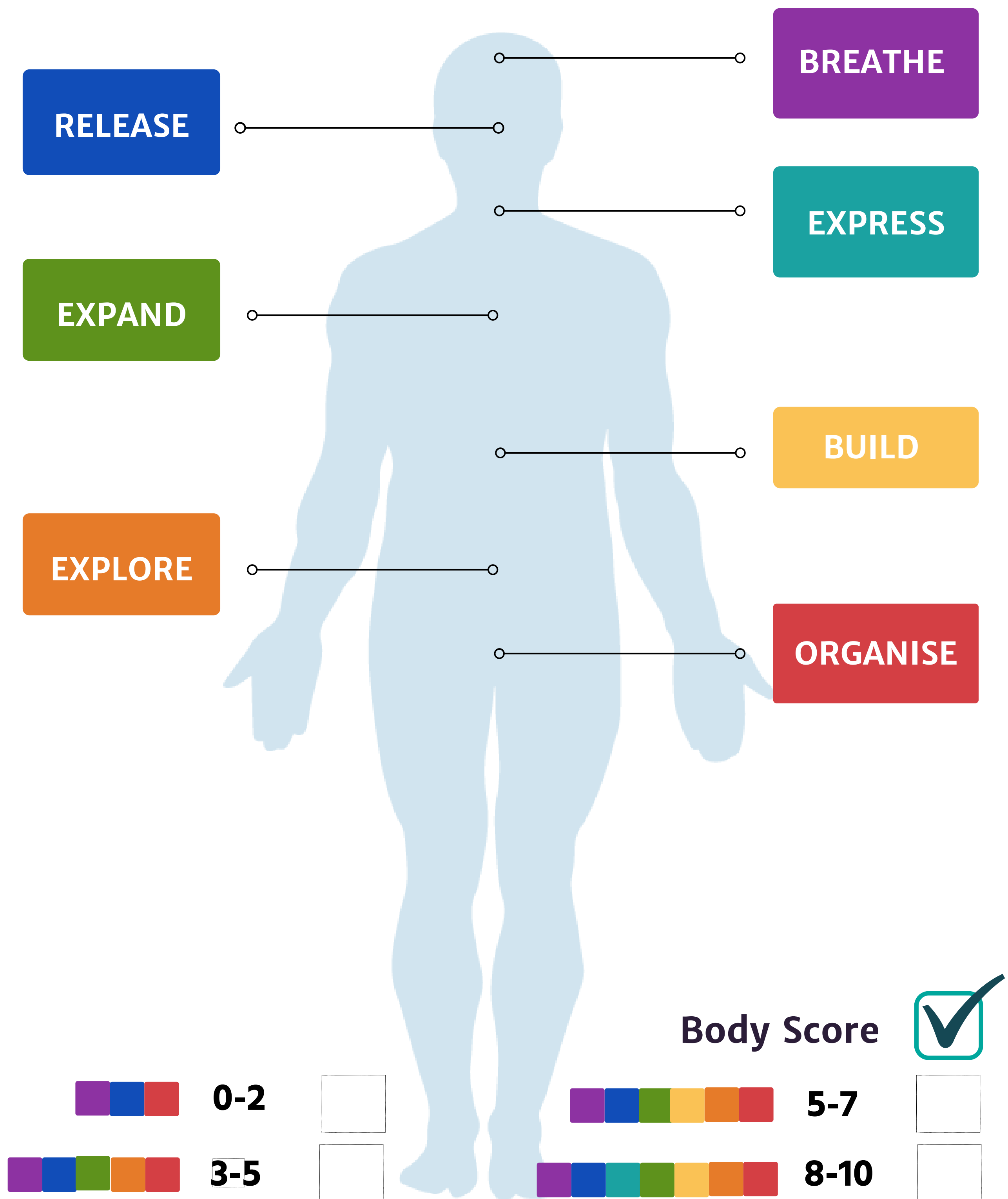
10 = Feeling energised and unstoppable

5 = Feeling ok and content. No frills!

1 = Feeling like a sack of potatoes

My 7 Movement Centres

Energy & Movement Nutrition



The coloured boxes indicate which Movement Centres are available to you. See the next page for a breakdown of each Centre.

BREATHE

Bringing awareness to areas of stuckness and emptiness and consciously shifting them through your body using your breath. Connecting your head to your body/s and tuning into the sensations of your body giving you Insights to the true nature of reality.

- **Spinning** - Tibetan Rites, Eye exercises, Rolling
- **TRE** - Trauma Release Exercises
- **Vibration Therapy** - Shaking, Vibro
- **Reflexology** - Acupressure Mats, Release with Awareness, Foam Roller, Massage

EXPRESS

When the body is energised it is in full expression. There is a distinct proud feeling of achievement being stretched to its limit. Almost as if life is starting be lived in that moment dangling on the edge. Energy charges through the throat and the entire body.

- **Flow** - Partner shadow work, Floor Work
- **Embodiment** - Receiving, Nurturing, Wide open
- **Yoga** - Asanas, Warrior Poses, Prayer
- **Stretch Forms** - Heart Openers, Snow Angels, Thoracic Extension, Hanging

BUILD

Resist the pulling forces of triggers and stand strong in your power. Have certainty around who you are and what you are about. Build on your authentic self and take responsibility for the ever evolving strength of your body and mind.

- **Dance** - Ecstatic dance , Tribal, Stomping, Sensual connections, Creating, Body Rolls
- **Play** - Juggle, Childs play, Sport, Recreation
- **Balance** - Beam work, climbing, 1-4pt prone play, Rock Hop
- **Laugh** - Laghter Yoga, Fun Silly Games

ORGANISE

Reorganise your body to be grounded and solid in its foundations. Set your pillars into the earth balancing you right on top of your feet. Ground down, Get earthed! Connect with the floor to better understand where your body holds tension. Break the habits of poor movement quality by gaining your body's trust.

- **Meditation** - Vipassana, Shavasana, sensory fasting, Head/Hand stands
- **Internal Exercises** - Qi Gong, Tai Chi, Taoist
- **Breathwork** - Dragon breath, 7:7, 4:7:8, Diaphragmatic, Nostril, Box, 3pt, Tantra, Heart to Heart, Wim Hoff

RELEASE

Tension held in the body can be released using the body's natural tremor mechanism. Vigorous shaking of the limbs, rebounding, and patting down of the body does wonders relieving stress. Spinning creating a vortex clears the body plaque and heavy metals which makes for great detoxing oportunities.

- **HIIT** - Sprints, Skipping, Boxing, Shadow Boxing
- **Power** - Speed work, Agility, Hops, Plyometrics
- **Nature** - Kayak, SUP, Hike, Climb
- **ZUU** - Ground Based Animal Movement
- **Sound** - Screaming, Yelling

EXPAND

An open heart leads an open mind. A powerful way to live. Hide the heart and you will hide yourself from the world. Open the thoracic spine, let the world know you are here to give love and allow yourself to receive love in return.

- **Bodyweight** - 4 pt movements, 7 Primal Movements, Hanging
- **Resistance** - Lift light, Lift heavy, Lift self, Lift others, Primal Lifts, Weight Training
- **Standing Strength** - Poses, Gymnastics

EXPLORE

Keep your child-like spark alive with play. Skip-Hop-Jump around with joy in your heart. Then take a dive into your sensual essence and spend time to explore your abilities to perform free creative movement drawing shapes in the air, on the floor, in the sand. Lastly, learn about your body inquisitively feeling every inch of it.

- **Reorganisation** - Meditative Movement, Conscious Corrections
- **Grounding** - Barefoot walking, Gardening
- **Foundation Work** - Walking, Running, Primal Skills
- **Stillness** - Body Scan on the floor

So, Where To Next?

Connection Through Movement And Flow

Get Good At Calculating your Body Score.

1. Answer each question and score yourself out of 10 (use the 1-5-10 examples as a guide)
2. Look at each movement centre for that score (see the coloured boxes next to the score)
3. Choose movements/modalities that correspond to the movement centres for your workout.
4. Workout, then REPEAT

Changing Habits, Changes Lifestyle

It takes 21 days to Change a Habit and 90 days to make it a Lifestyle. After scoring yourself daily for at least 21 days in a row, you will be able to gauge your numbers without needing a cheat sheet.

Committing to listening to your body is one of the best gifts you can give to yourself. Imagine how connected and in flow you would be after 90 days!

Remember:

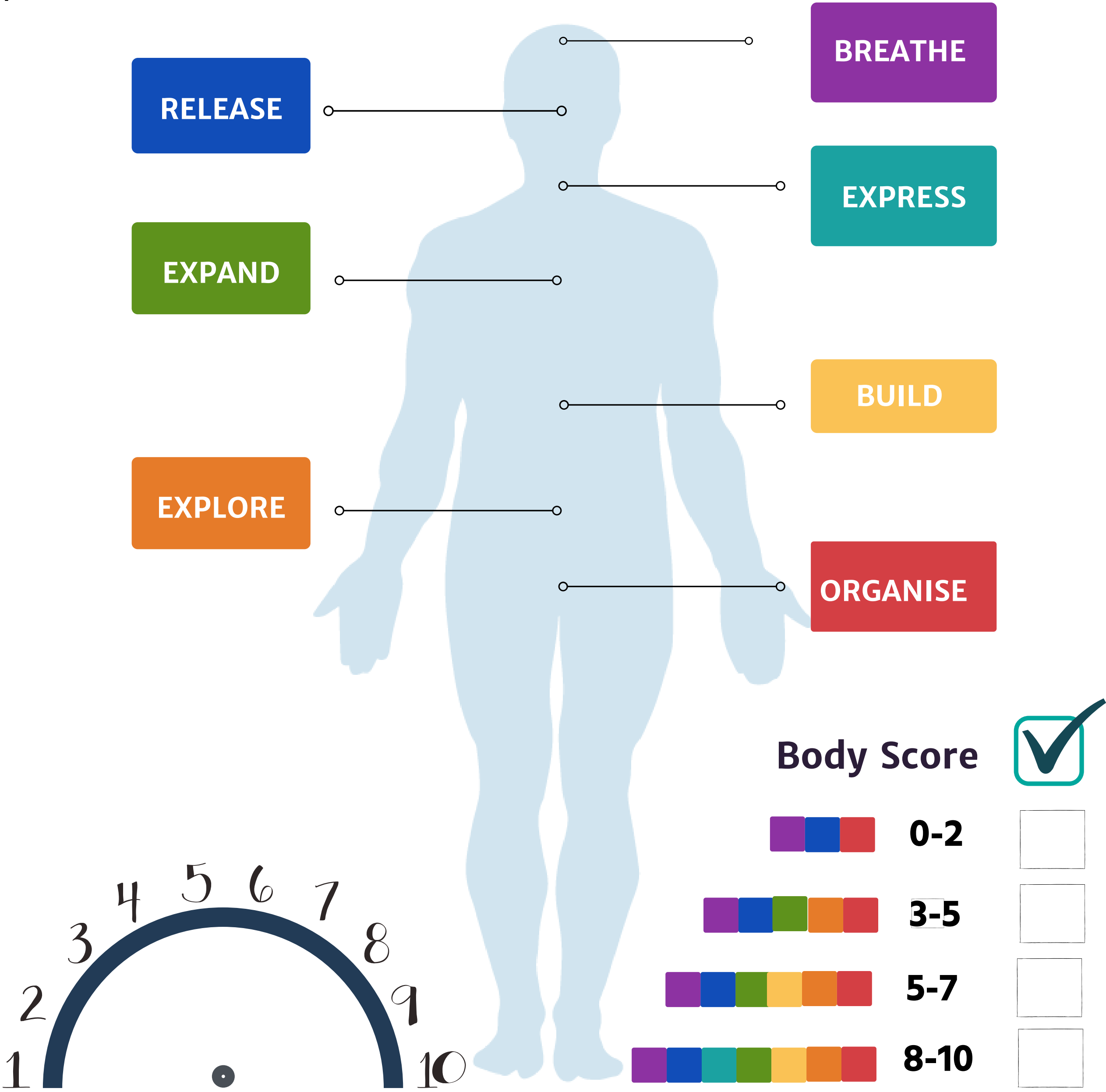
Being fit and healthy is not determined by how much you train and how hard your intensity level is during your training session. Being fit and healthy is being able to do 'life' without pain and discomfort, but with ease and vigour.

"Love how you make it possible for everyone to train no matter what age you are, and also let you train to how your feeling." ~ Mitch C

My Body Score Template

I choose to honour my body

1. Did I get enough rest/SLEEP? 2. Do I feel HYDRATED? 3. Am I nourished from proper NUTRITION the day before? 4. Is my mind free from STRESS? 5. How is my EMOTIONAL energy? 6. How does my BODY feel? 7. Is my MOVEMENT strong, limited or painful?



After several years of trial and error, through study and experiential learning, I have come to realise that certain types of movement modalities complement specific energy centres. You will see on the next page the breakdown of each energy centre complete with a list of movement modalities that suit.

About Me

Daina Kahu - Body Relationship Coach



Hi, my name is Daina. I am a woman, a body wisdom connector, a fitness professional, a retreat facilitator, and a human, who is on a mission to helping others feel good in their body again.

My gift is to show people how to connect to their body, and to do fitness in a way it benefits them no matter their state of wellbeing. This means I make fitness fun and accessible to everyone!

When life gets busy, and our commitments increase, we get stuck in our minds. We get disconnected from our body which leads to pain, injuries, depression, eating disorders, body dysmorphia, the list goes on.

I had a moment in my life where my mind was my world and my ego was the ruler. My body was screaming so loud it shut me down by turning off the lines of communication (nervous system failure) because I wasn't honouring my body's needs. I thank my body every day for that valuable experience.

We are all unique squishy balls of cells and it is time we honour our uniqueness. My coaching focuses on developing the fine art of self-inquiry and encouraging connection through movement and play - to create clear communication between mind, body and truth.

Enjoy getting to know your body and exercising in the movement centres your body has the energy for.

Please, let me know how you go!



Connecting MIND & BODY *through* MOVEMENT & FLOW!