

# Inner Strength - Outer Strength

## OUTER STRENGTH TIPS

### Endurance

Endurance refers to the body's ability to perform sustained activity over a period of time. Cardiovascular conditioning allows the body to sustain activity in an "aerobic" state, meaning the body is able to consume enough oxygen to maintain effort. When endurance is limited, we are quicker to enter into an "anaerobic" zone where we cannot take in enough oxygen to keep our systems working. Developing endurance is about targeting the entire system from the muscles to the nervous system, heart and lungs so that everything operates efficiently for sustained effort.

### How to develop Endurance:

- Practice "long slow distance" training (usually running, walking, cycling or swimming) that maintains the heart rate in an aerobic zone for at least 20-30 minutes per session.
- Consider wearing a heart rate monitor to manage the amount of time you spend with your heart rate in an aerobic zone.

### Interesting reading:

- *Beyond Training: Mastering Endurance, Health & Life* by Ben Greenfield

<https://www.mandarinoriental.com/luxury-spas/clients/inner-strength-outer-strength-guidelines-assessments>



### Vitality

Concepts and exercises around nutrition, fitness, and other wellness practices designed to keep us physically robust and resilient to illness.



### Mindfulness

An introduction to meditation and mindfulness practices to help us develop skills for controlling our attention and managing anxiety



### Authenticity

Positive psychology practices to help us better understand our own strengths and how to employ them in pursuit of our most important values and goals.