

# Welcome to DadsAF

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**Session 1 objective:** Introduce ourselves, discuss course expectations, key fundamentals & possibly run some bear crawls for time.

# Introductions: Lawrence

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- **Began with SpoFI** 3 years ago as 24:7 Dad student, have worked on staff for the past 2 in technology dept.
- This program has grown out of my interest in fitness and wellness and a determination to share with the fathers at SpoFI
- I have 2 sons—13 & 11 who live with their mother in CA
- **Fitness Experience:**
  - athlete since childhood (football, baseball, ski racing, etc.);
  - began running seriously at 30—have run a few ultra/marathons
  - 300+ day run streak in 2022; now use running as a form of moving meditation
  - walking is just as important to my overall fitness



# Introductions: Lawrence

- **Health Experience:**

- First things first—I have a history of addiction, attend AA, have sponsor & MH counselor I see regularly.
- In active addiction I neglected most everything important including my fitness and nutrition.
- *Recovery, on the other hand, is about self-care and balance.*
  - **When I treat myself right, I can treat others righteously.**
- *Much of the "wisdom" I intend to share stems from my recovery journey*
- **I do not teach what I do not practice.**

- **What I hope to give/gain:** A fitter SpoFI community, starting with myself. By teaching, one truly learns, and there is much to learn. I hope to teach you what has worked for me and witness you becoming a stronger, more capable man and father.

{n}Everesting Recovery



**About**





# Welcome & Introductions: Garrett & Group

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- Garrett Combs:
  - Experience with SpoFl...
  - Fatherhood/Family experience...
  - Health | Fitness Experience...
  - What I hope to gain/learn/contribute to DadsAF...
- Let's go around the room in the same fashion



# DadsAF: What is the purpose?

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- Through a combination of knowledge, awareness, and intentional healthy habits (rituals) that support "the mission" (our goal), we'll harnesses the power of like-minded men in a supportive group setting to deliver impressive results.
- How?
- By discussing and practicing principals of wellness that encourage growth, healing, and lasting fitness.
- By holding each other to account—we lift ourselves as we lift others
- We'll learn about the foundational importance of our spirit, the power of rituals, sleep hygiene/strategies, the significance of proper hydration & nutrition, how to rewire our neurocircuitry to make better decisions +more!



# DadsAF: Disclaimers

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- The information I present in this course may conflict with ideas or beliefs you hold
- It is my intention to share what has worked for me over the years. I do not hold a master's level degree in education or any other area of study; I got my education in the real world—the school of hard knocks—my dad would say.
  - "Ever tried? Ever failed? No matter. Try again. Fail again. Fail better"  
--Samuel Beckett
  - Upon the bricks of our failures, we build a framework of wisdom—to support a home of success.  
--Me



# DadsAF: Disclaimers & expectations

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- This program is meant to be open to suggestions and adaptive to the conscience of its members
- We are inclusive and we encourage attitudes of curiosity and an acceptance/respect of differing viewpoints
- We will do our best to always maintain a positive attitude, and always treat each other with respect
- This is my first "teaching" job; your grace is welcomed! ;)
- For the active portions of this program, we will need to agree to a basic **WAIVER OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT**
- Questions or additions?

# DadsAF: Virtual component

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- Community, activity tracking, and extra motivation
- You are encouraged to join our workout group on [Strava](#), where you can share your efforts with the team and receive kudos for your progress. This virtual community will help keep you motivated and accountable throughout the program
- <https://www.strava.com/mobile>
- The group is private and your activities can be as well





# DadsAF: Meetings and attendance

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- To participate in the capstone trip, all Wednesday meetings are mandatory unless other arrangements have been made with instructor
- Early morning meet-ups and weekend activities are optional, however, the more you give, the more you gain. Effort to attend as your schedule allows.
- **Mornings: M/W/F 0700**
  - Activities: walk/jog/run/lift/basketball/etc.; Duration from 30-60 minutes
  - Locations variable: SpoFI to Dishman Hills, the track, to a member's home or jobsite
  - Announcements: re whereabouts and activities will be posted to Strava and group text
  - Will try to provide at least two days' notice
  - Breakout groups welcome for those with similar pacing/levels
- Weekends: Let's discuss what's best for the group, but in general, longer & family-friendly activities within reasonable drive from SpoFI



# DadsAF: Capstone rafting the Clark Fork

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- To participate in the capstone trip, all Wednesday meetings are mandatory unless other arrangements have been made with instructor
- Saturday, June 22—all day affair
  - We'll carpool from Spokane to Wallace, ID to meet our guide and help her load the boat
  - Fuel up on coffee/food in town before heading into Montana
  - The section of river we'll run is about 10 miles and should be flowing strong
  - After the run, we'll enjoy a meal with our guide(s) before heading back to Spokane
- Possibility of organizing a campout in Idaho. TBD



# Lesson #0: What is fitness?

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The word fitness comes from the Old English suffix -ness, which means: "the state of being," and the root word fit, which means "proper or suitable".

The word was first recorded in 1570–80, and the meaning "state of being physically fit" only dates back to 1935. In athletics, the word has been used since 1869 to mean "in condition, properly trained for action".

Personally, I believe the original definition holds more weight for us, and it is what I model our concept of "Dads About *Fitness*" upon



# Lesson #0: What is fitness?

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1. *A proper or suitable state of being fit, or*
  2. *"in condition, properly trained for action"*
    - *For ourselves, our kids, our families, work, and for all else we love and do*
- After all, we are integrated beings: spiritual, mental, emotional, and physical create the whole
  - We'll try to make progress in all areas while recognizing that as biological creatures, movement and physicality are crucial to our "state of being fit" in the integrated sense—I find that mood follows motion.



Now, let's move!

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For the movement part of our evening  
We'll take a 10-minute walk to the historic Dodd House



- The historic Dodd House, also known as the Father's Day House, is located at:
- 603 S. Arthur Street



# Lesson #1: What is spirit?

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# Spirit: Our most valuable resource

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**spir·it** noun: spirit; plural noun: spirits

1. the nonphysical part of a person which is the seat of emotions and character; the soul.

"we seek a harmony between body and spirit"

*from Latin spiritus 'breath, spirit' | from spirare 'breathe'*

*"Therefore, to have spirit in this body is to **breathe**."*

To master our breath enables us to improve every aspect of our lives and can bring us closer to God, however we conceive of God; mastery of breath elevates our spirit!



# Science: Why is mastering our breath important?

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- **Improved oxygenation:** Deep, controlled breathing allows for better oxygenation of the blood, which in turn delivers more oxygen to the muscles and organs. **This increased oxygen supply *enhances endurance, stamina, and overall physical performance.***
- **Stress reduction:** Focused breathing techniques, such as diaphragmatic breathing or pranayama, can help reduce stress and anxiety by activating the parasympathetic nervous system, which ***promotes relaxation and calmness.***
- **Increased mindfulness:** Paying attention to one's breath helps to cultivate mindfulness and **present-moment awareness.** This heightened sense of awareness can lead to ***improved focus, clarity, and emotional regulation.***



# Why is mastering our breath important?

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- **Better mind-body connection:** Breath awareness helps bridge the gap between the mind and body, allowing for a *deeper understanding of how mental states affect physical well-being* and vice versa.
- **Enhanced recovery:** Proper breathing techniques can aid in post-workout recovery by *promoting relaxation, reducing muscle tension, and lowering heart rate*.
- **Improved sleep quality:** Practicing relaxation breathing techniques before bed can help calm the mind and body, leading to *better sleep quality and duration*.
- **Emotional balance:** Controlled breathing can help manage intense emotions, such as anger or fear, by promoting a sense of *calmness and reducing emotional reactivity*.



# Lesson 1: How to Breathe (simplified)

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- As much as possible, inhale through your nose, exhale through nose or mouth
- Pay attention to your rate of breathing at rest—slower and less is generally better—approx. 6 full breaths/min., provides ~6 liters of oxygen
- Inhaling slowly, be mindful, noting how your spirit truly is your life force
- Exhale slowly & completely pausing between each breath, do not hold, just pause briefly to fully exhale
- Keep your shoulders relaxed, your mind aware
- Repeat :)



# Lesson #2: Importance of Hydration (science)

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1. **Temperature Regulation:** Hydration helps regulate body temperature during exercise, preventing overheating.
2. **Joint Lubrication:** Adequate fluid intake ensures that joints are well lubricated, reducing the risk of injuries.
3. **Nutrient Transport:** Water aids in transporting nutrients to cells, helping to provide energy and keep you functioning at peak capacity during workouts.
4. **Efficiency Enhancement:** Being hydrated improves cardiovascular health, allowing the heart to pump blood more efficiently.
5. **Performance Maintenance:** Dehydration can lead to fatigue, reduced motivation, and decreased performance.
6. **Recovery Speed:** Proper hydration helps in faster recovery by reducing muscle soreness and facilitating muscle repair.



## Lesson #2: Homework

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1. If you choose to accept...take this bottle
2. Starting tonight: fill it with good, clean water and  $\frac{1}{8}$  tsp of salt
3. Drink it first thing to jump start your day as during the night we lose a lot of moisture, and the first 10 hours of the day demand 8oz./hr
  - You are 4 hours ahead of the curve!
  - Note how you feel throughout the day
  - Try to drain it at least 3x each day unless you're quite active, then double this amt
  - More figures to ponder as we progress throughout the week



# Lesson #3: Importance of Journaling

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- Goal Tracking: Journaling allows participants to track their fitness goals and progress, making it easier to see improvements and areas needing attention. --***More on our goals next session***
- Emotional Processing: Writing about experiences and emotions can help manage stress and increase well-being, which is crucial for maintaining motivation and focus in a fitness regimen.
- Accountability: Keeping a journal serves as a form of accountability, encouraging consistency in both physical exercise and spiritual practices.
- Reflection: Journaling provides a space for reflection on personal growth and the impact of the program on family relationships and spiritual life.
- Learning and Adjustment: By recording what works and what doesn't, participants can adjust their strategies to better meet their fitness and spiritual needs.



## Lesson #3: Homework

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Perhaps with your morning coffee (after all that water), consider some free-form writing—whatever you want.

You'll be amazed what comes out, where it leads

Reflect on your day, look forward to the next

There is something magical happening when we put pen to paper in an honest fashion—we realize and materialize our realities