



Rafe Kelley: The Whole Food Movement Paradigm



Rafe Kelley is the founder of Evolve Move Play, a training method based on natural, primal movement that evolved from his many years spent in nature, martial arts and Parkour. He is passionate about helping others find their strongest, most adaptable and resilient version of themselves in movement and in life. Find out how movement is a form of nutrition, why different types of movement are important, and how to unlock your innate movement potential.

TOP EMBODIMENT TIP: Take a walk, in nature or barefoot if possible. While you're walking, tune into your breath and your surroundings. If you do that regularly, it will change your experience of being in the world.

Traditional Fitness Training vs. Training Your Innate Potential:

- Traditional: train to improve strength, cardiovascular, flexibility/mobility. Most fitness methods = isolated movements. If you don't have the basis of a "whole food diet," you won't optimize your health.
- **There is an optimal expression of human physiology, an optimal set of physical stimuli that will allow a human being to best respond to exercise.**

"Whole Foods" of Movement:

- Movement affects the same pathways as nutrition you bring into your body (e.g. breastfed baby - gets not only the most nutrition from mother's milk, but also developing palate, jaw, and the entire craniofacial region through sucking action). **Movement Nutrition: in training, what are the whole foods we've always needed?**
- Traditional training: strength, cardio, flexibility/mobility = carbohydrates, proteins, fats (macronutrients). Leaves out micronutrients. Nourishment (whole food) vs. nutrient (piece that has been isolated). E.g. the sun vs. vitamin D. Sun provides: vitamin D, sets circadian rhythm to improve sleep, luteinizing hormone for sex hormone production (whole effect on body).
- **Whole Foods Movement** - creates a body that's more physically nourished (e.g. pull-ups vs. rock climbing). Isolated movements can create proportional strength problems (weak tissue next to strong tissue). The longer something has been with us evolutionarily, the more important it is that we keep doing it because our bodies are built off of it.
- **Fundamental Movements** (engaging in play): how well can we move our body around the environment; how well can we manipulate and move objects; how well can we defend ourselves; how well can we connect with others and coordinate our movements

Resources

- ❖ **Website:** [Evolve Move Play](#)
- ❖ **Instagram:** [@RafeKelley](#), **Facebook:** [Rafe Kelley](#) | [Evolve Move Play Community](#)
- ❖ **YouTube:** [Rafe Kelley](#)



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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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