

# 10 Step Checklist To Gaining A Functional Body From Day 1



- Objectively define what it means to move and function like a healthy human being.
- Honestly ask yourself, “Do my current movements and posture respect what it means to move and function like a healthy human being? How do I know for sure?”
- Take pictures of your posture and record your movements with high definition and slow motion capture. Wear minimal clothing for the best assessment possible.
- Study your unhealthy, habitual movement patterns and discover how to change them into healthy movement patterns.
- Discover and research the human fascia system.  
Great resource: *Anatomy Trains* by Tom Myers PT.

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- [Learn to properly apply self myofascial release](#) and collect your self MFR tools kit for your home practice.
  
- Define the “3 pillars” of a healthy standing neutral posture and feel the integration in your body from properly applying the standing neutral exercise (this can be accomplished in the next video tutorial with Ryan).
  
- Discover what healthy diaphragmatic breathing should look and feel like with an integrated posture (also accomplished with Ryan in next video tutorial).
  
- Research and learn from Functional Patterns content on YouTube.
  
- Commit yourself to changing your life by the way you hold your structure and move in space to Succeed in obtaining (and maintaining) pain free functional living with higher performance.