



Joe Worthington: Carving Your Own Path in the Fitness Industry



Joe Worthington is the Co-Founder of Jungle Brothers Strength and Movement, a gym in South Sydney, Australia, created to provide a space of inclusivity and sustainability where people could train in multiple disciplines while being coached in an unrestricted way. Discover ways in which you can carve out your own path in the fitness industry whilst avoiding some of the pitfalls.

TOP EMBODIMENT TIP: Set yourself a vision of where you want to get to and realign yourself with that on a regular basis

Chapter 1: Building the World's Coolest Gym

- You have to start with a big idea and get that idea down on paper.
 - In this Chapter, Joe describes how to avoid some of the pitfalls in getting an idea off the ground.
- Question 1: What is **YOUR** big idea?

Chapter 2: Realising The Dream

- Developing the unique, ever evolving Training Methodology of “**Fight Lift Move**”.
 - Diversity of Clientele and an organic process of developing health and wellbeing for the person and environment
- Question 2: What do you need that you currently do not have?

Chapter 3: Where to now?

To create a **global community** of like minded humans who wish to carve their own unique path in the fitness industry and a platform that can support collaboration, exchange and mutual evolution among this group.

Question 3: Write down 3-5 **action tasks** that you could take right now, today or tomorrow to get going?

Chapter 4: 6 Essential Items to carving your own path

- 1. Be **unique** in terms of something that you can create and honestly live by
- 2. Leverage those around you with skills and be clever and careful with the finances
- 3. **Passion** and **Work Ethic**
- 4. Ruthlessly Maintain **Standards**
- 5. Protect your main revenue stream
- 6. **Collaborate** with like-minded people with unique skill sets

Resources

- ❖ **Website:** <http://junglebrothers.com/>



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Gil Hedley, Ph.D., is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

Integral Anatomy is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to www.gilhedley.com and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

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