



The Pandemic of the E-Human Movement

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The evolution and change in movement has strikingly shut down gyms, health clubs, fitness classes, live personal training jobs and more during the pandemic. The massive shift has opened up live streaming and online classes, however we may be soon facing a new body and mind pandemic if we are not aware of the side effects.

Many classes, applications, live streaming workouts have accommodated the public to stay fit during quarantine however the truth is that nothing can ever replace the live 1:1 personal trainer or live group classes because the energy, emotion and feeling is just not there or the same. A small real life smile can actually motivate a student much quicker than what motivation can be felt and given in live streaming classes.

A trainer could be live streaming a class and motivating their students for a short temporary time, however; after a while feeling, emotion, connection will alter and perhaps become extinct if not preserved. If that was the case, then the human body will experience a complete evolution, a world where fitness may soon change to become igniting feeling, emotion, and movement classes. Many people are unaware of what they are doing or how they are moving, and only focus on seating and feeling the burn feeling the next day. In fact the more the burn the more a trainers salary may be increased. It is time to question our human thinking and behavior to start honoring an loving ourselves in order to surpass future challenges that our body and mind ill drastically be facing. The Holistic Movement was created for this time and era to help preserve and balance our body, mind, and energy and to awaken the public about the human race and its massive potentials.

The longer we are away from socializing and being trained with technique and form, the human body will later experience a separation between body, mind and soul with dormant emotions and feelings. In fact the mind and memory my start to decrease and focus and discipline will fade. This creates an unknown pandemic of where the human specie may evolve to where it may become almost impossible to reverse with potential rise in body and mind injuries if we are unaware of it.

It is thru the Holistic methodology we can re-ignite the human being and preserve the human specie to continue moving, healing, breathing in a language that the body understands.

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