

What Has Dr. Shook Been Reading?

*The Intrinsic Exerciser, Discovering the Joy of Exercise*

By Jay Kimiecik.

Published by Houghton Mifflin (2002)

Since he was old enough to crawl, Jay Kimiecik has enjoyed moving his body. As a kid, he crawled, climbed and played. Now, as an adult with children, Jay runs and plays with *his* kids.

In the course of studying why people do and do not exercise, Jay has come to the conclusion that people resist adapting to a healthier lifestyle just because it's good for them. People seldom exercise solely to lose weight, reduce the risk of disease or because someone thinks they should. According to Kimiecik, this "extrinsic exercise," (which focuses on outside motivation,) frequently results in wasted gym memberships, dormant exercise equipment and a resigned sense of failure on the part of the extrinsic exerciser. According to the author unless the decision to make a lifestyle change comes from within, fits with life goals and provides enjoyment, people are not going to change. An "intrinsic exerciser" is internally motivated. The intrinsic exerciser moves her body because she loves the experience of moving their body.

Kimiecik's book, *The Intrinsic Exerciser*, provides a four-step-program to help the reader change her mindset about herself and exercise so she can maximize the enjoyment of body movement and uncover the inner "mover" that is waiting to be released.

If I were to follow this four-step-plan I would use *visualization* (step 1) to see myself exercising and learn from my visualization how I want to feel when I exercise.

As I draw upon my natural desire to improve, I would develop *mastery* (step 2) and base my success upon on my own performance, rather than compare myself to others or some unattainable standard.

I would go with the *Flow* (step 3) be totally absorbed, involved and connected to the activity, and stay in the moment during each exercise session.

And finally, I would utilize my inner energy, (step 4) or as Jay calls it "*inergy*," establishing a connection between my mind and body, revel in the sensation of my body in motion and integrate physical activity with my mental and social needs.

-- Don't you get high just thinking about it?

This is not a book about technique, or cardiovascular endurance. It is not about special equipment, pills, or diet. The only thing this book is about is the love of moving the body.

*The Intrinsic Exerciser* is short and sweet and I highly recommend it to anyone with a true desire to make movement an integral part of their life.

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