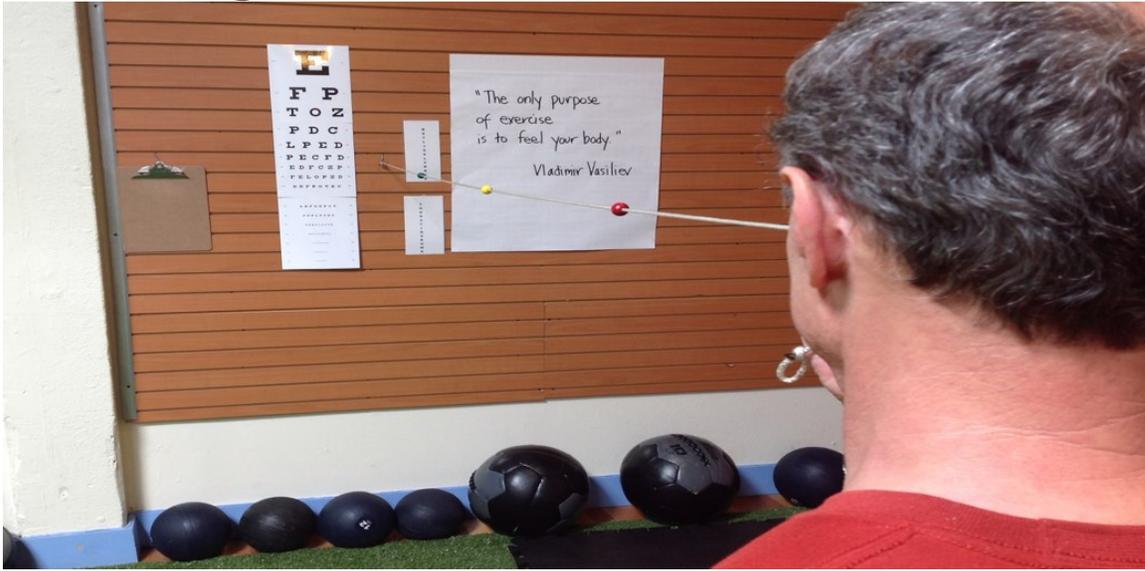


Exercising Your Fitness “Demons”



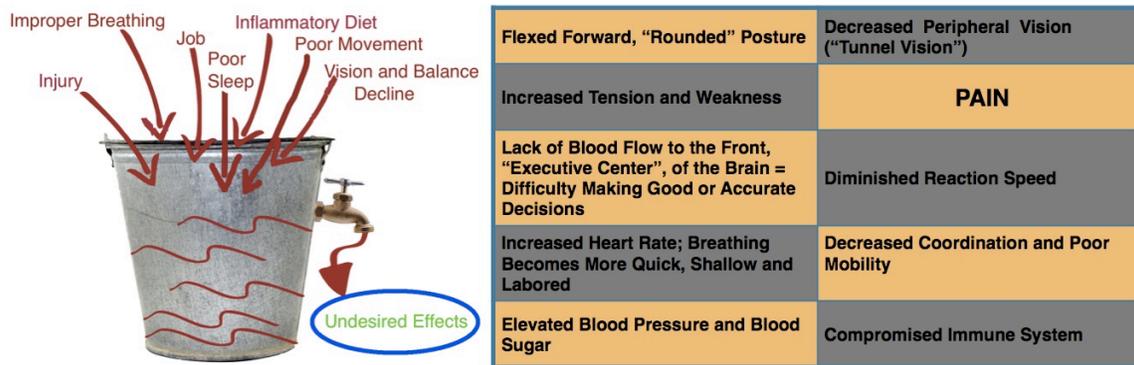
(A client at Fitness Evolved working on eye drills. Vision workouts are an integral component at this gym. Photo courtesy of FitnessEvolved.com)

Berkeley gym Fitness Evolved offers new exercise science and technology to help clients reach new heights.

Everybody has a fitness goal at this gym: Throw a baseball 90 miles per hour, run a six-minute mile, or simply to keep on playing with your kids. Fitness Evolved gets you to achieve your goal through their “evolved” view. Owner Andy Clower previously was an athletic trainer who became concerned about the growing number of clients who experienced injury as a result of training. Clower focused on combating the problem. He switched from rehab to functional training, opening up a gym in the Bay Area that would aim to sway the preconceptions of working out. He drew on his vast anatomical knowledge, years of training, and expertise with Z-Health methods (zhealtheducation.com) to put together a comprehensive program.

“We started this with a clear intention to help people understand how the body works, how movement works and how it helps fix things so they can exercise and have fun and enjoy it lifelong, versus the cycle of exercise for and while, get hurt, rest, rehab. It’s a cycle that’s going on and on.” Clower states.

This “evolved” view is the result of looking at neurology and brain function in particular. Clower says the brain works as a loop, especially with exercise. Inputs are sent from the all over the body to the brain, which then interprets the data and formulates an output ([Z-Health 101](#)). The outputs are a result of the quality and consistency of the inputs. Poor inputs and outputs can compound as a result of this loop, and ultimately become a primary source for pain. Clower sees this phenomenon all too often,



(Poor inputs lead to poor outputs, a never-ending cycle. Photo courtesy of FitnessEvolved.com)

“In general, most of the pains that people have are just from poor movement or poor inputs, and their brain is trying to tell them I need more information before I trust you to move better. Pain is our brain’s way of slowing us down to move more safely. With more research coming out now, we’re learning injuries don’t always cause pain and pain isn’t always because of injury. Lots of people have the long-

term chronic issues that have been painful for years. That's more of your brain saying I need more input to make better output."

Mary Reid found that she was entangled in the same cycle that plagues many gym-goers, exercise for a while, feel pain, rest, and repeat. Reid tried the old-fashioned methods that are commonplace in today's view of health, but to no avail. She turned to Fitness Evolved, where vision and vestibular exercises improved her pain so drastically it felt like "magic".

"They work so well and sometimes you think that, oh this cannot work, like an infinity walk or wearing a certain colored pair of glasses. Like for me, aquamarine made me completely lose my pain. So it just showed me that there was way more to it..."

Fitness Evolved has seen their notoriety and popularity increase exponentially, a true testament to how effective the training is. Clower is so busy, his sessions are booked through June, but other trainers are at the ready to help anyone and everyone achieve their fitness goals!

Pull quote: "In general, most of the pains that people have are just from poor movement or poor inputs, and their brain is trying to tell them I need more information before I trust you to move better. Pain is our brain's way of slowing us down to move more safely. With more research coming out now, we're learning injuries don't always cause pain and pain isn't always because of injury. Lots of people have the long-term chronic issues that have been painful for years. That's more of your brain saying I need more input to make better output."