

Red-Yellow-Green Days: To Workout or Not to Workout?

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LEARNING OBJECTIVES

1. Identify indicators of stress that should be considered when implementing any exercise program in general, or before any training session.
2. Learn how to use a daily readiness questionnaire to determine total stress load.
3. Explore ways to modify a training program to facilitate optimal physiological, musculoskeletal, and psychological response to exercise on any given training day.

WHAT IS STRESS?

Reactions of the body to forces of a deleterious nature, infections, and various abnormal states that tend to disturb its normal physiologic equilibrium (homeostasis).

A physical or psychological stimulus such as very high heat, public criticism, or another noxious agent or experience which, when impinging upon certain individuals, produces psychological strain or disequilibrium

Different people respond to the same situation or event with differing levels of stress.

What is stressful to you?

- Lack of cash to pay bills
- A demanding boss (or clients!)
- Loud music / noise
- No music / noise
- Responsibilities of children or family

Exercise is stress!

Nobody leaves their stress at the door when its time to train or perform!

STRESS RESPONSE IS INDIVIDUAL

Depending on the type of stress we are under, and the context in which we are experiencing it, responses vary widely from person to person.

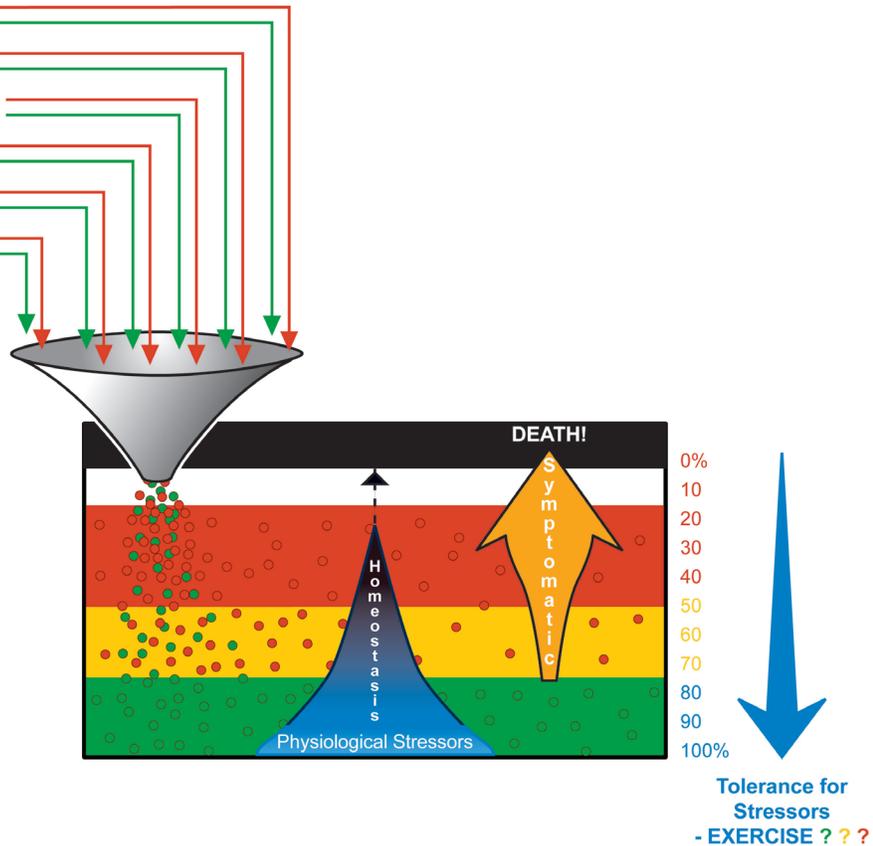
Never assume that how you respond, is how your client is responding to stress...

Even a client's verbal appraisal of their stress can be misleading; look at the indicators I'll share here for a more reliable assessment before beginning exercise.

The Body Summates all Stress

STRESSORS

- 1. Physical
- 2. Chemical
- 3. Electromagnetic
- 4. Psychic
- 5. Nutrition
- 6. Thermal



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So What Must Be Considered?

- > aerobic exercise => cortisol => SNS response over time
- > volume/time in training => incidence of muscular challenges, such as trigger points, strains, MTJ injuries
- > intensity/time in training => incidence of tendon, capsule, and joint injuries

STRESS / REPAIR ANATOMY

The Autonomic Nervous System has two primary divisions:

Sympathetic Nervous System (SNS)

The fight or flight system - Catabolic - spends energy

Parasympathetic Nervous System (PNS)

The digest, eliminate and repair system - Anabolic - replenishes energy

Plus

Enteric Nervous System

Modulates and integrates gut/brain function. Heavily influenced by foods, drinks, sexual fluids (parasites/bacteria), bacterial balance and strains, medical drug use, alcohol, sleep, structural balance and function (reflex pathways), heavy metal and environmental toxicity, mental-emotional state, and oral hygiene (metals, amalgams) and more!

STRESS - RECOVERY PRINCIPLES

Anabolic:

- Tissue building
- Facilitates digestion/elimination
- Energy accumulating
- Learning/growth optimized
- Resistance training facilitates when rest is adequate
- Facilitates growth and repair after exercise or physical stress

Catabolic:

- Tissue destructive
- Retards digestion/elimination
- Debilitates learning!
- Injury repair:
- Removing the old to make room for the new!
- Energy spending
- Aerobic training facilitates

THE 4 DOCTORS AFFECT EXERCISE PERFORMANCE

Dr. Diet

A vast array of body-mind symptoms emerge from:

- Poor food/water quality
- Dehydration
- Food toxicity; processing and packaging (Microwave oven use!)
- Lack of variety in diet
- Poor management of meal proportions/ratio

- pH Imbalances: see upcoming slides
- Skipping meals/eating disorders
- Late night eating and bingeing
- Addictive/emotionally driven eating behaviors
- Ineffective use (and abuse) of supplements
- Medical drug side effects

Dr. Quiet – The Chief Anabolic Physician

Chronic inflammation elevates cortisol levels, leading to many body-mind disorders that are often treated with drugs instead of addressing the actual etiology /cause(s)!

> 3 cortisone injections into joints and tendons highly correlated with tissue destruction and injury during exercise.

Chronic inflammation = chronic fatigue = attraction to quick energy (usually processed) foods and stimulants a adrenal fatigue.

REST = SLOWING/COOLING: If we don't get adequate rest from physical activities, labor, or exercise, chronic inflammation usually accumulates over time and facilitates injury!

Inflammation produces pain, heat, redness and swelling.

When inflammation is present, modulation of motor programming occurs, even when the athlete may not feel pain; look for indicators!

The most common cause of overheated bodies is chronic inflammation:

- Food choices:
 - Omega 6 and red meat in excess
 - Cooked/processed fats/trans fats
 - Processed sugar/dysbiosis
- Meal ratio
- Dysbiosis
- Fungal/parasite infection
- Poor posture/structural integrity
- Chronic mental/emotional stress/worry
- Toxicity/chronic immune activity
- Stagnation/lack of pumping
- Lack of sleep
- Obesity
- Chronic over-exercise

Post-workout cooling via cold showers or ice baths can be helpful, but be sure you are not just treating the symptoms of the etiology, or progressive workouts are sure to find the weak link in the(ir) chain!

Over-Training and Chronic Fatigue Syndrome

Symptoms of Chronic Fatigue Syndrome:

- Unexplained fatigue
- Persistent low-grade fever
- Muscle aches and weakness
- Insomnia or oversleeping
- Swollen lymph nodes
- Forgetfulness, confusion
- Lack of concentration
- Recurrent sore throat
- Headaches
- Joint pain

NOTE: Those with indicators of chronic fatigue should generally avoid working out and be evaluated for “Yellow Day” or “Red Day” readiness...

DAILY READINESS ASSESSMENT AND SUGGESTED RESPONSES FOR SAFE, EFFECTIVE TRAINING

Things you can easily monitor

- Musculotendinous junctures; particularly of the (active) insertions
- Trigger point dev.
 - Repeated patterns?
 - Organ reflex pathways?
 - Meridian pathways?
 - Atrophy signs (measure)
 - Chakra mind-body correlations?
 - Emotional guarding/Pattern overload
- Recruitment asymmetries
- Standing weight shift (<5 lbs.)
- Posture
- Swelling
- Inflammation signs
- Recovery times (1-3% Rule, C. Francis)

Score Chart

Total Score	Fungus & Parasites (page 35) Zones 3 & 4	Digestion (page 34) Zones 1, 2 & 3	You are When You Eat (page 33) Zone 3	Sleep/Wake Cycles (page 32)	Stress (page 31) Zone 4	You are What You Eat (page 29) Zones 1, 2 & 3
634	195	130	50	90	81	88
120	120	—	—	—	—	—
260	60	50	20	50	40	40
50	50	—	—	—	—	—
150	40	30	10	30	20	20
20	20	—	—	—	—	—
Score 1						
Date:						
Score 2						
Date:						

Caution! Must select exercises/activities to stimulate anabolic response; breathing/Work-In intensity recommended

1-3% gain unlikely...Carefully balance catabolic/anabolic stressors with intent to stimulate anabolic response! Breathing and form development; A/P rest approach

Can freely choose catabolic exercises based on client needs, abilities and conditioning level

Name: _____

GREEN DAY INDICATORS

- Inspiration/motivation/energy?
 - Any unresolved relationship issues?
- Body fluidity; do a foam roller assessment...
- Warm-up:
 - Sense of effort?
 - Body fluidity in movement pattern
 - L vs. R balance/strength/coordination
 - Unresolved aches and pains; can they be effectively mobilized?
- The 1-3% rule of exercise progression. (C. Francis)

GREEN REVERTS TO YELLOW

The Danny Way Test- Assessing Neuromuscular Readiness

Kneeling on Swiss ball - Should be able to stabilize without struggle for 30 sec or nervous system fatigue may put athlete at risk when performing exercises of high neuromuscular complexity.

- How many times do they fall off?
- How hard is it for them to stay on?
- Sluggish balance reactions?
- Emotional reactivity?

TEST, TUNE & PROGRESS

Lengthen what's short

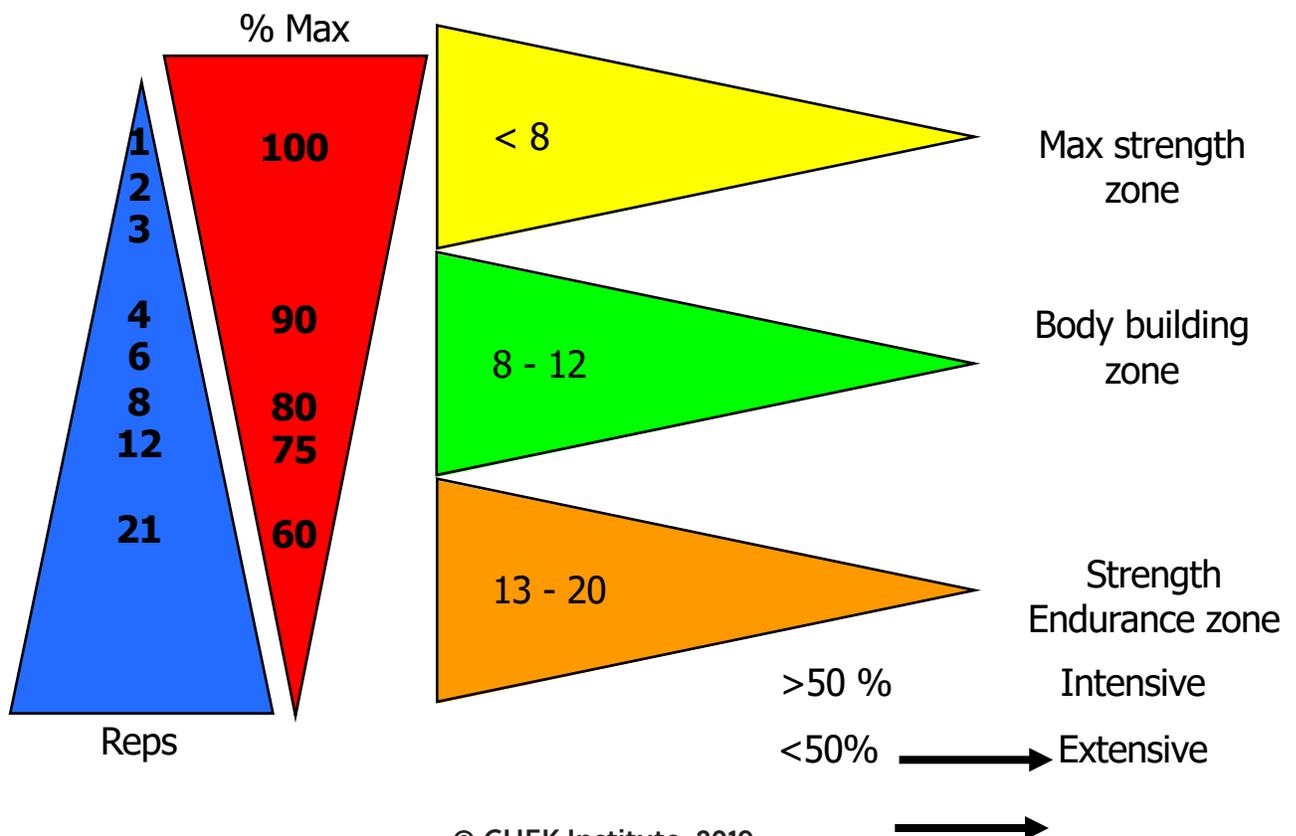
Tighten what's loose

Mobilize first

Stretch "top down"

TRAIN, DON'T DRAIN

Modifying Repetition / Intensity Relationships



Change biomotor tasks to what is comfortable; work on technique!

Activate the right brain hemisphere with exercise to stimulate a psychoneuroimmunological shift.

1. Cross the midline
 2. Control the effort
- Reduce frequency of catabolic activities.
 - Vary the types of exercise stress.
 - Keep it simple:
 - Reduce the number of exercises.
 - Reduce the complexity of exercises.
 - Try neurotonic training where applicable.

Catabolic to Anabolic

How would you modify a DB overhead squat for a client who is too catabolic?

How would you modify a walking lunge for a client who is too catabolic?

How would you modify a dead lift for a client who is too catabolic?

HEALING IN RED!

WORKING IN: Red Zone Recovery and Daily Practice

Work-In Criteria:

- No elevation of respiratory rate.
- No elevation of heart rate.
- Breathing and movement are synchronized.
- Can do on full stomach.
- Tongue stays moist.

PUMPING! and healthy bio-rhythms

- Biological oscillators

Exercises for Stress Reduction and Red Day Therapy

- Zone Exercises
- Tai Chi
- Qigong
- Meditative Walking

RED Day: Evaluate & Tune!

- Foam rolling first; joint mobilization as needed within routine
- Stretch to balance
- Pay attention to chakra, organ, gland relationships; feel any emotional connection as it arises...

Take naps, sleep longer, and chill out!

CONCLUSION

Be honest with yourself if you want long term health, performance, and success.

Be honest with your clients; there can only be one Chief, and it is the Chief that directs the process for optimal outcomes, which is optimal marketing!

Often, less is more!

Quality is more important than quantity in training as a general rule

Optimize your Stress-Recovery Rhythm

The harder and more frequently one trains, the more essential restorative therapies such as massage, acupuncture, IR sauna, ice baths, and related approaches become!

Honor the Pain Teacher!

There is no replacement for optimal management of one's lifestyle (4 Doctors).

Sustainability is the key!

REFERENCES AND RESOURCES

1. Chek, Paul. The Last 4 Doctors You'll Ever Need: How to Get Healthy Now! Multi-media e-book. CHEK Institute, 2005.
2. Chek, Paul. How to Eat, Move and Be Healthy!, 2nd Ed. CHEK Institute, 2018.

For a complete list of references, please e-mail the CHEK Institute.



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