



Oby's Wisdom!
A Caveman's Simple Guide to Holistic Health and Wellness
Action Guide

Chapter Eight
Fun, Fitness and Life

*"I am convinced that life in a physical body
is meant to be an ecstatic experience"*
Shakti Gawain

1. On pp. 132-135, read *"The Gym and the Trout Stream."* Can you identify with one character more than the other? Why? _____

2. Read "The First Rule of Fitness..." on pp. 135-136. What is the First Rule of Fitness?

If you are neglecting The First Rule of Fitness, how can you do better? _____

3. Read, "Body, Mind, Emotions and Spirit..." on p. 138. Write down the last sentence on the page.

Is there anything you can you do to better reap this benefit? _____

4. Read, "Harvesting the Couch Potato" on pp. 139-140. If this paragraph applies to you, write down the first step you will take to get yourself off the couch.

5. Turn to page 141 and read, *"I Love Hills!"* How can you apply the lesson in the last paragraph?

6. Go to page 145 and read, *"Be like Bob and Todd."* Now, who has the more empowered approach to fitness, Bob, Todd or both? _____

How can you apply this lesson to your own quest for better fitness? _____
