

GUIDANCE NOTES
WEEK 1

WHAT	Introduction
WHY	<p>The whole concept of 4D Life is based on the premise that no single dimension is the complete answer to living a healthier life... it is the combination of all four that is key, and that includes the overall structure of your life... your Lifestyle !</p>
HOW	<p>In the Lifestyle Dimension we will highlight and examine aspects of the modern world that can directly influence the way we lead our lives.</p> <ul style="list-style-type: none"> • We will look at why too much Inactivity is so bad for you and how best to avoid it. • We will highlight aspects of the Environment in which we live, and what steps we can take to mitigate any potentially harmful aspects. • We will outline the importance of Planning, and show how this can really help improve your chances of achieving better health. • We will take a general look at Drugs, both recreational and medicinal. • We will focus on why our bodies tend to develop Misalignments which can lead to pain or injury.....and what steps we can take to remedy them. • We will examine the hugely important role Sleep plays towards maintaining a healthy body, and what steps we can take to improve our sleep. • We will lay bare the dangers of Stress, and examine ways you can manage stress to reduce its effects. • We will explain why too much Sitting is so bad for you..... and reinforce again and again, why movement is medicine ! • We will outline the concept of Marginal Gains.

The secret of moving towards a healthier life and more control over your condition is the philosophy of marginal gains... it is the gradual accumulation of many small gains that will add up to significant change.