



### Kate Gallett: How to Build an Unbreakable Body (and Life)



Kate Gallett has been a fitness trainer and coach for 19 years, working first in a commercial gym setting, then opening her own facility in the suburbs of Chicago for a number of years. Find out how to get relief from your aches and become unbreakable in body, mind, and spirit.

**Top Embodiment Tip:** The body is not a problem to be solved, but a gift to be received.

#### Questioning Status Quo: Not Feeling Her Best

- Studied exercise science but always had aches and pains even though she did lots of different types of exercise. Health practitioners had said that it was just a part of growing older and she began to question what the point was in all the different healthy strategies. This began the notion of becoming unbreakable.

#### Defining Unbreakable: What Does It Look Like?

- Unbreakable looks like:
  - Freedom, carefree days with full presence.
  - Not being limited in life.
  - Trusting that her body will hold up, body can trust her.
  - Confidence, ease, joy, just to be.
  - What does it mean to you?

#### How to Become Unbreakable: Signal Response Principle

- Signal Response Principle: what signals your body is responding to (forces, stressors, thoughts).
- You can recognize these everyday signals and then you can inquire and be curious about pain, etc. and find activities to incorporate into life.

#### How to Hone Energy: 6 Pillar Framework

- Strong feet; mobile hips; strong glutes; strong torso; mobile shoulders; strong posture.

#### Adjustable Template: Using It Throughout Life

- The 6 pillar framework serves as a foundation for all life pursuits and adjusting for what your body needs.

#### Resources

- ❖ **Courses:** The Unbreakable Body Program
- ❖ **Website:** <http://theunbreakablebody.com>
- ❖ **Social:** Fit For Real Life, Instagram: @kategallett



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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](https://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.