



**GOOD
BODY
PROJECT**

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CRUSHING KIDS IN DODGEBALL



“Can you throw the balls a littler slower?” I smile, “Of course.”

Hi, my name is Chris, I'm 30, and I'm a workaholic.

My mother always said “You're a grandpa in a kid's body.” Experiencing the misery of your parents' divorce at the ripe, vulnerable age of 10 will do that to a kid, making him take the weight of the world and put it on his shoulders.

Not anymore mom.

It's a lazy afternoon on a beautiful September day, with the temperature starting to cool and the lightest hint of change in the color of the leaves.

And I'm crushing kids in dodgeball. #crushingkidsindodgeball

I overhear the 12-year-old boy with shoulder-length hair on the opposing team say to the facilitator as he points at me, “That guy is worth 5 kids! Balance out these teams please!”

The teenage whistle-blower with her shirt in a low-back bun points at me and tells me to switch teams. As I pass her she asks me with hesitation, “Can you try to throw the balls a little slower?”

I smile, “Of course.”

Two 8-year old boys with braces on my new team wait excitedly for the ref to blow the whistle. One says to me, “We're going to win this game, right?”

I declare with confidence, “You know it buddy!” and give them both a fist pound with equal parts glee.

All of this from a 30-year-old man who forgot how to play, only remembering pain, suffering, and depression in his past as a child.

Playing dodgeball with those kids, I felt alive and in all of my glory. As I felt my body tingling with exertion and excitement, I realized that for every kid in [SkyZone](#) that afternoon, there's an adult who thinks she is too old to play. We've forgotten to appreciate and **say thanks to the body that gives each of us the life we live.**

I found myself thinking, “I need to peg an adult in the head.” All of the old “grandpas” and “grandmas” around me needed to discover a way to tap back into the childlike bliss I felt on that day. As a way to say thanks to the body, the vessel, that holds life within it.

So this ball is for you Reader. I'm going to throw it hard and fast, because it's time for us all to wake up.



I'M ABOUT TO PEG YOU IN THE HEAD



“A lack of play should be treated like malnutrition:
It’s a health risk to your body and mind.” ~Stuart Brown

When you get hit in the side-head with my speedy dodgeball thrown from across the room, at first you may be pissed. You’ll likely want to yell at me and demand what right I have to hit you. Now’s the time to get all of those F-bombs and middle fingers out.

Go ahead, you have permission.

After all, you likely take life way too seriously.

Then, you see me smiling at you. Not the laughing-at you type of smile, but the laughing-with-you type. The kind of genuine smile that invites you to play with me.

The ball hitting you in the face is a wake-up call, a desperate plea from your heart and soul to listen.

Can you hear it? Or do you need another speed ball?

In March 2012, I was hit in the head by a cannonball thrown by [Jonathan Fields](#) of [The Good Life Project](#). I had signed up for an immersion program -- 10 months of self exploration to get clear on who I was and what I wanted to create in the world. In one of our many group mastermind sessions, Jonathan declared that without self-care, any life goal or dream, even if fulfilled, would not be as fulfilling.

Whoa.

A decade of my own self-abuse and lack of happiness proved his point.

Into the rabbit hole I went to learn how to cultivate self-care, positive emotions of happiness, and give my body the life-satisfying experiences it deserves.

Now, I want to share all I learned with all of you. Because I can’t play dodgeball alone.

My hope is that as introspective, good-life seekers, the common value of gratitude is already held prominently in your hearts and souls.

Many of you may already write down the gifts you’ve been given when you wake up or go to sleep to set your mind up for seeking and finding more positivity.

You likely share gratitude with your family in the mornings, kissing your spouse and hugging your kids goodbye to the day that awaits them.



Valuing experiences over material goods, you create moments with your friends and colleagues where you all are able to pause and reflect on the beauty of this life. You observe the leaves changing, the post-storm rainbow, or the death of a revered past generation as a newborn is welcomed to the world.

Cue "Lightning Crashes" by Live.

Those acts of gratitude are great. They absolutely rewire positive psychology into your neurology.

Still, my challenge to you is – "Are you forgetting someone? Are you forgetting something?"

Our bodies change and rearrange, never staying stagnant. Our cells follow our choices in pursuit of a diseased or a healthy body, but never both at the same time.

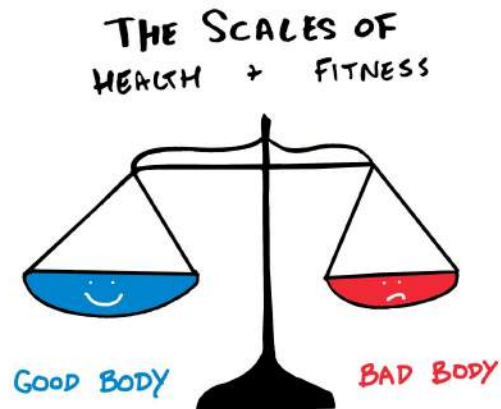
Which way is your body going? Towards disease or health? Towards the old heart in your current body or the young soul in the vessel that allows you to experience everything that life has to offer? Towards letting your kids play dodgeball as you look contemplatively at the other children, thinking your playing days are over? Or are you ready to grab that ball I just hit you with and throw it back with youth and vigor?

Picking up the ball, there is no greater way for you to say thanks to your body. And it starts by playing with rocks.

The Good Body Project - Collecting Rocks



“You have to participate relentlessly in the manifestation of your own blessings rocks.” ~ Elizabeth Gilbert & Christopher Stepien



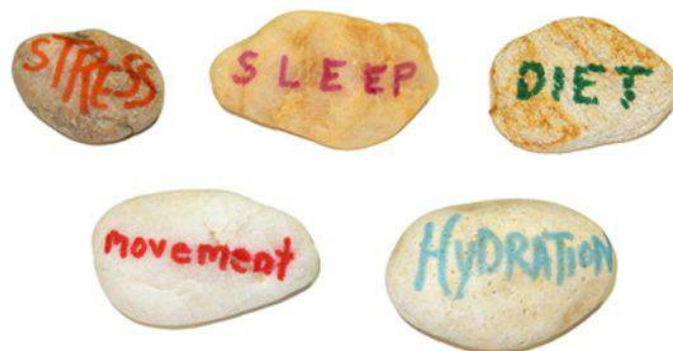
Moving people off of the scale of the **bad body** [disease, pain, and depression] and onto the scale of the **good body** [health, feeling good, and happiness] is a holistic endeavor.

To tip the scales in the obvious direction we want to be on, we need to address all of the rules we are breaking.

In practice at [Barefoot Rehab](#), chronic pain patients (defined as “one who suffers”) want to get out of pain.

At the bottom of the first page of our new patient form is the question, “What does your pain prevent you from doing?” The pain is never painful enough until it takes people off the court of life and prevents them from doing what they love.

Individuals are often surprised when I hold them accountable for the gamut of the obvious mountain-sized physiological needs (none more important than the others) that prevent them from playing:



The metaphorical health rocks above are designed to be highly leverageable investments for behavioral change that when placed correctly, tip the scales away from disease and depression and in the direction of health and happiness. Massive change through minimal action. What Tim Ferriss would call the “minimum effective dose”.

The scale you place your rocks in become the foundation of the house that is your home and your body. When invested in a bad body, your house is a big bad wolf’s blow from tumbling away giving additional stressors. When invested in a good body, your house has the capacity to withstand life’s storms and stay standing, now and later.

With a strong foundation, your body can handle playing dodgeball, gardening, playing golf, giving your 100% at work without pain, playing tag with your children, holding your grandchildren, running the dog, or doing whatever thing that lights you up.

Your reflective space for choice is below in chunks meant to cause a perspective shift. Implement as you are able and be mindful of how you are placing a chosen rock in one of the two scales, whether you’re conscious or not. By deliberately placing rocks in the good body scale and creating health-producing habits, watch as your gratitude, health, and happiness manifest into a gift of epic proportions.

Kids love working on projects. There’s no reason we adults can’t love them either. I call it a “project” because we can take the pressure off and not take it so seriously. You don’t have to make good body choices 100% of the time, just more often than you make bad body choices. Do the best you can, always striving to improve.

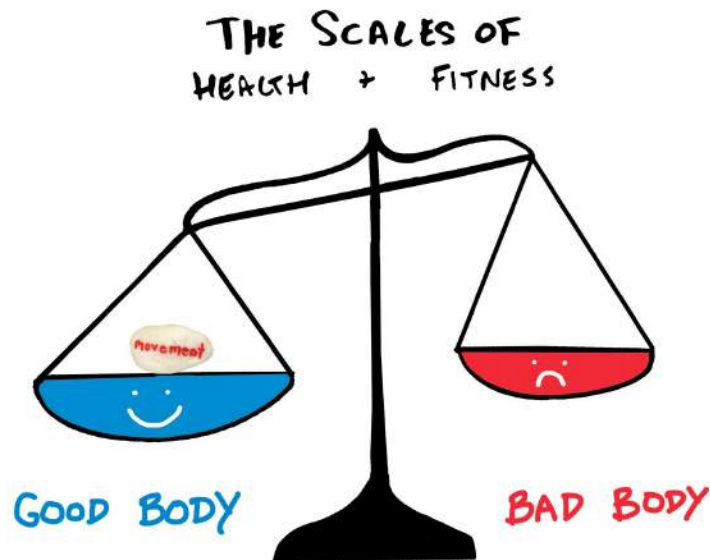
At Barefoot Rehab, our purpose is to leave the world a healthier and happier place. If any changes are made for the better (or even for the worse) in your life, please go to barefootrehab.com/goodbodyproject and leave a comment with what worked, what didn’t, or what could be said more effectively to better serve those who want to say thanks to their bodies.

Let’s play.

GOING #2: ON MOVEMENT



“Nothing in biology makes sense except in the light of evolution” ~Theodisius Dobzhansky



“Chris!!!!”

I ran into the bathroom as I had done a dozen times before. There she was, sitting on the toilet bowl, helpless. Babci (a Polish word for “grandmother”) had taken care of her business in the bathroom and called me in to help. I gave her a big hug, stood her up so she could pull her underwear and pants up, and then carried her over to the couch, where the tears began to flow.

I watched her, knowing there was nothing I could do.

It isn't that I didn't try.

Over the previous ten years, I watched Babci struggle to bend over and pick up a fallen piece of food wrapper, bending only at the low back and not the hips and knees. I knew whenever she was coming into the kitchen as I heard the characteristic “shhhhhh-shhhhhh” sound that accompanied her slippers not being able to leave the floor from immobility. She removed things from the cabinets overhead by having a willing grandson (me) who she could call to do it for her, losing her ability to reach her arms overhead years ago. Any of my requests to maintain her fitness were met only with a resistance I can only describe as being stubbornly Polish: “I can't exercise, I have to cook food for you”.



Add the many restricted joints due to prolonged couch sitting as described above to one mild stroke, combined with weakness from disuse, and you get one unhappy woman who could not do the exact thing that she loved to do: take care of, cook, and clean for her grandson.

For two years, I watched Babci cry on the couch with disability as she demanded God end her life, until The Great Mother finally did and I breathed a sigh of relief.



“History doesn’t repeat itself, but it does rhyme.” ~Mark Twain

Babci was Americanized – victim to the conventional medical system. I want you and I to be Humanized – in control of our health path by respecting our evolution.

I saw in Babci what my destiny could be and which scale Americans place their movement rocks by sitting too much and implementing one-modality fitness programs. I also saw a hidden, but less traversed path.



Throughout history, Homo sapiens went #2 by squatting without toilet bowls, maintaining flexibility and strength in our ankles, knees and hips. We exercised by playing on the ground, crawling and pushing up to maintain our upper body strength.

I want you to never be a victim of being in the wild without a toilet bowl and not be able to go #2.

Good Body Standards: In today's world, movement maintenance needs to be a conscious act because the current Standard American Lifestyle has removed the natural processes that kept Homo sapiens moving well into old age. To maintain our ability to move, we need to plan ahead so that we can do the things we love as long as possible.

Never mistake the goal: holding your great grandchildren, gardening, or playing golf the way you've always loved to do. Not exercise for the sake of exercise or weight loss but movement for the sake of experiencing life.

Enter: The Movement Quota (no gym required).

The movement quota is the bare minimum amount of activity to maintain general fitness in the various tissues of your body in the same way that you floss your teeth. In the Barefoot Rehab office, we like to say "50 Squats a Day Will Keep the Doctor Away".

Movement quotas should be maintained for the big three core functional movements (see [Barefoot Rehab](#) for how-to's):

- Squat (the functional equivalent of sitting or pooping)
- Push-Up (the functional equivalent of getting up off the ground)
- Lunge (the functional equivalent of walking or running)

Follow these directions:

1. Have someone who cares about you (and will not judge) film you with the handy dandy I-phone on Day 1 performing the three movements above for 2 repetitions from the front and the side.
2. Begin performing movements in a comfortable, pain-free range of motion. Increase range gradually over time. Integrity of form is paramount.
3. Beginners should ease into 10 repetitions of the core functional movements sprinkled throughout the day. A good starting habit is breaking your quota into thirds and perform them after waking, at lunch, and before getting back into bed for sleep.
4. Hit your quota every day for 30 days and increase repetitions as your body adapts. As you advance in comfort and ease in symptom-free ranges of motion, progress upwards to 50 or 100 reps.
5. 30 days in, have your no judging friend or family member film you again. You should see greater ease in your movement, more energy in your body, and greater confidence through the creation of a more balanced and strong posture.

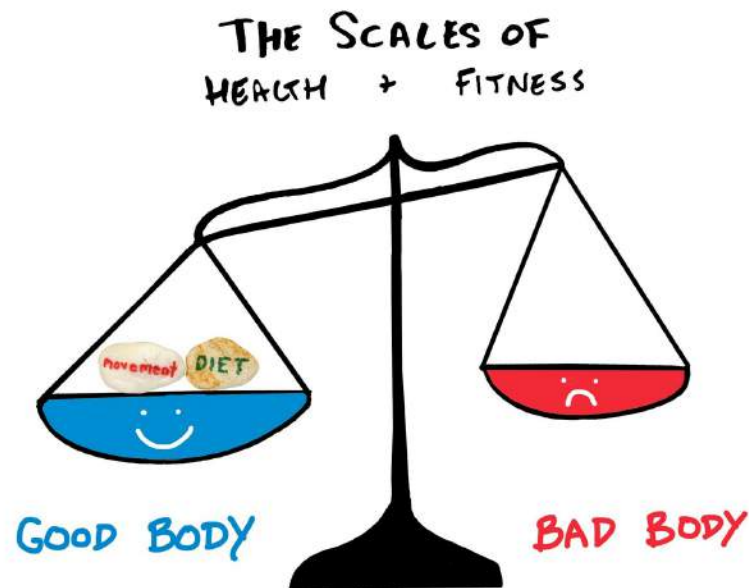
Tip for "Two": The [Squatty Potty](#) can help ease your efforts in squatting and half your time on the toilet. I know from personal experience.



FINISH YOUR PLATE AND THEN YOU CAN GO OUTSIDE WITH YOUR FRIENDS: ON DIET



“You can go out and play with your friends when you finish your chicken and brussel sprouts!” ~Many a (Real) Mom



In child folklore, we've all heard the above statement. Heaven forbid we run out of energy chasing our friends in tag around the block.

There's more to it than the suffering inflicted on us by blood-mom. With clean sustenance to fuel the engine, the body can grow and function unhindered.

Clean fuel = More Horse/Human power = More playing.

As an adult, it's more of the same.

Here are my self-educated but non-expert principles when it comes to putting diesel fuel into your body.

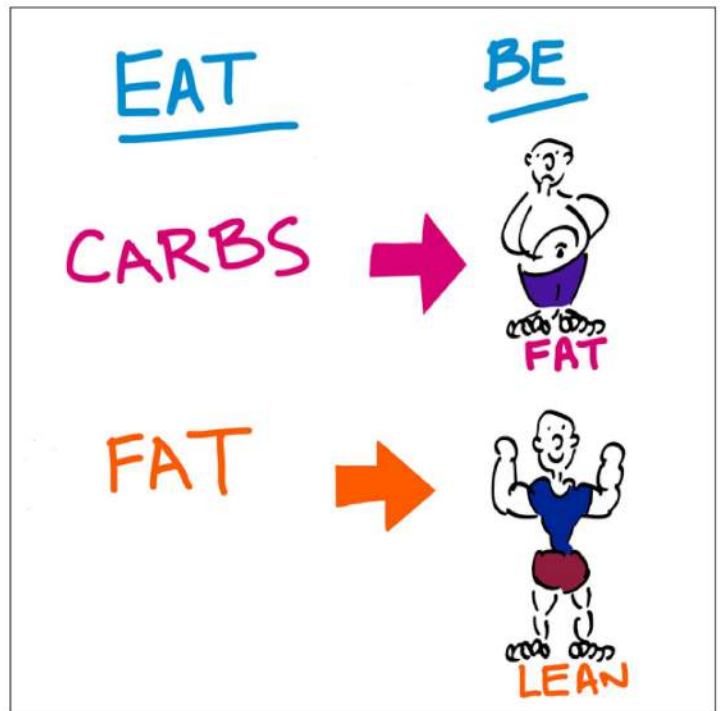
Gluten serves no purpose for anyone, even your dog. Evidence of this is grain's evolutionary survival asset: the antinutrients phytic acid and lectin that allow grains to survive in the wild through the defensive strategy of poisoning the consumer. Don't worry, there are other organisms that have evolved symbiotically parallel to our evolution. Particularly potatoes, tulips, apples, and marijuana as written by Michael Pollan in [The Botany of Desire](#).

According to functional medicine doctor [Chris Kresser](#), only 3 out of 10 of the world population can consume dairy without harm. Is it worth the gamble without testing?

When it comes to losing weight, consuming carbs equates to gaining body fat. Consuming fat equates to losing body fat. Protein satiates better than fat which satiates better than carbohydrates. Consume 30 grams of protein within 30 minutes of waking up to start the day off right.

Alcohol is more poisonous than marijuana and sugar is arguably the most poisonous and addictive of all. To detox from sugar, try my buddy Diane Sanfilippo's extremely effective [21 Day Sugar Detox](#). (Disclaimer: This is an affiliate link. If you buy it, I will make money from that purchase. I'm saving to up to buy a commune of tiny homes with pet elephants in the beautiful landscape that is west New Jersey. Feel free to buy straight from her website if you don't like that vision at [Balanced Bites](#)).

Fresh, organic vegetables, berries, and spices consumed in copious amounts can and do heal cancer every day.



So does 100% grass-fed and humanely treated meat⁽¹⁾. We all have cancer, now and when we were born. Our body fixes those errors so you aren't even aware of it. All of the time. In 100% of living beings.

In my best parenting voice, "Now, what do you say when someone does something so nice for you?"

Let's say it together "Thank you Body!"

Good Body Standards: When I go out to eat and order a meal, there's obvious turmoil when the person across from me is ordering a meal. Inevitably I comment, "I'm not here to judge you, I'm here to be with you."

While I don't care what people eat, I do care that people who genuinely value their health experience a minimum 30 day anti-inflammatory cleanse (conventionally known as a [strict Paleo diet](#)) at least once. Cleaning out the body provides individual with the signals they need to internalize the effects that potentially damaging foods are doing. For information on how to do an anti-inflammatory cleanse, pick up Chris Kresser's [Your Personal Paleo Code](#).

Once you have done a cleanse once in your lifetime and consciously own what type of effect different foods have on your body, you can no longer claim victimhood to convention and can live empowered with whatever food choices you decide to make.

Before you play, "finish your plate" and clean out the engine.

You may be surprised what you find out.

THE MIDNIGHT WALK OF NO ONE ELSE TO BLAME: ON HYDRATION



“If you’re not naked, go back to sleep.” ~Rumi



It’s 3 PM. I’m woken up by the fully expected and fully annoying urge to release the urine in my bladder.

You knew this was going to happen Chris.

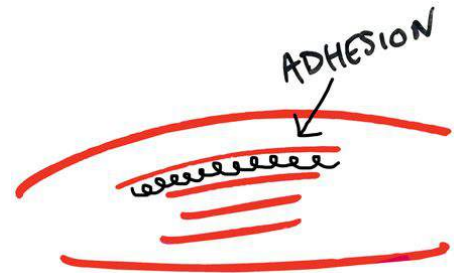
Rewind to 7 PM at the end of my work day and my conscious mind has made me distinctly aware to the dry, parched feeling of having neglected to drink any water during the day. Why you might ask? Dodgeball Chris was “sleeping” and unmindful to his true self that day. Ten-year-old Chris who learned that he couldn’t trust the world and had no say in his parents’ divorce was in control. When that Chris is in control, you can be sure he won’t lose that control. When tethered by fear, Michael Singer explains in [Untethered Soul](#) that we might as well be wearing dense armor and carry sharp, offensive weapons to not let anyone near us.

Dodgeball Chris, naked and with nothing to hide, is vulnerable to the world and able to let his heart shine out. He takes care of his health so that he can play no matter what, all of the time. That means staying hydrated.

By the time consciousness returned from Dodgeball Chris’s blackout and ten-year-old-divorce-victim Chris’s control freak ways, it was almost too late.

I decided to bite the bullet of the midnight pee and drink 2 cups of 8 oz. of water. With the parchment immediately gone, I could at least rest in that dodgeball would be played another day.

When you’re dehydrated, your tissue is sticky and your flexibility is likely to get icky (that’s the fun version of the medical term *getting adhesion* or the laying of glue into your ordinarily flexible muscle tissue) and lead to all-cause musculoskeletal pain. This knowledge arms us to prevent one of the most common but easiest deficiencies causing our entire system to work at less than 100% capacity.



If highly nutritious food is the diesel fuel for your engine, water is the oil that greases the pistons.

Being hydrated allows your body to serve you in the moment and in the future by keeping your tissue healthy: the traffic lanes of your blood vessels are clear for the garbage men (immune system cells) to move waste products and for the construction crew (“blast” cells) to always be building (anabolic processes “build the body up”, catabolic processes “break the body down”). Oxidative stress and risk of cancer are reduced and neurological capabilities such as cognition improve when you are hydrated.

With blood flowing and muscles sliding, you never risk injury time out on the court.

Good Body Standards: Adequate intake for water consumption is 1/2 – 2/3 your body weight (pounds) drank in ounces of regular water. That intake includes food, which will be around 20% of overall intake if your diet is Paleo-ish (2). When you sweat, you need to make up the surplus of liquid lost.

A great way to be accountable to satiating your thirsty tissue is through the ol' container method. Plastic, even BPA-free plastic (3) is not recommended for carcinogenic purposes.

1. Know how many ounce of water your container can hold.
2. Set up a system to make sure you're refilling your container because of consumption based on adequate intake for your weight, diet, and activity level at set hours throughout the day.
3. Stop drinking four hours before sleep so you can avoid the dreaded midnight walk of no one else to blame.



Unconventional Wisdom: Most of us have become habituated to drinking liquids with our meals. While helpful to meet hydration standards, this practice actually inhibits proper protein digestion by diluting acids in your gut. Leave 30 minutes before and after your meal drink-less.

You're performing the Midnight Walk of Urination, you have no one else to blame except you.

PLAY MAN HUNT, HAVE SEX, OR DO THIS: ON SLEEP



“Think in the morning. Act in the noon. Eat in the evening.
Sleep in the night.” ~William Blake

“Don’t try to solve serious matters in the middle
of the night.” ~Philip K. Dick



Thought Experiment: It’s a ridiculously long time ago, and you’re literally a caveman. You live in a cave. You know how to make fire. Besides some tools to destroy/build objects and your familial relationships, life is pretty simple.

Here’s the question: What do you do when it’s dark out?

You might be thinking, “I throw ragers where all of my bada\$\$ caveman and cavewoman friends come, and we wile out next to the fire, skewing meat, roasting nuts, and telling stories of the good ‘ol days when I was in school spitballing the teacher from the back of the room and dominating my opponents in pig-skin when we really used a pig-skin.”

While it’s true that there may have been fire time, the deeper truth is that according to our genes and our circadian rhythms (the natural clock that our body obeys respecting the rise and fall of the sun) which define how our genes respond to light and darkness, you were mostly doing three, well, really two things.

Having sex or sleeping.

Or play a rousing game of [Man Hunt](#) with the youngins, if they played that game back then.

What does the observation that our genes evolved to sleep whenever it was dark out mean for us in the twenty-first century?

It mostly means that none of us are getting as much sleep as we should be getting.

Author’s Note: During Hurricane Irene in 2011, my home lost power for two weeks. Without artificial lighting and technology, we used candles to move around at night. I went to sleep around 9:30 PM each night and woke up naturally, without an alarm, around 6:00 AM when the sun rose. Feeling extremely rested, I asked some of my patients how they had been sleeping during that time. The majority of them had the same experiences that I had, confirming that there is something to sleeping according to Mother Nature’s patterns.

In T.S. Wiley’s book [Lights Out](#), the evolutionary purpose of life in the winter is to survive. The evolutionary purpose of summer is eat, reproduce, and prepare for winter.

Are you surviving in the winter or burning the candle at both ends?

Are you preparing for winter in the summer or burning the candle dangerously close to nil?

Good Body Standards: According to the United States Naval Observatory, for the [year of 2015 in Morristown, NJ](#) where I live, June saw a peak duration of 15 hours of daylight, while December and January saw a low of 9 hours of daylight.

In the summer, you should be getting eight hours of sleep per night in a pitch black room parallel to June's 15 hours of daylight. In the winter, that number should increase to ten hours of sleep per night parallel to January's 9 hours of daylight.

No artificial light or energy (cell phones) should be in the room. Natural sounds such as raindrops, a dog snoring, or crickets outside can help sleep. Dogs barking or television noise can hinder sleep. A chillier room is better than a warmer room.

If you don't have a bedtime routine designed to calm your working mind down, cultivate one by experimenting with actions that naturally turn your head off. Changing clothes, taking your shoes off, sitting for a peaceful meal with loved ones, drinking warm tea, taking a warm bath with candles lit, and reading a fiction book are some of actions to experiment with.

DON'T BE THE LAST ONE PICKED: ON STRESS



“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.” ~ Audre Lorde



No one likes being the last kid picked onto a dodgeball team.

As adults, we still pick ourselves last.

We spend our days working overtime for everyone else. Moms don't have time for themselves because they're always taking care of the kids. Dads are spending their time commuting to and from work, satisfying their bosses. Business owners are too busy serving their clients.

No one is picking you.

Worst part is that you don't even pick you.

Stress is a good thing. It makes us resilient and gives us the opportunity to adapt. Too much of it and we quickly find ourselves on “E” without a gas station in sight. “I’ll relax on the weekends” you say. “I’ll take vacations when I retire” you say. “When the cows come home, I’ll stop working so hard.”

It’s all bullshit.

I know because I’m the self-proclaimed king of BS.

In high school and college, I could run circles around my football teammates because of how fit and able I was. Rewind to a few years ago when I had minimal play and took Intermittent Fasting to an extreme, I was exhausted for the warm-up of a few rugby games I played in, even though I worked out 2-3 times per week. I’m convinced that my left articular knee cartilage tear and right hip labrum tear occurred because I played rugby with no adrenal hormones left in the tank to play with.

When it comes to saying thanks to our bodies, all of the rocks are important. But stress decimates people. Beyond giving thanks, you can’t heal pain and disease or be happy in the present without getting out of the Sympathetic Nervous System mode of “Fight or Flight” Catabolism and into the Parasympathetic Nervous System mode of “Rest and Digest” Anabolism.

Good Body Standards: For chronic pain sufferers who come into Barefoot Rehab, few are surprised to hear that stress is not helping the level of symptoms the patient experiences. Many are surprised when I hold them accountable for “picking themselves” once during the day.

Do something every day that is only for you.

Something that when you have completed it, you feel satiated and say to yourself “I’m so happy I gave myself this today.”

It could be a warm cup of tea for breakfast as you read a book. A workout or a hike at the park up the street with all of the dogs on the trails. 30 minutes to meditate before bed or taking a hot bath by candlelight. Lunch with a friend you haven't seen in months or a splurge on that book you've been eyeing on Amazon for the past two months.

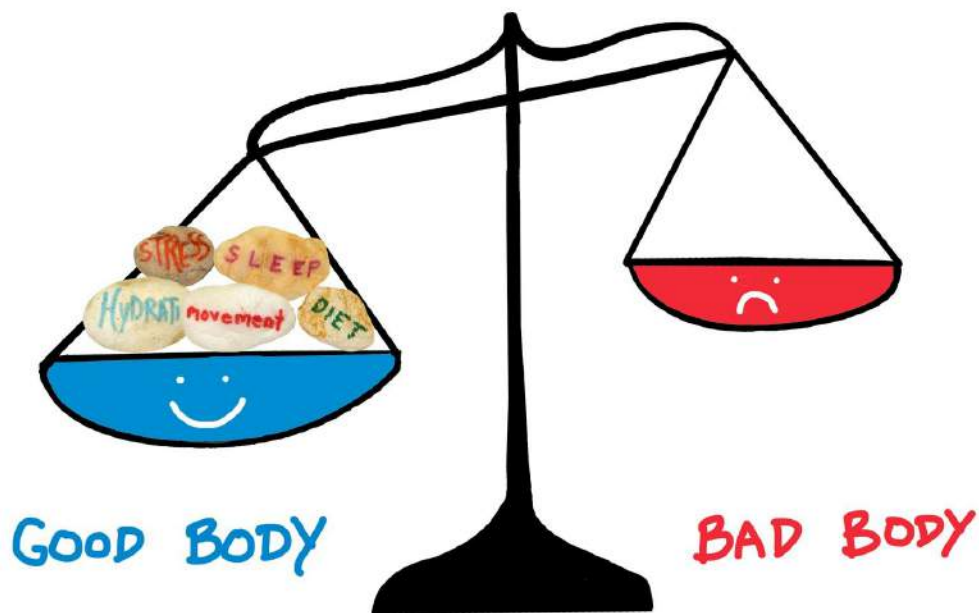
I believe that one thing per day is the bare minimum and it's only a start. I'm choosing this one thing because in my experience, picking yourself and putting your own health and happiness first is one of the greatest battles I've

encountered when it comes to people fully contemplating what it would take to transform themselves into the healthy, happy unicorn they desire to be.

Here's the thing. If we all can start with one thing, and take that first step on the path towards our most fulfilling lives, it's sure to happen.

The rocks are heavy, and eventually, they will reach a tipping point towards health and happiness.

THE SCALES OF HEALTH + FITNESS



WHAT GAME DO YOU WANT TO PLAY?



“Some people have been on the ride for a long time, and they begin to question, ‘Is this real, or is this just a ride?’ And other people have remembered, and they come back to us and they say, ‘Hey, don’t worry; don’t be afraid, ever, because this is just a ride.’” ~Bill Hicks

While I only got pegged out once in the 90 minutes of dodgeball I played with the other 7 to 15 year olds, the pain of not being able to participate in that game was quite extraordinary. I immediately wanted the game to stop so a new one could start and I could play again.

Walking out of SkyZone soaked with sweat with little kids asking me “When are you coming back?” I realized that I had taken myself out of the game years ago.

Pop-pop in a ten-year-old body.

With no games to play, only a life with hard work, pain, and suffering as its constructs.

What’s funny is that I played the games of football and rugby from the time I was 8 until 29. Looking back, I wasn’t really playing. In college, when we lost a game, “I” lost it for us. Me alone and no one else. And I punished myself by not speaking to anyone for 48 hours after a game until we started preparing for the following week.

While I treasure my experiences on the football field and rugby pitch, I wasn’t playing. I was proving my self-worth.

Dodgeball is my chosen metaphor and game for playing the game of life. When I play dodgeball, I became aware of the massive gratitude I had for my able body, presence of mind, and how I had experienced life before my parents got divorced. In Flow, with no other worry in the world but balls, and the joy of playing a game that is 100% pure fun. I don’t prove myself to anyone when I play dodgeball. I give myself the gift of being alive.

In order to play, we need to be free of the ball and chain of emotional constraints. We need to deliberately place rocks in the good body scales because it is too easy to default to bad body choices. Only then can we allow our good bodies to experience itself, with thanks, for this one life.

I believe that is possible for you.

What game did you give up long ago that you love?

What ride do you want to go on that you think you’re too old for?

What project do you want to start to create the masterpiece that is your existence?

There is no “Too Short” sign to play this game, no maximum amount of participants, nothing stopping you from playing except the choice of where to place your rocks and wholeheartedly say “GAME ON!”

... and start playing!

REFERENCES

1 – A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef – [Link](#).

2 – Water, Hydration, and Health – [Link](#).

3 – Beyond BPA – What the Plastics Industry Doesn't Want You to Know – [Link](#).

HOW CAN I SERVE YOU?



“At the end of life, we will not be judged by how many diplomas we have received, how much money we have made, how many great things we have done. We will be judged by ‘I was hungry, and you gave me something to eat, I was naked and you clothed me. I was homeless, and you took me in.’” ~ Mother Teresa

My intention for this project was to provide value in a way that makes your life better through more health and happiness.

Please give me any feedback, thoughts, concerns, or life improvements that you may have by commenting on barefootrehab.com/goodbodyproject. What worked, what didn't, or what could be said more effectively to better serve those who want to say thanks to their bodies?

VIRTUAL PAIN & LIFESTYLE ASSESSMENTS

Musculoskeletal pain in today's world isn't going anywhere. Yet. :)

Patients suffer as they ride the medical merry-go-round of practitioners who milk patients of energy, money, and hope.

Part of Barefoot Rehab's mission is to put people on the good body scale by giving an individual a complete diagnosis of their musculoskeletal pain. With a proper diagnosis, the right solutions for those problems can be implemented and hope is restored.

Barefoot Rehab is now offering our signature history, exam, and report of findings virtually to help point people in the right direction to resolve their issues.

Email scheduling@barefootrehab.com if you are interested.

VIRTUAL INDIVIDUAL DESIGN MOVEMENT PROGRAMS

As mentioned in “Going #2”, fitness is being able to do whatever you love now and into the future, for as much time as possible. It is lifting heavy things and touching your toes and running and swimming and carrying.

Fitness is complete and not exclusive to any one realm of movement.

At Barefoot Rehab, our specialty is leveraging the “Movement” rock to the max, giving people freedom of movement to live the life you love!

Barefoot Rehab is now offering virtual individual design movement programs with the intent of giving people their fitness back. An individual movement program will be designed specifically for you and lifestyle choices will be monitored to make sure you reach your goals. Access to kettlebells, dumbbells, barbells, and cardio machines is required. If you need your hand held as you pursue your fitness again, this is the program for you.

Email scheduling@barefootrehab.com if you are interested.

DR. CHRISTOPHER STEPIEN, DC, CSCS, ART

Founder Barefoot Rehabilitation Clinic

Partner Heroes Journey



Dr. Chris is the founder and guiding force behind Barefoot Rehabilitation Clinic, a premier rehabilitation center that specializes in sports therapy and chronic pain resolution. As a licensed Chiropractic Physician and Strength Coach for Heroes Journey, with nearly a decade of active practice in the New Jersey/New York region, Dr. Chris is regarded as a visionary advocate for his innovative and steadfast approach to the treatment of musculoskeletal injuries.

With a focus on education, biomechanics of movement, fitness, nutrition, joint/muscle manual therapy, and mental beliefs/behaviors, Dr. Chris employs the test-treat-retest methodology model for chronic pain rehabilitation which removes the “glue” or connective tissue adhesion (scar tissue) – the most common problem in the musculoskeletal system that causes discomfort, tightness and pain.

Dr. Chris received a B.S. in Biology from Franklin & Marshall College, where he graduated with honors, and received a Doctor of Chiropractic from the New York Chiropractic College. Dr. Chris presently supports the Morris Rugby Corporation and various not for profit organizations throughout New Jersey through the Heroes with Heart Program, a Heroes Journey-based program raised funds for organizations that Heroes Journey members want to support.

As captain of his college football team, 1st team All Centennial Conference, 2005 Team MVP, and 2005 American Football Coaches Association (AFCA) Good Works Team recipient, Dr. Chris has a great understanding regarding the proper function of the musculoskeletal system and injury prevention/rehabilitation. His ultimate goal is help others live life pain free, healthy, and flourishing in happiness.