Thanks for downloading the Starter Guide, HERO.

In our crazy modern world, crafting a healthy, meaningful existence can sometimes be easier said than done. With so much noise and conflicting information out there, it’s often difficult to know where to begin, or where to go next.

*Hopefully, this short eBook won’t add to the confusion...*

It stems from years of self-experimentation and trial and error, both in my own life, and in working with others. This is the 3rd edition of the guide, and whilst it’s by no means a definitive manual for healthy, heroic living, I’d like to think it’ll give you a decent start.

In the HERO Starter Guide, you’ll find a bunch of ideas and practices aimed at helping you move your body freely, live mindfully and healthily, and create a journey filled with adventure and community.

My only request is for you to take what resonates with you, apply it to your life, and throw away the rest. Then carry on being the HERO of your own story, and helping others do the same.
About Luke Jones

I’m Luke: mover, online content creator, wellness advocate and the founder of HERO Movement (formerly Health Room).

When I’m not eating burritos or climbing trees, I spend my time exploring and sharing ideas in mindful movement, healthy living & adventure.

The big, cheesy goal of mine is to help everyday people (like you and me) navigate the choppy waters of the wellness world, and become the HERO of their own story.

Hopefully in some shape or form, big or small, this guide will help you do just that.

— Luke
Disclaimer

Please note that the content displayed here in the HERO Starter Guide and on heromovement.net is for information purposes only.

It is not intended to replace any medical advice, treatment or diagnosis. Please consult a medical professional before making any changes to your diet, exercise program or lifestyle.
“The dance is a poem of which each movement is a word”.

— Mata Hari —
Movement has always been a big part of my life.

Whether it’s in the form of martial arts, football, calisthenics, lifting weights, surfing, hiking or clambering over rocks. Aside from providing me with endless enjoyment, it’s taught me so many valuable life lessons.

Not only that, it’s very much a form of therapy for me. That constant anchor point, when everything else in the world seems to change.

I truly believe that moving your body regularly and doing something physical that you enjoy is one of the key ingredients to a happier, healthier existence.

There are so many benefits to moving, and so many things I could waffle on about, but let’s start by playing with the following ideas.

1. Movement is a gateway to community, wellness, enjoyment and improvement. But perhaps above all, it’s a way for us to express our weird, true selves.

2. Play precedes humanity. It’s a built in behaviour that all mammals thrive on, so try to embrace it often. Remember: it’s not just for kids.

3. Human movement is multifaceted. We’re built to walk, run, hinge, crawl, squat, grapple, hang, climb, swing, swim, throw, balance and so much more.

4. To be a well rounded mover who can adapt to their environment and be useful in an emergency, it pays to work on all components of movement - at least to some degree.
5. Specialising in certain sports or movement disciplines can be useful and enjoyable, but if you're seeking versatility, it’s important to work your weaknesses - the areas that those disciplines neglect.

6. Mobility, the usable range of motion around a joint, is the foundation upon which strength and all other skill development rests.

7. We can all be proactive and perform basic mobility maintenance. As a general rule of thumb, if something hurts to pressure (and isn't injured) it’s likely restricted and could benefit from some foam roller/lacrosse ball love.

8. A wise man once said that you’re only as old as your spine. Keep it mobile and strong, and you’re onto a winner.

9. When building strength, it’s important to push, pull, squat and hinge. But don’t neglect your capacity to rotate or to balance on one leg.

10. If you're seeking to make lasting changes and enjoy lifelong freedom of movement, consistency is your friend.

11. Having a training plan is great, but it’s also important to consider your daily movement habits. The low-level things. How much time are you spending sitting or slouching, vs squatting, walking, or working on your posture?
12. Thing out of the box with everyday movement. Balance on rails. Bound up stairs. Climb trees. Don't be afraid to be the weird one.

13. High tech footwear often leads to low tech feet. Be barefoot often, and look for a shoe with a wide toe box and minimal drop. Your tootsies with thank you.

14. The path to improvement and learning new skills is rarely linear. You’ll get injured, make mistakes and hit plateau. Embrace the setbacks and learn what you can from them.

15. Isolate - Integrate - Improvise. As promoted by Ido Portal. Learn new skills, put them together, then make them your own. And always go back to the basics.

16. Go hard or go home sounds cool, but doesn’t always work out that well in the long run. It may serve you better to focus on movement quality vs always pushing it to limit.

17. Hard work is important, but equally so is recovery. Make rest, sleep and self-care integral parts of your training.

18. Perfection is an illusion. Working towards it is a fun challenge, but don't beat yourself up whenever you fall short.
19. Communal movement is crucial. It’s one of the best ways to connect with others, learn new things and forge real friendships.

20. Mindfulness and movement go hand in hand. Moving with intent builds mindful awareness. Mindful awareness helps you see more opportunities for movement. It’s all connected.
“Health is a state of body. Wellness is a state of being”.

— J. Stanford —
We’re all born into this world and face the same fate in the end, but we can enjoy a degree of control over the time in between.

That may sound a bit morbid, but the point I’m trying to make is that by cultivating certain habits and practices, you can maximise your chances of enjoying good health.

And with a healthy body and mind, you’re more capable of becoming the best version of you, and to help others do the same. So we all win.

Whilst everyone is different, I feel like there are a few basic principles of wellness that apply in most cases. Here are a few to have a think about.

1. The whole is greater than the sum of its parts. Wellness is made up of so many different interacting components, from diet and movement to mental health and community. They’re all equally important.

2. Healthy living doesn’t have to be expensive. It can be. But more often than not it requires more of an investment in time than finances.

3. It all comes down to habits. Many situations we find ourselves in are a result of those micro decisions we make, thousands of times per day.

4. Habits take time to alter, but the good news is that the same habit changing principles apply across the board. Master them, and the world is your oyster.

5. Having a strong reason why, an achievable goal, a solid plan and accountability can help you in any change you want to make - whether you’re altering your diet or quitting smoking.
6. With nutrition, whole foods are the foundation. Base your diet on 80-90% fresh veg, fruits, nuts and seeds, and your base is solid to build upon.

7. Experiment to find what works for you. Whether that’s high fat or low, animal protein or purely plants. Choose the path that best fits your world view, but be open to changing it from time to time.

8. The more you can get used to cooking fresh meals at home, the more control you have over what goes into your body, and how it makes you feel. Start small, and gradually build.

9. Wellness is linked to the gut. By consuming fibre, fermented foods, eating mindfully and managing stress, you’re gonna have a much better time.

10. Mindfulness is an invaluable tool. It’s a simple way to improve your relationship with the thoughts in your head, and give you a little more mental space.

11. Practicing mindfulness doesn’t have to be difficult. Just 5-10 minutes a day of focussed breathing is a great place to start.
12. A lot of stress can be dissolved if you're able to let go of the things you can't change, alter the things you can, and know how to differentiate between the two. Being proactive vs reactive.

13. Community and accountability are two crucial components of the wellness picture that often get left out. Make time to connect with friends, loved ones and strangers on a regular basis.

14. Taking a pause from the craziness of the world and seeking help isn't a sign of weakness. It's okay to not be okay sometimes.

15. Gratitude is always a great state to bring about. When you're grateful for what you have, there's nothing much more you need.

16. Tracking wellness metrics can be your friend if done mindfully. Whether that's measuring HRV, getting bloodwork or keeping a diary. What you can measure, you're better prepared to manage.

17. Don't be too harsh on yourself - there's already enough judgement in the world. If you don't like something, make changes, but don't beat yourself up about it.

18. Don't let what you can’t do, stop you from doing what you can. We all face obstacles and challenges to varying degrees, but they don't mean we have to stand completely still.
19. The importance of sleep can never be overstated. Make time for it, and work on improving the quality.

20. A morning routine isn’t essential, but can help you get a good headstart on the day. There’s no perfect formula. Make time for new habits, self care, and doing the things you love.
“One way to get the most out of life is to look upon it as an adventure.”

— William Feather —
When we think of the word “adventure”, we may picture rolling hills and campfire stories. Battling dragons and saving damsels in distress.

Sounds cool, but it’s not necessarily all about that.

It may sound cheesy, but what if you looked at your life as a movie or a book, and you were the protagonist?

From that perspective, your existence here on Earth is an adventure in itself. The ups and downs. All the wondrous moments and difficult obstacles. The whole spectrum of experiences.

With that in mind, here are a few ideas on making this crazy adventure one worth telling tales about.

1. **Make time to disconnect from tech, and to reconnect with nature and humanity.** It’s easy to get caught up with social media and let real relationships and experiences pass us by.

2. **Solo adventures can be rewarding, but so can experiences shared with others.** Make space for both.

3. **If you’re the sum of the five people you spend the most time with,** how can you make more time for those that inspire you and challenge you to grow?

4. **Reclaim your wildness.** Be barefoot on the sand, clamber through the trees, take a dip in the cold ocean. Nourish your deep inner need for connection with the natural world.
5. Remember that broader change happens from within. Whether it’s political, environmental, economic or spiritual. It’s starts with us and the daily choices we make.

6. How can you contribute to your local community? That might be volunteering to clean litter, supporting local businesses, or all the above. We’re social animals at heart (even us introverts) and we do better together.

7. How can you help someone today? A stranger or a loved one? And can you do it without being caught?

8. What would your life look like if you treated yourself like you would your best friend? And how about if you treated complete strangers the same way too?

9. Enjoy your freedom to learn. Whatever that may be. Languages, skills, instruments. Find your thing and go after it.

10. Challenging yourself often is a great way to grow. To embrace discomfort, and gradually expand your comfort zone (without breaking it).
11. Remember: there’s a big difference between a calculated risk and being reckless. One is bold and rewarding, the other is just foolish. That applies equally up the mountains as it does in business.

12. Big goals and dreams are great, but don't lose the forest for the trees. It's putting ideas into action and embracing the journey that matters most, not the end result.

13. Travel can broaden the mind and help you learn more about yourself. But it’s not for everyone, so don't feel pressured to conform to the idea just ‘because’.

14. Adventure is often serendipitous. You may go in with a certain goal or expectation, but come out with something entirely new. Be open to all possibilities.

15. Life is short. The five year plan or society norms don't have to apply to you if they don't resonate. Don't be afraid to live on your terms, as long as you're not harming anyone.

16. Work makes up a big part of our day to day. Life is too short not to not be doing something that excites you, so how can you take the first step towards that?
17. What is your legacy? What lessons, ideas or gifts can you leave behind for the next generation when you pass? Remember - it's the seemingly small things that often matter the most.

18. More doesn't always equal better. More things, more money. Consuming is easy to get caught up in, but it rarely fills the hole that only experiences and love can satiate.

19. For the most part, it’s more important to be kind than to be right.

20. What would the hero do? For any challenge you face in the adventure of life, what would the hero of your story do?
Thanks for reading, Hero

Even if you were to take just one new idea from this short book, apply it to your life, and make a positive change, then I’d be a very happy person :)

Two quick things to wrap it all up:

1. Give the site a share with your friends!
If you enjoyed the HERO Starter Guide, I’d love it if you could give HERO Movement a share so more people can potentially benefit from it.

   Send a Tweet on Twitter  |  Share on Facebook

2. Get in touch with me!
If you have any questions about the guide or if you're interested in personalized, one-to-one online movement & wellness coaching with me, get in touch using this contact form and I’ll get back to you asap.