



# Meditation 101



# Who am I?

- Award-winning **Personal Trainer, Nutrition Coach, Massage Therapist** and **Author**
- Certified by the National Academy of Sports Medicine and Precision Nutrition
- Years of experience helping clients integrate **Movement, Nutrition and Regeneration** habits into busy lifestyles for sustainable results
- [Featured in](#) US News & World Report, Reader's Digest, Shape, Prevention, Oxygen, LIVESTRONG.com, ACE Certified News, Law.com, FitBit Blog and ConsumerAffairs.com



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**When Firm Life Makes Them Flabby, Lawyers Call This Trainer**



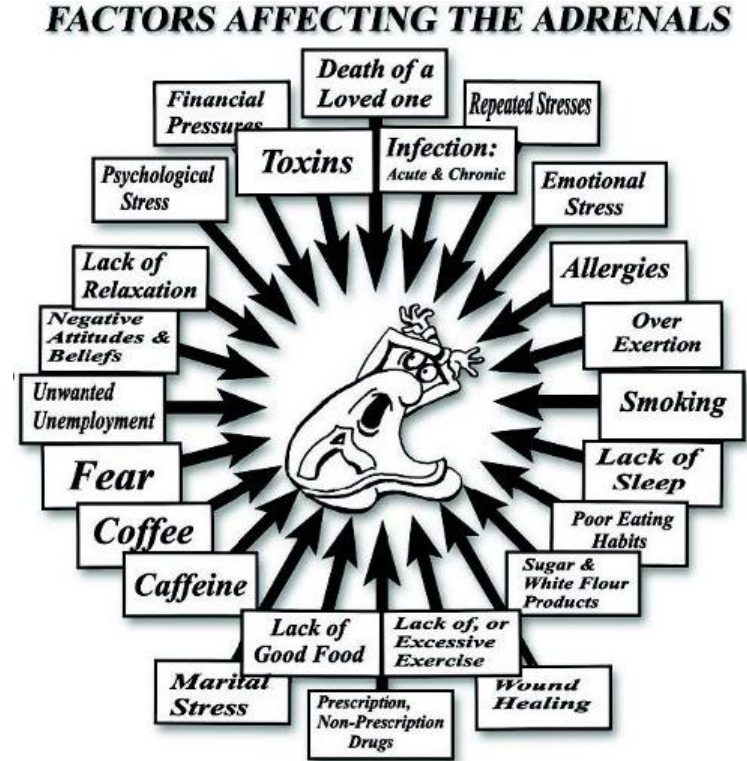
San Francisco fitness trainer Jonathan Jordan. (Courtesy photo)

# Today's Stressful Situation

- Thanks to today's fast-paced, technology-centric world coupled with sedentary lifestyles, we are bombarded constantly with low and high levels of mental, physical, emotional and physiological stress.
- These chronic stresses are inhibiting our bodies' natural self-repair mechanisms that fix broken proteins, kill cancer cells, retard aging and fight infections ([Dr. Lissa Rankin](#)).
- We are the most overweight, underactive generation in history existing on diets of processed foods and suffering from damaging mindsets.
- We're walking around under-slept like zombies and are beating the \$@#!\*% out of our adrenal glands.
- Meditation and movement are practical, scientifically proven methods for reducing stress that can take as little as one minute/day.

# Types of Stress

- Every type of stress has an impact
  - Mental
  - Physical
  - Emotional
  - Emotional
  - Physiological
- Not just a traumatic event
  - Excessive body fat
  - Sedentary lifestyle
  - Poor diet and processed foods
  - Adrenal fatigue
  - Mindset



# Typical Day for Today's Tech Worker

- Wake up to alarm clock
- Check email or cell phone before showering
- Grab coffee, skip breakfast
- Drive or commute to work
- Get to work and sit down
- Eat lunch at desk
- Basically sit all day
- Grab a coffee or caffeinated beverage for afternoon boost
- Go to the gym?
- Commute home
- Eat dinner while looking at phone
- “Relax” with Netflix while looking at phone
- Get into bed, check phone one more time
- Sleep 4-6 hours

# Symptoms of Chronic Stress

- Fatigue
- Loss of lean muscle and strength
- Accumulation of fat, especially around the abdomen
- Depression
- Increased risk of osteoporosis and bone deterioration
- Increased risk of cardiovascular disease
- Reduced libido and sexual side effects
- Sudden absence of menstruation
- Hot flashes
- Anxiety

# What is Meditation?

- The word *meditation* is used loosely in the modern world leading to confusion.
- Some use it to mean thinking, contemplating, concentrating or daydreaming.
- Meditation is a practice for resting the mind and attaining a state of relaxation and calm that is totally different from the normal waking state.
- Meditation is not a part of any religion; it is a science and produces results that can be verified.
- In meditation, the mind is clear, relaxed and inwardly focused.
- When you meditate, you are fully awake and alert, but your mind is not focused on the external world or on the events taking place around you.



[WHAT IS MEDITATION?](#)

[TROUBLE MEDITATING?](#)

[FAQ](#)

## What is meditation?

Meditation isn't about becoming a different person, a new person, or even a better person. It's about training in awareness and getting a healthy sense of perspective. You're not trying to turn off your thoughts or feelings. You're learning to observe them without judgment. And eventually, you may start to better understand them as well.



# Benefits of Meditation

1. Reduces Stress
2. Controls Anxiety
3. Promotes Emotional Health and Optimism
4. Lengthens Attention Span
5. May Reduce Age-Related Memory Loss
6. Increases Positive Feelings and Actions
7. May Help Fight Addictions
8. Improves Sleep
9. Helps Control Pain
10. Can Decrease Blood Pressure

## JAMA Internal Medicine

Meditation programs for psychological stress and well-being: a systematic review and meta-analysis.

### FINDINGS:

After reviewing 18,753 citations, we included 47 trials with 3,515 participants. Mindfulness meditation programs had moderate evidence of improved **anxiety** (effect size, 0.38 [95% CI, 0.12-0.64] at 8 weeks and 0.22 [0.02-0.43] at 3-6 months), **depression** (0.30 [0.00-0.59] at 8 weeks and 0.23 [0.05-0.42] at 3-6 months), and **pain** (0.33 [0.03-0.62])

[JAMA Intern Med.](#) 2014 Mar;174(3):357-68. doi:

10.1001/jamainternmed.2013.13018.

# Does It Have to Be Perfect?

- What is mindfulness?
  - Mindfulness is the ability to be present, to rest in the here and now, fully engaged with whatever we're doing in the moment.
- Meditation is a skill.
  - Learning to meditate is like learning any other skill. Think of it like exercising a muscle that you've never really worked out before. It takes consistency.
- It's meditation practice, not meditation perfect.
  - There's no such thing as perfect meditation. Sometimes your focus will wander or you'll forget to follow your breath. That's OK.
- The mind can be a weird place.
  - It takes time to get comfortable with your mind. There might be setbacks along the way but that's part of meditating. Keep practicing.

# How Do You Do It?

Try this meditation practice for two minutes to start, and then try it for longer.

1. Sit or lie comfortably.
2. Close your eyes.
3. Make no effort to control the breath; simply breathe naturally.
4. Focus your attention on the breath and on how the body moves with each inhalation and exhalation. Notice the movement of your body as you breathe. Observe your chest, shoulders, rib cage, and belly. Simply focus your attention on your breath without controlling its pace or intensity. If your mind wanders, return your focus back to your breath.

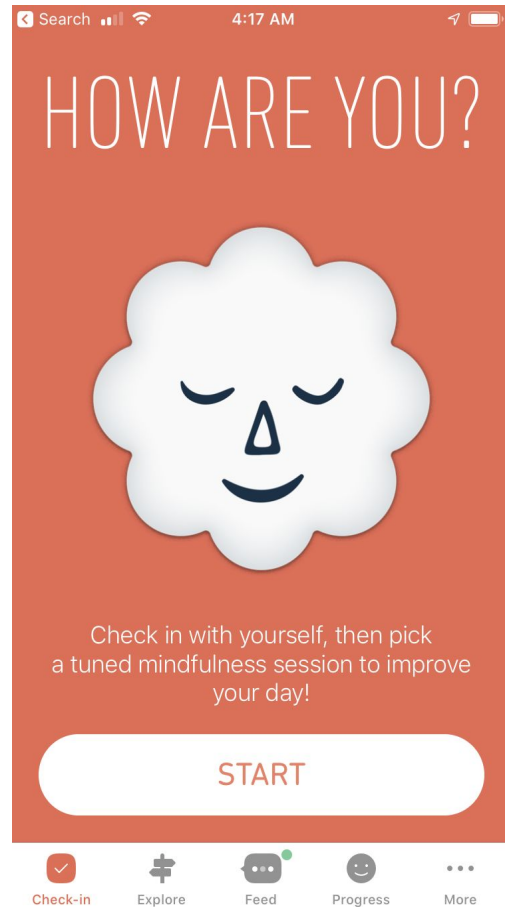
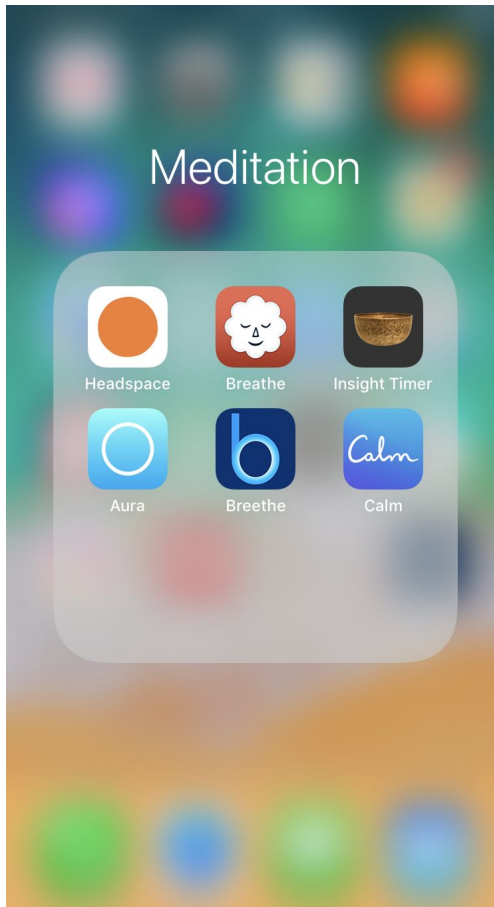
## 2-Minute Guided Meditation at Your Desk



Two-Minute Guided Meditation

# Free Meditation Apps

- [Stop, Breathe & Think](#)
- [Headspace](#)
- [Insight Timer](#)
- [Aura](#)
- [Omvana](#)
- [Calm](#)





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