

WEEK 9 PHYSICAL FITNESS

*“Run! Yes. A Jedi’s strength
flows from the Force...” – Yoda*

A Jedi must be physically fit to accomplish their mission. Jedi Philosophy is one of the few practical philosophies eastern or western outside of the martial arts which have a strong emphasis on the importance of physical fitness. Most other philosophies focus on the mental and spiritual state of the individual and overlook the holistic nature of the being which must also encompass the body. Jedi Philosophy considers spiritual, mental, emotional, and physical well-being. A holistic approach is taken that focuses on each element. To focus on the spiritual or the mental without training the body is counter intuitive to the Jedi. The elements are treated as one.

For obvious reasons physical fitness was important to the fictional Jedi. The physicality of the Jedi trials was an example of the level of fitness required to be a Jedi. Lightsaber combat drills and the ability to move quickly and with instinct were all part of Jedi training. The Jedi had incredible endurance. If we compared the physical fitness of a fictional Jedi to the real world we would have to look to professional athletes or top tier elite special force operators to come even close to it.

Obviously, very few of us are going to aim for a supreme level of fitness to the level of an elite athlete or a SF operator. For a start most of us do not have the time to dedicate to that level of training. We also do not have professional instructors, nutritionists and allied medical professionals like physiotherapists and exercise physiologists to support our progress. That is no excuse though. Many of us sitting on the couch right now or eating a doughnut in front of the computer know we can do something to improve our health and fitness.

The problem many of us have is motivation. The body may be willing, but the mind makes excuses. If you can get your mind willing, the body will follow. However, your goals need to be realistic or you will soon become discouraged and quit.

I can share my fitness regime but it's not for everyone. Most of what I do is a mixture of Army PT meets Street Workout. I run once or twice a week up to 5 miles and train most days doing body weight exercises. Occasionally I do free weights in a gym or a session of high intensity interval training which is a series of exercises followed by kickboxing on a heavy bag. The regime works for me. It provides me strength and conditioning.

How you choose to keep fit is up to you. The American Heart Association (AHA) recommends a minimum of 5 days of moderate intensity aerobic exercise for 30 minutes or more such as walking or light exercise. More vigorous or intense aerobic exercise should be undertaken 3-4 days a week for 25 minutes.

The AHA also recommends 2-3 sessions a week of strength building activity. These are guidelines and individual programs will vary depending on your age, overall health, and personal fitness goals. If you plan to run a marathon your fitness goals and training will differ to starting a weightlifting regime to bulk up or lose fat and build lean muscle.

Exercise allows us time to process our emotions and clear the mind. Endorphins are released and we feel better. Our mood starts to improve, and life becomes more enjoyable and fun. Team sports or group classes are a great way to socialize. Park Run* is an example where running brings both fitness and social benefits and it is completely free. You can meet people and have fun. The aim is to get moving. How you do it is up to you.

The health benefits of physical exercise cannot be understated. Exercise will not only change your life it might even save it and give you decades of quality life to look forward to.

*<https://www.parkrun.com>

DAY 57

*“..But beware of the dark side. Anger... fear... aggression...” –
Yoda*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 58

“...The dark side of the Force are they...”– Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 60

“...If once you start down the dark path, forever will it dominate your destiny, consume you it will, as it did Obi-wan’s apprentice...” – Yoda

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 61

“Is the dark side stronger?” – Luke

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 62

*“No... no... no. Quicker, easier,
more seductive.” – Yoda*

Today I am Grateful for:

Morning Contemplation

Evening Reflection

DAY 63

“But how am I to know the good side from the bad?” – Luke

Today I am Grateful for:

Morning Contemplation

Evening Reflection

WEEK REVIEW

Reflect on your daily practices and personal goals for the week.
How did you do? Where can you refocus your attention?

Meditation:

Physical Exercise:

Diplomacy:

Awareness:

Self-Discipline:
