

Media Interview Q&A

1. **Why write this book?** I realized that the way exercise routines are designed has very little to do with how our bodies move normally throughout the day. Most routines are based on gym competitions like bodybuilding, powerlifting, and Olympic weightlifting, and not upon how we really use our bodies. This outdated approach can lead to chronic and acute pain symptoms.
2. **What is the significance of the title “Return to Center”?** There are many health & fitness approaches that have the basic foundation of restoring the body back to a more balanced, centered position. Yoga attempts to align the energy centers (chakras), acupuncture attempts to allow energy (chi) to flow unimpeded, and chiropractic medicine attempts to realign the skeletal structure. When it comes to the western approach to movement we just fall short because we are more concerned with aesthetics and how hard we can train rather than restoring the body back to a balanced, centered place. The purpose of this book is in the title, to return the body to center where all systems thrive.
3. **How are these programs different from what we already do in the gym?** Most programs focus on both limbs moving together in the same direction but that is not how we move. The exercises are also heavily biased to only moving forward and back but do not encourage sideways or rotational motions. The problem with this is the body adapts to these restrictions and is ill-prepared to meet the demands for multi-directional movements.
4. **Is this just a book on rehabilitating from injuries?** Not at all. This is a book that offers an alternative way to train and to train intelligently. It does not matter if you are the highest level athlete, someone recovering from injuries, or anyone in between. Rather than following programs based on the perfect idea of human anatomy, the programs are based on each person's posture and the way they move through space (gait pattern). This means that no matter where you find yourself there is a program that can be created to improve your ability to move with purpose.
5. **You mention using the nervous system as a guide, what do you mean by that?** We already use heart rate monitors to gauge our exercise intensity. Why not use other ways the body responds to stimuli to let us know if we are on the proper path in our workout routine? The nervous system will regulate muscle tension, balance, and even our peripheral vision when we exercise. By assessing and reassessing before and after exercises you can understand if the body responds positively or negatively to every action.
6. **Does it matter what exercises you do?** No two people are identical. That means that there is no exercise that is ultimately the best for all. Depending on what you have experienced in your life (i.e. surgeries, accidents, emotional experiences, exercises, etc.) your body will adapt the best way it can for your survival. One exercise may prove beneficial to one person and detrimental to another. That is why having a personal program and using your nervous system as a guide is an intelligent way to train.
7. **If working out is supposed to help us get fit why are so many people in pain?** Most people have favorite exercises they perform more than others. This has a tendency to increase muscular imbalances which pull the body out of alignment and increases the likelihood of wear, tear, and inflammation and future injuries.
8. **Who will benefit from this book?** Any person who lives in a technologically advanced world that takes away purposeful, physical activity from daily life. People who are, or want to be, active and would like some guidance as to how to improve their performance. People who are suffering from chronic or acute pain could also benefit from the contents of this book.