



This could be one of the most valuable reports you ever read about how to significantly improve your life—*seriously!* As such, I would recommend giving this report 100% of your fullest attention. Remove all distractions and pay attention to the important words written in this report, because it can positively change your life forever! You are about to discover the 3 *BEST* Exercises to improve how you *look, feel, and perform* in life... and it doesn't matter *who you are*, or *what your goals are*. If you can read and comprehend what is written here (and it will be easy) and you are an 'able-bodied person' (which means capable and *willing* to participate), these exercises *will* work!

Okay, before I tell what the 3 BEST Exercises are, I would like to give you a brief overview of how I discovered them. For the past 20 years, I've practiced as a licensed physical therapist and wellness consultant. In that time, I've worked with thousands of patients and clients and I have been blessed and grateful to have discovered many valuable insights—including the 3 exercises I'm about to share with you. Now, I want to tell you right up front, 2 of the exercises are more *mental*, and 1 is *physical*. I say that, because I don't want you to be surprised, feel tricked, or even disappointed. These *exercises* are legit, and they *do* work! (no matter who you are; or what your goals are!) Once you learn these exercises, it will be up to you as to how often you perform them; and how you choose to use them to improve your life. All 3 exercises are synergistic and build upon each other as well. They can *definitely* improve how you *look, feel, and perform* overall!

With most exercise programs, attention should be paid to the 'F.I.T. Principle'. F.I.T. stands for *Frequency* (how often the exercises are performed); *Intensity* (how demanding the exercises are); and *Time* (how long the exercises are performed). As with other exercise programs, this will vary from person to person. However, what I will say is that with the 3 exercises described in this report, *more* actually often *IS* better! That's what makes these exercises so unique and valuable. However, don't be intimidated. These exercises are not that hard to 'fit into' your day! In fact, they should become such a part of your every day living mode, that you will learn to do them automatically and very often! The good news is: *Learning to perform these 3 exercises correctly can help you better perform any other exercises you choose to do*. Not only that, these 3 exercises may actually make your life much easier—allowing you to actually eliminate other exercises (that are no longer necessary) to help you achieve your goal of looking, feeling, and performing better!

So, are you ready to learn the 3 BEST Exercises? Okay, keep reading...

Exercise #1: Exercise Your *Power Of AWARENESS!*



If I had to sum up how to achieve 'better health' and improve your overall *quality of life* in one word, it would be: *awareness*. Yes, this is a *mental* exercise, and it's a very important one! You see, *awareness* must precede change. In other words, in order for you to change something in your life (how you look, feel, or perform, for example), you first have to become *more aware* of it. This means, you need to become *more aware* of:

- the foods that you eat; and how you eat them
- the quality of air around you; and how well you breathe
- keeping your body hydrated; and the quality of beverages consumed to accomplish this
- how much natural light (sunshine) you expose yourself to
- getting enough rest and sleep
- how *well* you move; as well as how much (or how little) you're moving each day
- keeping your body and living space around you clean and orderly
- the types of relationships (positive or negative) you are cultivating in your life with yourself, others, and the planet
- the places you often visit
- the people you often hang out with
- the language and words you consistently speak
- the types of music you listen to; websites you visit; and shows you watch
- *how; how much; and where* you spend your money

Now, you might be thinking to yourself right now: *Whoa, this whole 'power of awareness exercise' thing sounds like way too much work. How am I suppose to keep track of all that stuff?*

The answer is... *practice*. How do you get good at any exercise? You practice! *Awareness* is no different! What exactly are you practicing when you *exercise your power of awareness*? I mean, it's not really a muscle, is it? Well... YES, and NO! Like a muscle, it will 'get stronger' if you exercise it correctly. However, it's not a physical muscle, it's a mental one! *Awareness* is cultivated by *paying more attention* overall. This means paying attention to your body, as well as your surroundings. Bottom line: *You are a product of your environment* (both inside and out). Therefore, paying attention to what your body and your surroundings are consistently 'telling you' is vitally important. It's this *awareness* that allows you to live in a way that's in your best interest. It's this *awareness* that gives you feedback and speaks to you when you engage in daily life. It's this *awareness* that will love, protect, and support you if you choose to cultivate it. It's this *awareness* that will help you *look, feel, and perform* better in life!

So, what is the best way to *exercise your power of awareness*? Simply put: *To be in the here and now!* To be 'fully present', means that you are totally connected to your body, the environment around you, and how they are interacting with each other. Now, you may be thinking, this is going to drive me crazy. If I'm totally aware, won't I be thinking about everything constantly? Actually, NO! The opposite will actually happen. Many people confuse awareness with an over-active mind. However, it's actually a 'quiet mind' that is much more *aware* of what is going on, and what needs to happen or change when whatever is happening to you is not desirable. You have sensory 'antennae' (sight, touch, taste, sound, smell, and intuition) that are always up and trying to 'tune in' to your environment both internally (inside your body) and externally (your surrounding environment). However, if you choose to 'tune out', then you won't always receive a clear signal to *pay attention!*

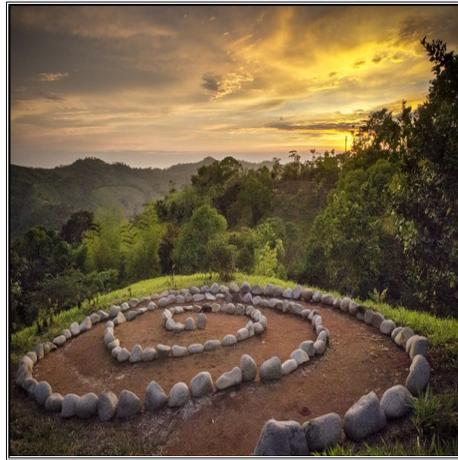
The first step to becoming *more aware* is to realize you are *not*. Or at least, not as aware as you think you are. Let me ask you a question: When was the last time you were aware of *being aware*? Is your answer: Just now. (Lol. Exactly the point!) Being *truly* aware can help you avoid what I like to call the *great disconnect*. The great disconnect occurs when, what you *think* you're doing (the reality in your head) is greatly disconnected from what you're *actually* doing (true reality). People do this all the time. They are in love with the idea of doing something (such as eating healthy, for example), but in true reality, they don't eat as healthy as they *think* they do! So, how can you avoid this 'great disconnect' and *exercise your power of awareness* effectively?

The answer: *Track it!* You see, it's much easier to measure something if you can track it. If you want to measure and improve your *awareness*, then track it. How should you track it? With a good old fashioned pen and paper. Don't use an 'app' or a hand-held electronic device. Use a pen and paper. There is something very valuable about actually writing it down vs. typing or saying it. It seems to form a more *hard-wired pattern* in your brain and body when you write it down!

There are various different ways to write things down. For example, you can use a written short-form checklist format of things that you are cultivating awareness about. Or, you could use a more extensive dated written journal. Either way, it's important to not only *track*, but to *reflect* upon this tracking. For example, after keeping a check-list of what, when, where, and how, you actually eat every day for a week, take time to reflect on it. Another good example would be tracking how and where money was spent for a whole week. Overall, you could use any of the bullet points listed on the previous page as a guide to what you *could* be tracking. The key is to *pay attention* to whatever you are tracking! Look at, and reflect upon, what is actually written down. The answers may surprise you!

So, how long do you need to track things to improve your *power of awareness*? For as long as it takes to bring about the desired change you're looking for. However, tracking on a consistent on-going basis for the rest of your life would be wise! Why? It will significantly change your life for the better! If you're saying to yourself right now, *Who's got time for that? I'm busy*. Yes, many people are busy; they're just not *productive!* Being busy, just means you're doing something, but if this 'something' isn't the 'best thing' you could be doing, is it really worth doing? Remember, this report is about doing the 3 *Best Exercises* you could be doing to improve your life. If you want to be more productive and totally improve the quality of your life, you must *exercise your power of awareness* (and awareness can only be improved if you are able to track it!).

Exercise #2: Exercise Your Power Of CHOICE!



The second exercise that I will be discussing in this report is *exercising your power of choice*. Yes, this is also a *mental* one! A quick story about how I came to the conclusion that this is one of the 3 Best Exercises. Several years ago, I was presenting at a week-long health festival. All week, people kept coming up to me and asking: “Hey, Dr. SAM, what is a good exercise for...” (fill in the blank) to improve my: posture, digestion, energy levels, sleep, etc.. As I contemplated this question throughout the week, one answer just seemed to penetrate deep into my consciousness and scream in my ear: “Tell them to *exercise their power of choice!*”. It not only felt right to say, it was the answer that was most honest and ethical. Besides, *exercising your power of choice* is nothing I invented. It’s been around since the beginning of time.

Let me now give you an example of what I mean to help clarify this exercise and help make it more practical for you in your own life. One person at the festival had really tight muscles in the front of his hip (called *hip flexors*). He asked me, “Dr. SAM, what is a good exercise to stretch out my hip flexors?”. Now, I could have shown him many different ways to 'stretch his hip flexors'. However, my answer to him was: “I would be happy to show you some ways to stretch those muscles if needed, but wouldn't make more sense to *exercise your power of choice* and just stop sitting at your desk all day long? That way, you will be *removing the cause* of why your hips are probably tight to begin with; and you may not even need to stretch much at all”. He smiled, and agreed that, it made sense.

Look, we all have to make many choices each day; and being healthy (how you *look, feel, and perform*) is one of them! It's amazing how many people I've met that actually give their *power of choice* away each day. In fact, the more you do this, the more it will become a habit. I've seen this very often when it comes to health. People will let the T.V. set *choose* for them regarding how they are going to manage their health (with drugs vs. the necessary changes in lifestyle, for example). This is very sad. We were given free will. This is a great power (and as we know from the Spiderman movies, “With great power, comes great responsibility.”) Yes, it's a BIG DEAL to have a choice in how things go in life—especially at it pertains to your *quality of life!* There are many things we can't change; they are going to happen no matter what we do. However, how we *choose* to deal with it is always up to us. In other words, what we *choose* will determine the outcome. Read that last sentence again. And, again. And, once more please. This is powerful!

Okay, we are now going to have a practical application of Exercise #1. I'm going to ask you to *exercise your power of awareness* about how you're currently *exercising your power of choice*.

In other words...

- How do you actually *choose* to do things now in your life?
- *Who* decides for you? (For example: what you eat and drink, how you dress, how you talk, your bedtime, etc.)
- *What* influences how you make your decisions? (time, people, places, convenience)
- *Why* do you feel you make the choices you do?
- *When* do you feel you make the best decisions? Worst decisions?
- Do you find making decisions stressful? Fun? Frustrating?

Take some time now to answer and *reflect* on these questions. Are you surprised at any of the answers? The good news is, if you don't like any of your answers, you can *choose* to change them. That means... you can *exercise your power of choice* to change your *power of choice*! Some people don't want to choose in life; they want others to do it for them. However, these people have actually made a big choice—the *choice to give their power away*! The bottom line is that: *It's ultimately YOUR RESPONSIBILITY!* You have been given a life (and if you are an 'able-bodied person'); *with* this life, comes the responsibility *for* it. The more you accept this, the better off you will be. Take ownership of your life (especially when it comes to how you *look, feel, and perform*). How? By exercising your *power of choice* wisely each day!

Again, how do you get good at at any exercise? Practice! Practice! Practice! Each day, in every moment, realize that you have a choice. If you don't currently operate from this place, write yourself some reminders that you will see throughout the day. For example, little notes written in your handwriting (again, pen and paper is more powerful) that say: "You have a choice right now!", or "What are you choosing right now?". It's important to avoid being a *victim* in life. Victims like to blame others for their circumstances and take no responsibility for their own lives. The 'blame game' is easy. It removes all the 'burden of life' off you, and places it on somebody else. However, life shouldn't be a *burden*; it should be an *adventure* instead. It's vitally important to realize, life doesn't happen *to* you, it happens *from* you! However, this can only occur when you *exercise your power of choice* so that you can *look, feel, and perform* the way you want to in life!

Exercise #3: Exercise Your Power Of BREATHING!



The final exercise in this report is a *physical* one. Okay, now we're talking, right? Let's get those muscles pumping; that heart rate up; and get more ripped, shredded, lean, toned, chiseled... (okay, calm down!). Well, not exactly, but this exercise is quite *vital* to improving how you *look*, *feel*, and *perform* in life. And... if you're goal is one of those previously mentioned traits, this exercise can help you better accomplish that too. The exercise I'm referring to is *exercising your power of breathing!* Okay, *breathing...* blah... blah.. blah... so, you've heard it all before, right? And... you figure, well... since I'm breathing, I must be doing it correctly, right? Wrong! There is a significant difference between breathing, and breathing *correctly* (breathing well). If you're breathing, you're definitely alive. However, when you breathe well, then you *thrive!* Looking, feeling, and performing better in life is definitely about *thriving*. Breathing well is the key! There is a reason there is ancient wisdom that says: "Breath is life!". It's true—*literally!* From our first breath to our last, breath defines our lives. However, it's not only true, like all great truths, it's also simple. So simple, that many people just brush it off and never really give it the consideration that it really deserves!

Look at it this way: Would you agree that one of the most important things you do in life is to breathe? Yes? Then, would you also agree that one of the most important things you could do to improve the *quality of your life* (how you look, feel, and perform) would be to improve *how* you're breathing? Of all the exercises people could be performing each day, 'breathing correctly' is by far one of the most important for many reasons. Let's briefly discuss some of those reasons now. Why? This may help put some things into perspective and help you truly understand *why* this exercise would be a wise investment of your time and energy.

First, let's start with this: *Breathing is not a waste of time!* If you're saying to yourself right now, "*Well, I don't have time to devote to breathing*", then... well... you're already *dead*, so don't worry about it! What if we rephrase that to: "I don't have time to do the most important thing that keeps me alive each second of the day, every day, for my entire life!". Now, this makes it sound kind of funny, doesn't it? YES! Something so valuable, yet people take for granted all the time!

Let's now consider the fact that breathing is something you may do 10-20,000 times per day! Yes, you read that right! If you're still saying, "*So what?*", then seriously, I can't help you. (Just kidding.) So... what this really means is that, if you improve your breathing even the slightest bit, and then multiply that small improvement by 10-20,000 times a day, what do you suppose might happen? Yes, that's right! You will *look*, *feel*, and *perform* MUCH BETTER overall in life!

Let's finally consider that the main muscle you breathe with (called your *diaphragm*, which is located primarily in the center of your body beneath your ribcage) attaches to many important structures, such as: your heart and lungs; many of your digestive organs; and parts of your spine. This muscle also helps to stabilize your trunk (aka "your core"). Many vital circulatory vessels (tubes) that carry blood and lymph, as well as the tube that carries food from your mouth to your stomach (your esophagus), *all* pass through this muscle as well! Okay, that's enough of the anatomy lesson. The point is, the *diaphragm* is a vital muscle that often gets under-valued and under-utilized all the time! Think about it, when's the last time you've ever heard somebody say: "Yeah, can't wait to go to the gym today. It's *diaphragm* day!". (Didn't think so!) It should be peoples' first priority, not an afterthought. Why? Simply put: If your *breathing pattern* is not optimal, no other *movement pattern* will be! If your *diaphragm muscle* is not optimal, no other *muscle* will be!

Also, breathing is the gateway to the 'mind-body-spirit' connection. If you have ever struggled with meditation, you will find that learning to breathe correctly will help you overcome this struggle. Even if you don't care to meditate, calming down excessive 'mind-chatter' and 'racing thoughts' all the time becomes much easier when you learn to breathe correctly! Want to be more spiritual and feel connected? Learn to breathe correctly! Want less anxiety, depression, and grief in your life? Learn to breathe correctly! Looking to have more clarity about your true path and purpose in life? Yes, learn to breathe correctly!

Okay, so guess how you're going to improve your breathing? Yeah, I thought you'd never ask. You're going to use Exercise #1 (*exercising your power of awareness*) and Exercise #2 (*exercising your power of choice*) to do so. Remember, *awareness* precedes change; and you always have the power to *choose*. With that said, it would be a good idea to answer these 2 important questions:

1. How *aware* are you of the quality of your breathing?
2. How will you use your power of *choice* each day to change how well you're breathing?

To address these two questions, I will say this: If you're not *aware* of your breathing, then you're probably not breathing too well overall. Most people who 'breathe well' are *aware of*, and *pay attention to*, how they breathe on a daily basis. It becomes part of their daily regimen. In fact, when these people are not breathing well, their bodies make them *aware* of it very quickly—and then they *exercise their power of choice* to immediately change this poor breathing pattern so it doesn't wreak havoc on their health. How do you become more aware of your breathing? Again: Practice! Practice! Practice!

So, what exactly are you practicing in this case?

The *awareness* of:

- breathing through your nose vs. your mouth (whenever possible)
- breathing *fully* so your *total body* expands significantly in *ALL* directions (moving outward as you breath in; and inward as you breathe out)
- continuing to breathe (vs. holding your breath) while: typing; reading; texting; exercising; voiding (going to the bathroom); focusing on a task; or during stressful situations
- feeling your breath move internally through your body— and where it's stuck and unable to move
- how various postures, movements, thoughts, and feelings free or restrict your breathing

Bottom line: *How you breathe is how you live!* So, learn to *breathe well*. There are many books and videos on this topic to help you with this endeavor if needed. However, I would recommend keeping these two main ideas in mind. First, *stick with the basics* and master them. Don't try to conquer fancy breathing exercises, or use fancy breathing equipment, until you have learned the basics. Second, *feeling is the language of movement*. Breathing is no exception to this rule. This means, you can read hundreds of books on this subject, but *feeling your breathing* is what will truly improve it the best! Feeling comes from *doing*—from practice, practice, practice! And, guess what? That's right; when you learn to correctly *exercise your power of breathing*, you will also be able to *exercise your power of awareness* and *power of choice* much better overall as well. Again, all 3 of these exercises are *synergistic* and build nicely upon each other.

Okay, there you have it. The 3 *BEST* Exercises you can do improve *how you look, feel, and perform in life!* I hope you've enjoyed this report. What? You mean, at this point, I'm not going to try to sell you something? Nope! Why? This isn't a sales pitch! It's a **FREE REPORT** that I promised you! Now, even though I do think the true *value* of this report is worth 1000's of times it's weight in gold, I'm not charging anything for it. It's my gift to you, and all those who choose to read it. However, this report will *ONLY* do you good if you actually *apply* what's in it. For your sake, I hope you do!

If you found this report by becoming a subscriber to my free mailing list, I want to “THANK YOU” for becoming a subscriber. If you're not currently a subscriber, but would like to be, you can do so at: www.DrSamPT.com. I look forward to continuing to *serve* you, and enhancing your *quality of life!*

In loving service,



Dr. Samuel A. Mielcarski, DPT
(aka “The Health Raiser!”)