

strength

song: **Harder, Better, Faster, Stronger** – Daft Punk

week #20

strength: (noun: own it)

- the state, quality or property of being strong (physically powerful)
- the power to resist attack; impregnability

brute, clout, courage, durability, energy, force, fortitude, hardiness, health, might, muscle, nerve potency, power, security, stability, stamina, steadiness, sturdiness, substance, tenacity, vigor, virility, vitality

“When you get to the end of your rope, tie a knot and hang on.”

-F.D.R.

You: Placing yourself far outside your comfort zone.

You: Standing facing the cold, biting wind (don't let anything push you around).

You: Breaking bad habits.

You: Moving flexibly through the storm.

You: Bending like a tree, but never breaking down.

(“Storms help trees grow deeper roots” –M.S.)

You: Solid in your convictions.

You: Practicing bold, healthy strong habits.

“Strength does not come from physical capacity. It comes from an indomitable will.”-Gandhi

When it comes to building physical strength within yourself, you'll increase stress, fight-or-flight chemicals, stimulation and resistance forces; referred to as the Overload Principle. The more you handle, greater your tolerance becomes. This is how physiological training adaptations occur in exercise. When you challenge your heart, lungs and skeletal muscles to do work not previously accomplished in the past, your body will change to handle the task more efficiently and effectively. This is how people get stronger, faster, and gain movement confidence.

*After meditating on the power of balance, and the fortitude of control, you now have the opportunity to determine this...**What makes YOU strong?***

Action: The American Heart Association recommends 150 minutes of moderate exercise per week, or 75 minutes of “vigorous” exercise. This can be split up as 30 minutes, five days a week or 10-15 minute bouts throughout the day till it is done. To “love yourself” means to actively take care of you.



During your Power Knee, envision cultivating strength. With this strength, push out thoughts or visions which no longer serve you. Use this strength to draw in energy which heals and inspires you.

May Color: Bud Green

The color of the month is bud green which will help grant you the balance of strength and substance.

May Chakra: Heart

As you may remember from last week, the heart chakra is the center of the chakras. Your physical heart is the size of your fist. It shows sheer strength in that this relatively small muscle pumps blood to the rest of the body.