



# UNINHIBITED STRENGTH

THE HANDBOOK

14 LITTLE ACTIONS THAT  
MAKE A BIG IMPACT

AKA HOW TO UNLEASH YOUR BODY,  
MIND AND SPIRIT

AKA HOW TO MAKE THE CHECKLIST  
WORK FOR YOU

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## Checklist Navigation – 5 Questions

I'm taking you through with an EXAMPLE checklist item → **#6 – Eat food that nourishes.**

### Step #1: Personal Inventory.

**Question 1: How would I rate my current practice or commitment?**  
(*That sounds like a job review but it's not that serious. I promise.*)

EXAMPLE ANSWER: I think I'm going to record what I eat for 3 days to give myself an honest review. *You do not have to do this but it might be helpful.*

... 3 days later, standing with your coffee and reviewing your notes.

I do not eat as many vegetables as I thought. I also seem to rely on quick, processed foods like cookies and cereal bars for afternoon snacks at work. And I have a few beers after work most nights.

### Step #2: Small Step

**Question 2: What would be a SUBTLE SHIFT improvement goal?**  
(A small change I can make to do a little bit better than I am today.)

EXAMPLE ANSWER: I could add 2 more servings of vegetables a day. OR I could have a more nutritious afternoon meal. OR I could cut down on my alcohol intake and enjoying it a bit more.

### Step #3: Make it Real

**Question 3: How can I break this down into real actions?**

EXAMPLE ANSWER: I will add 1 cup of leafy greens to my eggs in the morning. Or I will prepare raw vegetables and hummus the night before work as a replacement (and convenient) afternoon snack. Or I will save my "having a beer" for the weekend.

### Step #4: Pick One. Make it Easy.

**Question 4: What's the easiest change I can make?**

Huh? I thought change was hard.

Well, it is. But it can be *easier*. Once you think of some possible actions, pick the easiest option for you. i.e. the action you think you'll be most successful at doing and doing consistently.

EXAMPLE ANSWER: I will add spinach to my scrambled eggs.

### Step #5: Got it? Awesome. Moving on...

**Question 5: What would be a *new* SUBTLE SHIFT improvement goal?**

Once the new action works its way relatively seamlessly into your life (after one or several weeks), pick a new action or behaviour to replace your previous goal.

EXAMPLE ANSWER: Greens in the morning? I'm all over that now. Onto the next... I'm going to drink water or a smoothie after work instead of beer 3 nights a week.

**Don't forget to join our community.  
We'd love to hear what you're musing about these days!**

**FACEBOOK** @ Uninhibited Strength Society

**INSTAGRAM** @ uninhibited.strength.coaching



**INSTAGRAM** @ jessicavanraay \*adorable kids alert

**THE INTERNET** @ [www.jessicavanraay.com](http://www.jessicavanraay.com)

# Let's dive in and **OWN** this list!

Aka How the Heck Do I Make This List Work For Me?!?!

**REMEMBER:** Pick ONE. Just start with ONE. Own ONE. And then move to TWO.

POWER POSE		
1		Literally. (Figuratively, too, but that's a different checkmark.)
		Stand like a superhero about to dominate the day with a cape flapping in the wind and/or select one aspect of alignment or posture to focus on throughout the day.
	TIPS TRICKS IDEAS	<ul style="list-style-type: none"> <li>➤ Set a timer as a reminder to check in with your body position every 30 minutes.</li> <li>➤ Spend 3 minutes every morning moving your body and reconnecting with your full body working together.</li> <li>➤ Take a 15-minute walk everyday. Draw awareness to how your body moves – without judgement. <b>Example:</b> Am I standing tall, looking up or down, where are my feet pointing, does any part of my body feel more fatigued or achy...?</li> <li>➤ <b>Reflect on how your body spends most of the day and visit different positions. REMEMBER: no positions are inherently bad but staying in one isn't wonderful for the long-term.</b></li> </ul>



## DRINK WATER.

Consume a small creek of the pure stuff every day.



### Select an amount. Get it down the hatch.

2

### TIPS TRICKS IDEAS

*Two questions to ask yourself first:*


1. *Do you have good drinking habits some days? Your goal might be about consistency.*
2. *Do you consume very little water throughout your day? You might want to start by adding a small increase of 250-500mL.*

- Set intake goals throughout the day.  
**Example:** I will drink 1L before I get to work in the morning.
- Up the fun factor with lemon, cucumber, mint, berries, etc.
- Drink a big glass of lemon water first thing in the morning. *It'll charge up the ol' palette!*
- Make it convenient.
- Buy a fancy water bottle that gets you excited.
- Use a straw.

The following guidelines will help prepare your body for a movement session:


- 500mL of water 30 minutes before your session
- additional 250mL for every 15 minutes of moderate to intense activity.


The amount of water that makes your body feel best might range anywhere from 2-6L. Other liquids and the water found in food contribute to overall hydration. *This* checkmark is about *water*-water versus water found in coffee, vegetables, nuts, etc.



## MOVE EVERY WAKING HOUR.


**Move. Eat. Move. Work. Move. Work. Move. Eat. Move. Work. Play. Work. Move.**

3		<b>Select one way you can add movement to your average day. Infuse movement in there.</b>
	<b>TIPS TRICKS IDEAS</b>	<p><i>Add one change (or hour) at a time.</i></p> <ul style="list-style-type: none"> <li>➤ Set a reminder to get up from your desk every 57 minutes and take a 3-minute movement break.</li> <li>➤ Go for a 2-minute walk-about-the-office every hour.</li> <li>➤ Consider tasks you can switch-up everyday.</li> </ul> <p><b>Example:</b> While chilling at home, sit on the floor (instead of the couch), and fold laundry or stretch out.</p> <p><b>Example:</b> Instead of driving by the mailbox on your way home, drive the extra few minutes home, park, and walk to your mailbox.</p> <p><b>Example:</b> Take your morning coffee for a 10-minute walk outside.</p>



## PHYSICALLY MOVE INTO AN UNCOMFORTABLE ZONE.

**Walking, yoga, strength training, cycling – anything goes!**

4		<b>Add one (or more) element(s) of mindful eating.</b> <i>Depending on your lifestyle, you may apply this to one designated meal or every time you eat.</i>
	<b>TIPS TRICKS IDEAS</b>	<p>Just like everything else in life, things get stronger when they've been pushed and are forced to adapt. Same goes for your physical body. In order to get stronger, the body needs to get uncomfortable. <i>To be clear</i>, discomfort does not equal pain. Truthfully, moving through pain may actually become a detractor from goals such as increased physical fitness and strength.</p> <ul style="list-style-type: none"> <li>➤ Walk another 5 minutes</li> <li>➤ Do an extra repetition</li> <li>➤ Pick up heavier weight</li> <li>➤ Hold your pose for one more deep breath</li> <li>➤ Try a new class</li> <li>➤ Try a new sport</li> </ul>



## EAT SLOW(er). SAVOUR IT.

Revolutionize your eating experience by slowing the food train  
riiiiiigggh down.



### Add one (or more) element(s) of mindful eating.

*Depending on your lifestyle, you may apply this to one designated meal or every time you eat.*

- Put your phone away.
- During one meal a day, limit all socializing.
- Avoid eating at your desk.
- Close your eyes while you're chewing.
- Put utensils down between bites.
- Eat in a dark closet. (Kidding. That would probably be effective but it's equally weird.)
- Avoid "Netflix and chill eat".

*If eating does not currently get a whole lot of attention in your life right now (i.e. it's something that you do while also doing one or seven other things), select one meal that you can focus on consuming (and enjoying) distraction-free. Slowing down the food train is theoretically easy yet it is much easier to ignore. Begin with one meal or snack a day to help you and your body create a distinction between mindful and mindless eating.*

#### **Direct benefits of eating slower:**

tunes in hunger cues, better digestion, enhanced absorption of nutrients – eating becomes an experience instead of purely a to-do

#### **Indirect benefits of eating slower:**

calming, shifts our relationship with food, daily self-care and quiet time, heightened enjoyment.

5


**TIPS  
TRICKS  
IDEAS**





## EAT FOOD THAT NOURISHES.

**Nourished you body and/or soul. Both need nourishing and belong in a nutritious and fulfilling lifestyle.**

6	TIPS TRICKS IDEAS		<b>Eat until you are 80% satisfied.</b>
			<p>This habit takes some play. Being overly restrictive on your food is in direct opposition to living uninhibited. That said, this message isn't intended as an endorsement for eating whatever you want BECAUSE it nourishes your soul. That said, it definitely DOES imply that if there is something that you really enjoy that doesn't necessarily fall under the label of 'body nourishing', eat it but reallllly enjoy it and don't feel guilty.</p> <p>On the other side...</p> <p>Your body benefits from nutritious food – no doubt. You cannot go wrong with the old standbys fruit and vegetables. Lean protein, minimally processed grains, anything that you can picture growing – include more of that stuff.</p> <p>Often when people discuss improving their diet or losing weight, they go directly to cutting stuff out. Let's flip the lid on this and start by adding stuff in.</p> <ul style="list-style-type: none"> <li>➤ Add extra vegetables to your smoothie.</li> <li>➤ Exchange juice for water.</li> <li>➤ Sneak vegetables into your favourite dishes.</li> <li>➤ Switch up cookies for fruit and nuts.</li> <li>➤ Skip the wine with dinner a few nights a week.</li> </ul>



## GET NAKED (FREE THE FEET + WHATEVER ELSE MAKES YOU FEEL FREE.)

**Do one thing a day to share love with your foundation.  
(Look down.) ...Those selfless little buggers.**




**Do 1 thing everyday to release your feet or experience physical freedom.**

7

### TIPS TRICKS IDEAS


*Small, incremental steps (no pun intended) are important to help strengthen your feet and equip them to return to their job full-time (or at least part-time). For example, start by walking barefoot a few minutes a day. Then add 2 minutes of stretching and massage during a commercial break. If your feet are used to a lot of support and structure (i.e. shoes), we need to slowly train them back into their innate strength and mobility.*


- Slide your shoes off at work (if appropriate and safe).
- Switch your current shoes for shoes that allow more mobility and *slightly* less support than your feet are used to having.
- Stretch out your toes. Stretch out your calves.
- Walk barefoot around your house.
- Walk barefoot around your yard or down a sidewalk or over rocks.
- Drink your coffee in the nude.



## BE OUTSIDE.


**Recess!!! Do whatever you want.**



8		<b>Designate regular outdoor time.</b> The amount of time or the activity is up to you.
	<b>TIPS TRICKS IDEAS</b>	<p><i>Being outside-the-doors charges our souls, provides energy to our being and helps us look beyond the regular 18ft maximum distance our eyes have become accustomed to working.</i></p> <ul style="list-style-type: none"> <li>➤ Time → 2 mins   10 mins   3 hours</li> <li>➤ Activity → sit   lie down   walk   bike</li> <li>➤ Drink your coffee on the porch.</li> <li>➤ Park a bit of a distance from your destination so that you get to be outside on route to where you are going.</li> <li>➤ Add daily / regular outside family activity time.</li> </ul> <p>Extra tip: Get those feet naked at the same time for double checklist points! There are few things that transport you back in time and invigorate your spirit as quickly as walking around in the grass barefoot.</p>







## DO NOTHING ON PURPOSE.



**Become a recovery champion.**

9		<b>Do one thing to improve the quality of your night's rest, improve physical recovery, and/or add purposeful chill time to your day.</b>
	<b>TIPS TRICKS IDEAS</b>	<ul style="list-style-type: none"> <li>➤ Begin your sleep ritual 15 minutes earlier.</li> <li>➤ Turn off all screens 30 minutes before bed.</li> <li>➤ Add active recovery (light load, low intensity) workouts to your training program.</li> <li>➤ Add myofascial work and stretching to your evening television chill out.</li> <li>➤ Add a meditation practice. Start with 2 minutes.</li> <li>➤ Take 10 minutes of quiet alone time after your commute home from work and before you begin the evening's activities.</li> </ul>

	<h2>BE KIND TO YOURSELF.</h2> <p><b>Treat yourself how you treat your favourite person. (Well, your favourite person aside from yourself, RIGHT?)</b></p>	
<p>10</p>		<p><b>At the end of each day, reflect upon the following five questions:</b></p> <p>Q1: Did I hold myself to realistic, kind and personal (versus someone else's) expectations?</p> <p>Q2: Did I forgive myself when my "best self" didn't show up?</p> <p>Q3: Did I celebrate myself when my "best self" showed up?</p> <p>Q4: Did I receive compliments gratefully?</p> <p>Q5: Did I stand up for myself when the situation arose?</p>
	<p><b>TIPS TRICKS IDEAS</b></p>	<ul style="list-style-type: none"> <li>➤ Be honest with yourself.</li> <li>➤ Reflect on particular moments when you felt a struggle or lack of motivation. <b>Example:</b> Was my struggle due to Q1 (heavy expectations) or was I just hungry? Being hungry or tired kills motivation, too. It's not always some deep, internal drive. Sometimes it's basic physiology.</li> <li>➤ Reflect on particular moments when you felt unstoppable, excited or calm. <b>Example:</b> Make a mental note (and then a physical note) to do more of this stuff i.e. surround yourselves with these people or do more of these activities.</li> </ul>

	<h2>TELL SOMEONE YOU THINK THEY ARE AWESOME.</h2> <p><b>Just because it's obvious to us, doesn't mean it's obvious to them. Yet. And don't neglect how good it feels to build others up.</b></p>	
<p>11</p>		<p><b>Personal and honest is always best practice.</b> This can fabricate itself in a million different ways.</p>
	<p><b>TIPS TRICKS IDEAS</b></p>	<ul style="list-style-type: none"> <li>➤ Smile at a stranger who could use some kindness.</li> <li>➤ Let a close friend know how much they mean to you.</li> <li>➤ Surprise a work buddy with a coffee.</li> </ul>

	<h2>TRACK GRATITUDE.</h2> <p><b>Gratitude is the ultimate filter of which to view our day. The good. The rough. The blah. Gratitude makes it all easier.</b></p>	
<h1>12</h1>		<h3>Create a daily habit of reflection.</h3>
	<h3>TIPS TRICKS IDEAS</h3>	<p><i>Being distracted by what's busy in front of us has become the norm. Stopping for a minute or two to think about what we're grateful for helps us immediately snap out of the present chaos and realign with our essence. Yep. I said "essence" and I meant it. (What a hippie.)</i></p> <p><i>The temporary pause provides us presence, lightness, and calm. Every time.</i></p> <ul style="list-style-type: none"> <li>➤ Designate a jar at home to keep scraps of paper collected throughout the day that you've recorded thoughts of gratitude on.</li> <li>➤ Keep a notebook beside your bed. Empty your brain with gratitude before you go to sleep.</li> <li>➤ Make a gratitude pact with one of your closest friends. Text each other once a day with something you are grateful for in your life.</li> </ul>

	<h2>DO SOMETHING JUST FOR THE JOY OF IT.</h2> <p><b>If 'joy' is your intention, whatever you commit to will feel easier and leave you feeling lighter.</b></p>	
<h1>13</h1>		<h3>Do something purely for the joy of it.</h3>
	<h3>TIPS TRICKS IDEAS</h3>	<p>Want to really get the most out of this checkmark? Do the thing that brings you joy with the most mindfulness you can muster.</p> <ul style="list-style-type: none"> <li>➤ Maybe it's painting.</li> <li>➤ Or cutting grass.</li> <li>➤ Or eating some chocolate.</li> <li>➤ Or going for a run.</li> </ul> <p>Whatever you choose, as long as "joy" in the primary motivation, this checkmark is earned!</p>

## BE ACCOUNTABLE TO SOMETHING OR SOMEONE.

**Did you print out the checklist?**  
**You can check this item off the list by simply using the checklist.**  
**Boom.**

14		<p><b>Select any method that works for you.</b></p> <p>Pick a consistent time of day to follow-up on your progress.</p>
	<p><b>TIPS TRICKS IDEAS</b></p>	<p>This checkmark is awesome (yet critical) because it's like getting marks for putting your name on a test. It doesn't seem like a big deal or very hard until you realize, otherwise, you might get a zero.</p> <ul style="list-style-type: none"> <li>➤ A daily check-in with a friend</li> <li>➤ Post-its detailing your current goal for the day</li> <li>➤ Daily timers to check-in with your goals Example: Have I taken in enough water? Have I checked in with my gratefulness?</li> <li>➤ Take photos <i>Pictures are great for any food-related accountability (daily tracking or ratio check-ins) and movement.</i></li> <li>➤ ...and, of course... CHECKLISTS.</li> </ul>

Regular exercise and eating well are two of the healthiest habits you can form. But it's not always without risk, even for healthy individuals. Certain types of exercise are riskier than others and all exercise is risky for some individuals.

Please consult a health professional before participating in any new form of movement or eating habits.

Now that all the business is finished,

**I would like to personally invite you to join  
our online community!**

**FACEBOOK** @ Uninhibited Strength Society

**INSTAGRAM** @ uninhibited.strength.coaching

**INSTAGRAM** @ jessicavanraay \*adorable kids alert

**THE INTERNET** @ [www.jessicavanraay.com](http://www.jessicavanraay.com)

## About Jess



Jessica Van Raay is a movement aficionado, lover of water, mountain enthusiast, super nerd, heavy lifting-sprinting-yogi, philosophical ninja, adventure addict, mom of three and a wife, sister, daughter, aunt, cousin, friend, coach.

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