



**Chip Conrad:** What the F\*\*K Are You Thinking? (Building Your Own Philosophy of Strength and Movement)



Chip Conrad is the founder of BodyTribe, host of *BodyTribe Anywhere* on YouTube, author of *Are You Useful?*, co-founder of workshop series, *Mental Meat Heads*, and a physical culture historian. He has competed and coached nationally and internationally in multiple strength sports. In this presentation, Chip asks us some questions to encourage us to dive deeper into aligning our core values with what we're actually practicing.

**TOP EMBODIMENT TIP:** Practice Makes Permanent: look at what you're practicing, look at what you want to make permanent, do they correlate with each other?

Steps to a Better You: **Step 1: Sign Up For The Gym, Step 2: (?), Step 3: A Better Me!**

- What are you doing in Step 2?!

Ask the Big Questions: **What Is Your Definition Of Strength?**

- The goal of getting stronger can be too broad. A more useful question might be a values based question, "Why is Strength Important?" which leads to "What are my Values?" E.g. Love, Respect, Free thought, Creativity.
- These values are skills that need practised.
- Does my training reflect these things or am I contradicting my value system? If my training is abusive, then I am not living my values.
- Our relationship with our body is very similar, if not directly correlated with, our other relationships.

Fundamentals: **Get The Basics Right**

- Labels or categories like Cardio, Strength, Mobility, Flexibility etc. - can be limiting.
- Start with fundamental movement skills we all need like being able to get up and down from the floor, and being able to carry stuff.
- "Training" is: skills-based, both physical and mental.
- Working Out is: getting sweaty with no purpose.
- Training consists of workouts; but not all workouts are training.
- Judgements can get in the way of creating a progression to the next step. Turn judgements into observations and find joy and appreciation for your body in the present moment.
- Get out and move in many ways, for many reasons!

Resources

- ❖ **Books:** [Are You Useful?](#)
- ❖ **Social:** Instagram: [Body Tribe Chip](#) | Facebook: [BodyTribe Fitness](#)
- ❖ **References:** YouTube [Body Tribe](#)



## Chip Conrad





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**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](http://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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