



A Holistic Approach to
Training Your Body and
Mind.

BEING BALANCED SELF-EVALUATION

“When I had my evaluation with Coach Bev, I really didn’t understand just how much of a difference it would make in my posture and confidence level.”

-Janet Snyder





Being Balanced is a holistic health and wellness training method, based upon teaching body balance, proper posture, and correct form. We emphasize overall body strength and well-being. Correct form can dramatically change your body and your mind. By building strength balance, you can minimize or prevent injury. Our method of training is strength balance. Our goal is to make both sides of the body equally strong. Our mission is to prevent injury by teaching you movements to increase your joint range of motion, to minimize postural differences and to eliminate muscle imbalances.



START YOUR SELF-ASSESSMENT

Take off your shoes and stand tall in front of a mirror with your arms relaxed by your sides. Try to spot yourself in the mirror rather than looking down at your respective body parts so you remain tall and in your best posture.



SHOULDERS

Look at your shoulders in the mirror

Do they appear to be symmetrical?

Yes No

Are both shoulders rounded forward?

Yes No

Is one shoulder higher than the other?

No Your Left Your Right

Is one rounded more forward than the other one?

No Your Left Your Right

Do your shoulders rotate inward?

Yes No

Is one rotated inward more than the other one?

No Your Left Your Right

HIPS

Look at your hips in the mirror

Is one hip higher than the other?

No Left Right

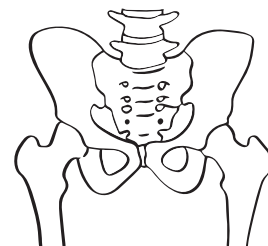
Would there be a downward “slope” if you drew a line from the top of one hip to the top of the other hip?

Yes No

Are both shoulders rounded forward?

Yes No

If so, draw an arrow to reflect your hip slope



Your Right

Your Left



This information illustrates your body's imbalances. Mapping your imbalances helps you determine the corrections you need to make in your posture. The Being Balanced Method will teach you how to bring your body back into balance. You have to know your weaknesses to get stronger. We all have our own unique imbalances, thanks to life. Given these imbalances and this information you can begin to work to bring your body back into balance.

Disclaimer: As with any self-directed health protocol, please make sure that you've checked with your physician and that you are cleared to do any exercises recommended in this manual. Being Balanced Method recommendations are based upon a healthy individual who is seeking improved fitness and may not apply to your particular health condition.

KNEES

Look at your knees in the mirror

Are your knees pointing straight ahead?

Yes No

Do your knees point towards first and third base?

Yes No

Are you bow-legged, or are you knock-kneed?

Yes No

If so, draw arrows to show the direction your knees point

Up

Up

Left

Right

Left

Right



Left Knee



Right Knee

FEET/ANKLES

Look at your feet and ankles in the mirror

Are your feet parallel and do they point straight ahead?

Yes No

Does one foot turn outward or inward more than the other foot?

Yes No

Close your eyes

Do you favor standing on one leg rather than the other?

No Left Right

Do you feel more weight on the balls of your feet or in your heels?

Balls Heels

Do you feel your weight on the inner edges of your feet, or do your ankles roll to the outer edges?

Inner Outer

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