

Obecinco Exercise

Health Survey:

1. What is one thing you wish you could change about your health today (body or brain health)?
2. What are a few things about your health (physically or mentally) that you are not satisfied currently, but you believe can improve over time?
3. If you do not currently exercise on a consistent basis, what are some of the things that may be holding you back (eg. Busy work schedule, taking care of kids or family responsibilities, lack of motivation to exercise, unsure of where to start, lack of accountability, etc.)
4. What kind of physical activities or movements do you perform currently on a weekly basis (eg. walking, jogging, sprinting, weight lifting, swimming, core strength, isometrics)?
5. What are some physical exercises that you may enjoy performing on a weekly basis? (eg. Push ups and pull ups, sprinting, calisthenics, swimming, weight lifting, Pilates, ab and core workouts, walking stairs, jump rope, etc.)
6. Do you currently belong to a gym? Where do you currently workout and exercise?
7. What are some foods and drinks that you like to consume on a weekly basis?
8. What are some healthy foods that you enjoy eating on a weekly basis (eg. fruits and vegetables, eggs, avocado, steak, turkey or chicken, hummus, etc.)
9. What are some foods or drinks that you are consuming that would be better if you eliminated them from your diet?
10. Do you consume alcohol on a weekly or monthly basis?
11. Do you currently use any tobacco products? Do you vape?
12. How much sleep (on average) do you get per night? What time do you typically go to bed and what time do you wake up?
13. Do you watch television in your bedroom? Are you on your cell phone or laptop while in bed before you go to sleep?
14. What kind of work do you do? Are you sitting down in a chair for most of the day or does your job require you to move your body for the majority of the workday?
15. How many hours a day do you work? How many days out of the week do you work?
16. What are some hobbies of yours that you enjoy (eg. Reading, hiking, playing a musical instrument, rock climbing, dancing, playing sports, etc.)
17. What is one hobby (or skill) you would love to pick up and engage in over the next few months?
18. Tell me something about yourself that makes you proud or gives you a sense of joy?

19. What is one thing in your past, where you took on a challenge and you were happy with your effort and what you accomplished?

20. What is one challenge in the future that, if you accomplished, would give you a sense of pride or joy?

Obecinco Exercise is an accountability fitness program designed to create a healthier brain, an enhanced body, one that is capable of a wide range of movements, and a new self identity through the implementation of small, daily routines (habits). With the guidance of a mentor, someone that will be there to challenge you and help you navigate through tough days, this exercise platform will act as a catalyst of growth, helping you become stronger, not just physically, but also mentally and emotionally. As human beings, we thrive when we commit to doing hard things everyday. The challenging fitness movements presented within this platform will create a healthy stress on the body. By putting our body through intense workouts, our brain changes for the better: new neural connections are built, our mind becomes more clear, and we experience higher levels of relaxation and enjoyment. We monitor three key aspects of lifestyle: mapping out weekly fitness workouts, creating meal plans around simple foods (single ingredient), and implementing an optimal sleep routine. By focusing on these simple daily rituals, the brain begins to experience the gift of clarity, while the body simultaneously starts to feel stronger. Our mission is simple: by focusing on daily movement and working through challenges together as a team, we can create a more resilient version of ourselves and experience life with a new sense of wonder.

Free Four Day Trial: We want to help make the transition to new lifestyle routines as smooth as possible. Implementing new habits can require creativity when it comes to fitting in new fitness workouts or meal planning when you already have a busy schedule. With the free four day trial, we will take the time to discover what changes are most important to you, what habits need to be replaced so that healthy ones can be implemented, and develop a daily roadmap to make sure you are completing the exercise, nutrition, and sleeping assignments laid out in the new daily curriculum. If you are unsure of what exercises appeal to you, we will give you access to private fitness tutorials on the workouts that will be foundational to building a stronger body. With the purpose of understanding proper technique and course correction, you can record a 30 to 60 second video for each day you perform a workout that way we can work together to see where you are excelling and what areas we can make changes to optimize your efforts. Most importantly, the trial session is an awesome way to initiate the process of building a new identity; one in which you learn to keep the promises you made to yourself. An identity where you construct rituals dedicated to putting your health first, making sure your mind and body are functioning at its fullest capacity. To learn more about this free trial, click the link below to set up a time and date where we can meet over zoom video to discuss more about your health goals.

www.obecincoexercise.com

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