

STAYING MOTIVATED

ON YOUR FITNESS JOURNEY

JAVIER TUEL



FUTURE. CONTROL. JOURNEY. POWER.
DESTINY. EMPOWERMENT. FREEDOM.
PASSION. INDEPENDENCE. AWAKENING.

Believe





INTO THE STORM



JAVIER TUEL

Father

Son

Brother

Friend

Business Owner

Personal Trainer



FUELING THE FIRE

AND MOVING
THROUGH THE
STORM



“We do not rise to the level of our expectations, we fall to the level of our training.”

-Archilochus



BUILDING AN IWP

INDIVIDUAL WORKOUT PLAN

INDIVIDUAL WORKOUT PLAN

Name	
Trainer/ Accountability Partner	
Start Date	

Goal	
Symptom	

Objective	
Steps	<ul style="list-style-type: none">•••

INDIVIDUAL WORKOUT PLAN

Name	<i>Javier Tuel</i>
Trainer/ Accountability Partner	<i>Javier Tuel</i>
Start Date	<i>04-15-2023</i>

Goal	<i>To feel comfortable while eating with others in public.</i>
Symptom	<i>Hand mobility and tremor</i>

Objective <i>Strengthen grip and increase control over utensils</i>
Steps <ul style="list-style-type: none"><i>• Hand and finger exercises- i.e. Stress ball, finger extension</i><i>• Wrist exercise- i.e. Twist towel, rotating wrist</i><i>• Grip strength- i.e. Grippers, rubber ball</i><i>• Incorporate functional movement- i.e. Dumbbell deadlifts</i><i>• Consistency, progression and practice</i>

A top-down view of various gym equipment scattered on a dark, textured surface. In the top left, a barbell with a silver sleeve and black collars is visible. To its right is a circular weight plate with a hole in the center and the number '20' embossed on it. In the bottom left, a kettlebell with a black handle and a silver base is marked '20 KG'. In the bottom right, several dumbbells with silver handles and black hexagonal weights are arranged. A coiled rope and a black handle with a textured grip are also visible. The word 'WHY?' is centered in the image, with 'WHY' in white and '?' in green. A green diagonal striped pattern is in the bottom right corner.

WHY?



FINDING PURPOSE IN THE STORM

ROLLIE'S STORY

- Measuring success
- Categorizing success
- Setting expectations
- Respecting the process
- Celebrate the small win
- Understanding failure
- **Moving forward**



“People with P.D. have been shown to be nearly one-third less active than their peers.”

-BelconicWithPD.com



PERSON VS. PARKINSON'S

Monitor

Maintain

Manage

**Traditional medicine focuses on managing a disease,
rather than managing the patient.**

And proven to be both **expensive and **ineffective**.**

-Allegrente, Wells & Peterson, 2019



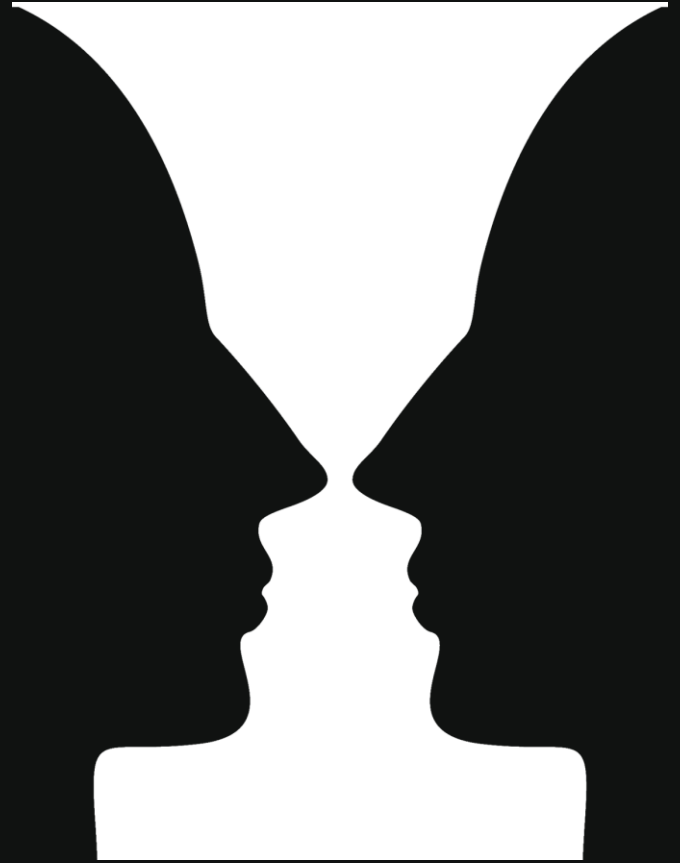
MOVING FORWARD >>

KIM'S STORY

- “So damn good!”
- Enjoying what we love
- Gain new understandings and accept how we are **moving forward**



PERCEPTION



REFRAME YOUR MIND





NAVIGATING THE STORM

MISCHELLE'S STORY

What initial force started the negative momentum?

- Internally created
- Externally influenced

How do we redirect and ensure we are **moving forward**?











JAVIER TUEL

JTuel@TuelShedTraining.com