



Inspired Wellness Program™

The Inspired Learning Model™ Gets Physical

By: Peter Reding, Debby Eubank and Karen Godette

In the past, the traditional physical training program was based on a rigidly defined exercise routine and diet. Clients were told they must eat only certain foods, lift weights at least twice a week, and do cardiovascular activities three times a week for at least 20 minutes. Although the physiological benefits of these components were scientifically sound, the underlying philosophy of all these traditional programs had one serious deficiency that often resulted in clients becoming frustrated and unsuccessful ... the program was not client-driven.

Because the traditional physical training programs were not client-driven they were not in full alignment with what the client valued in his life.

When the client does not embrace the program he experiences a sense of deprivation or being forced to do something that does not honor him.

When clients “failed” to achieve their physical well being goals using traditional programs, it was suggested that they were unmotivated and failed from a lack of willpower and effort. In fact, this was not at all the case! The clients were supporting their own values subconsciously, but didn’t realize this consciously. The program, as defined by someone else, did not fully honor them. Within a climate of lack or force, it is human nature to resist. On the other hand, when clients are making their own choices they are empowered and are in an honoring place from which to make supportive decisions for their well-being.

THE KEY IS TO ASSIST THE CLIENT:

- In knowing his ideal physical well-being;
- By educating him on the components of physical well-being and;
- By supporting him to choose physical activities and foods that honor him without the feeling of lack and deprivation.

Simply, it’s about the client making conscious choices to achieve his own ideal physical well-being, rather than striving for an ideal or using a program designed by someone else.

To be clear, the Inspired Wellness Coach™ assists the client to know, at the level of understanding dictated by the client’s desire, the scientifically based information such as the



Inspired Wellness Program™ **The Inspired Learning Model™ Gets Physical** **By: Peter Reding, Debby Eubank and Karen Godette**

benefits of weight-bearing exercises, cardiovascular activities, and flexibility training. It is also the client who chooses the types of activities to incorporate in his life based on what he wants. The fact is, when the client does not enjoy the activity it is difficult for him to sustain it and make a lifestyle change. Further, when the client is telling himself what he “should” or “shouldn’t” do, eventually he feels slighted and may binge on certain foods or choose not to continue doing a particular physical activity.

Using the Inspired Wellness Program™, the Inspired Wellness Coach assists the client to identify his ideal well-being state and to choose how to go about creating it in his life.

By making conscious choices and informed decisions, the client is empowered rather than deprived, because he is making choices that honor him.

A client may even choose to treat himself with one of his favorite foods and that is perfect for him, too. He will learn to honor himself and will choose to eat healthier foods and to moderate food intake. Again, when a client feels lack or a climate of being forced, it is his human nature to resist...even his own good intentions. When the client is making his own choices he is empowered and will be in an honoring place from which to make supportive decisions for his well-being.

Another component of the Program is to assist the client in reinforcing all the beliefs that support his physical well-being. This is accomplished by acknowledging the client when the client has made a choice that honors his inner wisdom and aligns with his desired goals of physical well-being.

When a client becomes aware of any beliefs or thoughts he may have about himself that are not supportive, the Coach supports the client to transform the limiting belief into a supporting belief. A client can be told how to become physically fit, but if he has beliefs about himself that suggest he is not worthy or capable, his efforts are often sabotaged subconsciously. By noticing these beliefs, the client is able to release any that are blocking action and become resourceful in attaining his ideal state. By supporting the client to listen to his inner wisdom and to learn what honors him, he is able to create his ideal well-being.



Inspired Wellness Program™

The Inspired Learning Model™ Gets Physical

By: Peter Reding, Debby Eubank and Karen Godette

THE 3 COMPETENCY GROUPS OF THE INSPIRED WELLNESS PROGRAM

- 1. THE CLIENT DEFINES WHAT IS IMPORTANT IN PURSUING PHYSICAL WELL- BEING.**
 - A. The client claims personal responsibility for his own well-being.
 - B. The client articulates his internal motivation for maintaining a state of well-being.
 - 1.How is the client's well-being in alignment with his values?
 - 2.How is the client's well-being supporting his life purpose?
 - 3.How is the client's well-being supporting the client to fully express his talents/gifts?
 - 4.What are the benefits of nourishment and physical activity for the client?
- 2. THE CLIENT ARTICULATES, "WHAT IS PHYSICAL WELL- BEING?"**
 - A. The client defines what body chemistry measurements support his well-being.
 - B. The client defines what physiological measurements support his well-being.
 - C. The client defines his desired physical conditioning and performance.
 - D. The client defines what is included in a balanced mind, body, and spirit.
- 3. THE CLIENT EMBRACES HIS DESIRABLE WELL- BEING PARAMETERS.**
 - A. Nourishment:
 1. What is consumed?
 - a. Consumes a balance of protein, carbohydrate and fat to reach desired physical well-being.
 - b. Chooses healthy options for food and beverage consumption.
 - c. Consumes adequate amounts of water daily to support physical well-being.
 - d. Consumes daily servings of fruit, vegetables, and other foods high in fiber and low in fat.
 2. How it is consumed
 - a. Chooses eating patterns that serve him to reach his desired physical well- being.
 - b. Recognizes his inner guidance telling him when his body is full or needs nourishment (i.e. hungry or thirsty).
 - c. Eats foods he loves and savors.
 - d. Eats and drinks in a relaxed, conscious manner.
 - B. Physical Activity:
 1. Makes conscious choices of physical activities. Expands activities he enjoys.
 2. Regularly performs some type of physical activity that will support him in attaining his physical well-being goals.



Inspired Wellness Program™

The Inspired Learning Model™ Gets Physical

By: Peter Reding, Debby Eubank and Karen Godette

3. Recognizes and follows his inner guidance telling him when his body is tired and needs rest.
4. Maintains good posture.
5. Includes some form of rest, relaxation and fun on a regular basis.

C. Consciousness:

1. Acknowledges and respects his current physical well-being.
2. Integrates self-defined principles of mind, body, and Spirit into life and well-being.
3. Maintains connection with his inner voice.
4. Regularly breathes deeply and consciously.
5. Adopts beliefs, thoughts, emotions, and behaviors that support his well-being.
6. Consciously lives in a state of relaxation, deep inner peace, and contentment.
7. Is aware of the benefits and enjoyment from physical activity, self-nourishment, and living a balanced life.
8. Consciously creates an environment (people, places, and things) that supports his well-being.
9. Identifies and surrounds himself with sources of high energy.

The competencies outlined above are incorporated into the following 6-Step Inspired Wellness Program.

THE 6-STEPS OF THE INSPIRED WELLNESS PROGRAM

Step 1: Identify what inspires me to have physical well-being.

Step 2: Articulate my ideal physical well-being.

Step 3: Integrate the self-defined parameters for creating physical well-being into my life.

Step 4: Understand and decide what nutrition supports my ideal physical well-being.

Step 5: Understand and decide what physical activity supports my ideal physical well-being.

Step 6: Make conscious choices that continue to support my ideal physical well-being.

The Coach and client utilize these six steps and explore questions, such as those that follow, to find the client's own answers and to achieve his ideal well-being.

- Why is physical well-being important to me?
- What does my ideal physical well-being look like/consist of?
- What is my current physical well-being?
- How can I bridge the gap between my current and ideal physical well-being?
- What am I willing to do this week towards attaining my ideal physical well-being?



Inspired Wellness Program™

The Inspired Learning Model™ Gets Physical

By: Peter Reding, Debby Eubank and Karen Godette

- What types of food honor and support me and nourish my body?
- What foods do I choose to eat to promote my ideal physical well-being?
- What types of physical activities honor and support me?
- What physical activities do I choose to participate in to promote my physical well-being?
- How do I make conscious choices that promote my ideal physical well-being?
- What beliefs or thoughts about myself do I have and do they support my overall well-being and me?
- How does physical well-being support my life purpose?
- How does physical well-being support my values?

CONCLUSION

The underlying assumptions of the Inspired Wellness Program

The Client:

- Knows his own best answers,
- Takes responsibility for accessing the answers and
- Integrates them into his life.

Our experience in working with clients and utilizing the principles of the Inspired Wellness Program™ over the past year has confirmed that clients can and do respond favorably to this approach, stick with “their program” with greater ease and with virtually no resistance. And yes, they are reaching their ideal wellness goals and aspirations!!

This is indeed a client-driven program.

FOR MORE INFORMATION

The *Inspired Wellness Program™ - the Inspired Learning Model™ Gets Physical* book will be published through the Foundation for Inspired Learning by summer of 2004.

To hire or be referred to an Inspired Wellness Coach™ contact Debby Eubank at deubank@inspiredlearning.org or Karen Godette at kgodette@inspiredlearning.org

For classes on the Inspired Wellness Program™ and the Inspired Learning Model™ check the Offerings web page at: www.inspiredlearning.org/offerings.htm

To become a supporter of the Foundation for Inspired Learning go to: www.inspiredlearning.org/supporter.htm

For other books on the Inspired Learning Model™ check the Bookstore web page at: www.inspiredlearning.org/bookstore.htm