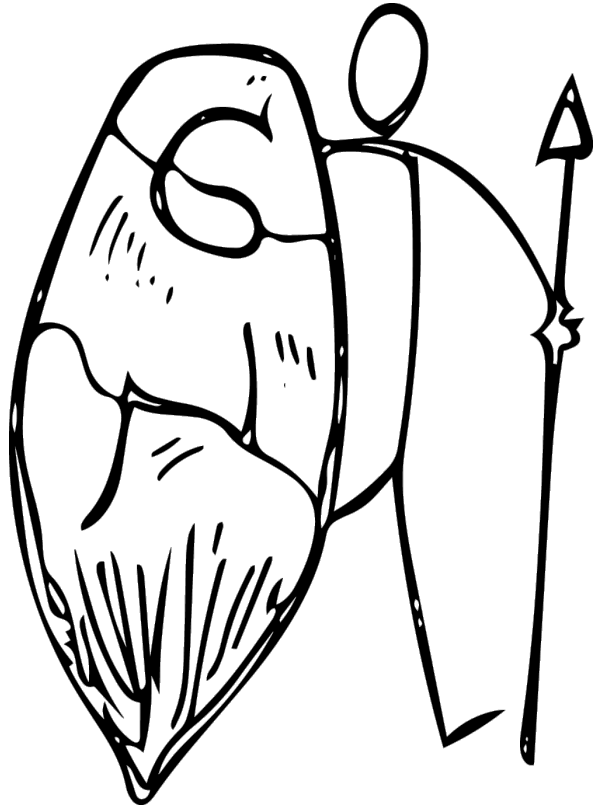


GIMNASIA NATURAL



GIMNASIA NATURAL: FROM HEBERTISM TO FUTURE

SeMeNEP 2019

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Método Gimnasia Natural



ABOUT ME

My name is David and I work teacher, researcher and academic trainer at my project Método Gimnasia Natural.

Involved in sports
all my life,
practising many
**different
disciplines**

Started to address my
education towards **sports**
from the age of 16 until
I've got to uni, where I
graduated as P.E. teacher
and later, I graduated in
Science of sports and
Physical Activity

Suffered the
consequences of
specialisation myself
and got two severe
injuries

My most relevant
reference from this time
was the study **Francisco
Amorós and G. Hebert's**
works.





WHAT IS GIMNASIA NATURAL AND WHERE DID IT COME FROM?

What is the ideal definition of an active life and why we have to move.

I spent two years reflecting, developing and training on the idea of how could I propose a sort of global activity, based on the values from the naturist pedagogy and built around the concept of the families of movement developed by Herbert.



I started to experiment with myself during the walks with my dog, developing my own training sistem.



How and with whom we practise?

In 2014, we started with some groups of people from 25 to 45 years old, meeting at the beach and performing a mixture of disciplines guided by me.

We started to feel the results: inner calm, skills development and the concept of tribe

Also, acquiring a deep knowledge on all the possibilities of the environment, as we train on the sand of the seashore, surrounding mounts, parks, streets and in the water of the Mediterranean sea.





Hebertism as a source

Hebertism is one of the main sources for Gimnasia Natural: **values, exercises** and **philosophy**

Gimnasia Natural as a **lifestyle**: minimalist shoes in their lives, caring about nutrition and applying to their routines the most of our teachings.

The feedback we get from the people acquiring these routines is very positive as they feel a massive change in their live towards health and experience plenty of tangible benefits.



What is the reality today?

Movement is a key factor for health but **is just not there.**

Excessive competitiveness in sports, early specialisation or poor motor abilities do not help people to approach physical activities and the **pleasure to move fades away** sooner each day.

Cities are **designed** for working-class adult men and cars, and **not for the service and joy** of all citizens.

Our **youngest** are too **virtually** connected and poorly connected to nature. **Increasing sedentarism and nutrition illnesses diagnoses** for the last 15 years.

Mid-age adults diagnosed stress, sedentarism and nutrition-related illnesses. Choose sport which are **not sustainable** in the long run. Quit or get injured.

Our **elders** lose agility and strength due to **sedentarism**. Exercise **prescription** is based on **specialised** practises. No **cognitive and motor skills** focus.



What is the reality today?



Some **common factors** to all age-ranges.



Conclusions



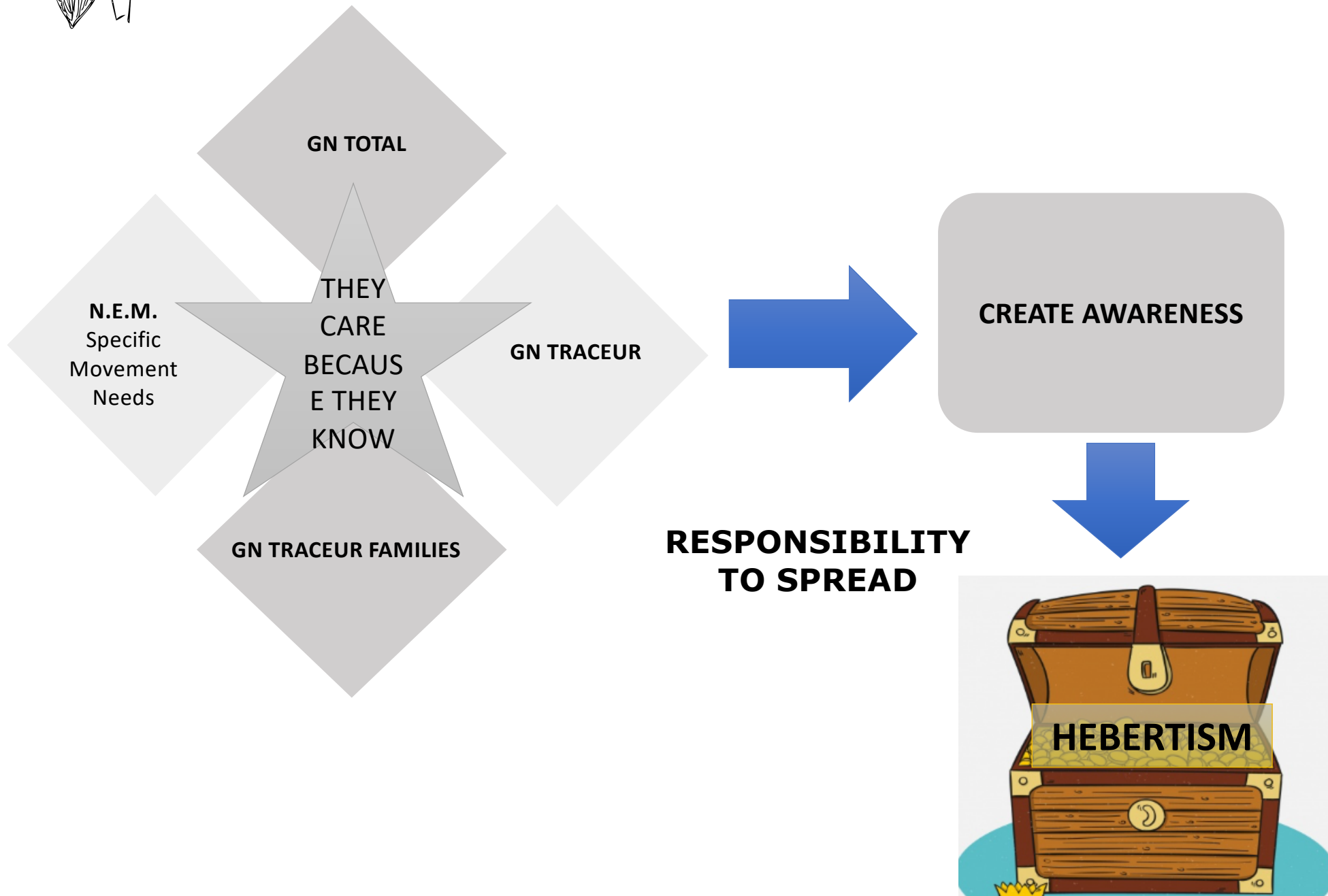
Conscious about the need of a healthy diet. **Not** yet quite **conscious** about the need of quality **movement** for a good health.

Physical activity offer doesn't satisfy the **increasing demand of new activities focused on health**, wellbeing and sustainability.

Motivation fades away with no engagement. **Engagement** comes when physical activity makes you feel good and connected and it doesn't feel as an obligation. Engagement comes when movement makes you **happy**.



Different applications for different needs



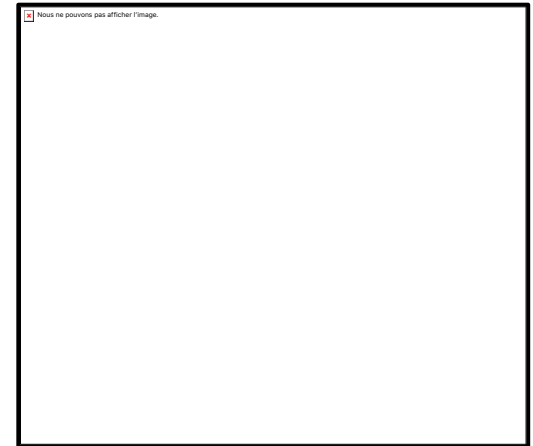


How can we get it?

1.Children's education: As a society, children should be **educated** on the basic need of a **healthy diet** and **healthy physical activity** as the foundation of your one's own health.

2.Higher Education: **Education** in sports to **offer new disciplines** as yoga, paleo-fitness, crossfit and that is where **Method Naturelle** gets in.

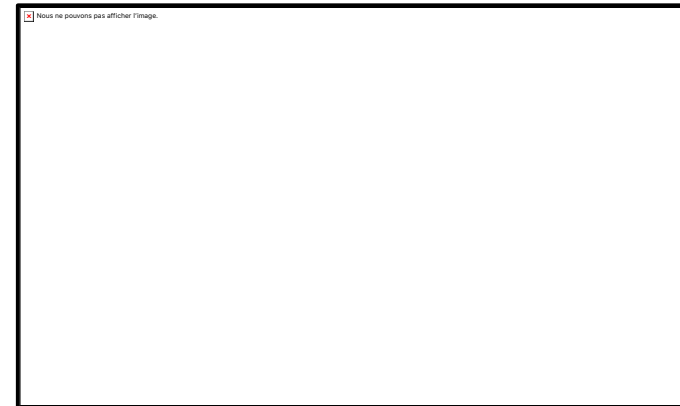
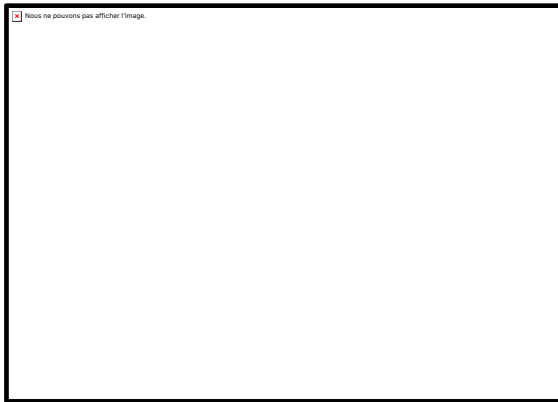
3. Public health system: Often doctors **prescribe** exercise or physical activities to patients with very varied issues. **Hebertism** is a great alternative to get a **complete workout regardless age** and physical conditions. Let **health professionals to know** about this alternative, its applications and its benefits.





How can we get it?

4. Proactive approach to that people who we know are potentially interested on Hebertism and they incarnate where the sport is going to: **parkour, paleo fitness, movement culture...** This will give us a chance to expand, to let the people know about hebertism.



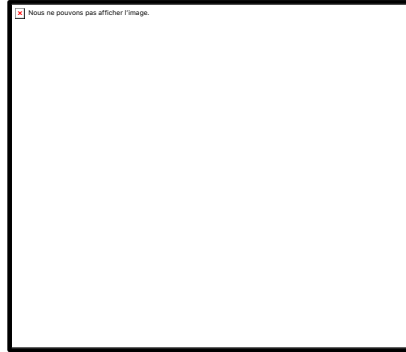
5. Agree some common strategy or directions as hebertits: where we want to get, what we need for that, what each can bring in. All this, being mindful of the current social environment: impact of social media, target audiences, richness that the diversity in the local practise can bring in

6. Join our energies to expand Hebertism in a sustainable way, which to me, implies the development of a solid international but centralised infrastructure from which we can expand.



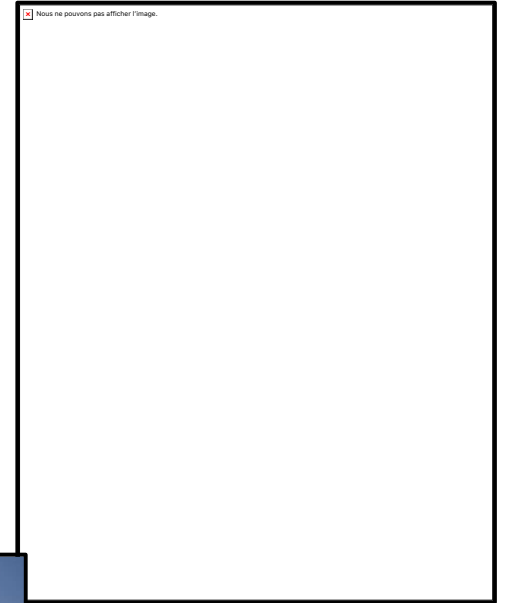
Local initiatives at Gimnasia Natural

Trainer for regional
government organisation
(CEFIRE) for P.E.
Professionals



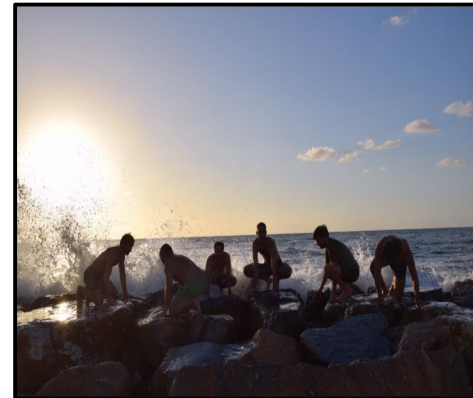
Collaborations with the
University of Alicante.

Training courses for
physiotherapists



Planning a **physical
activity prescription**
project with Primary
Assistance
department within
the National Health
System

**Mentors for Physical Education
Bachelor** who choose Gimnasia
Natural for their internship

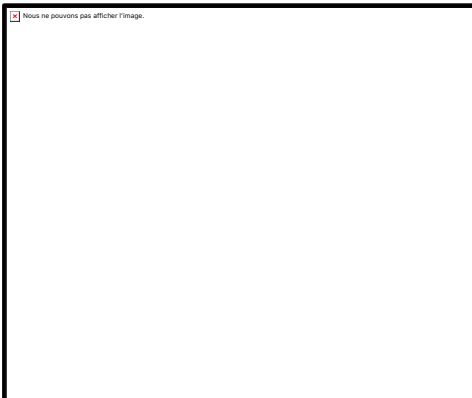


Workshops on
different aspects

Some
**university
students**
preparing their
degree **final
essay** on
Gimnasia
Natural.

We are going to collaborate with a **research
work from University** of Alicante on the
benefits of Gimnasia Natural,

Weekly training **groups**





What does to be hebertist in 2019 mean?

Being a **Hebertism to me is like an activism**. Hebertism for is my way to **contribute** to society with something positive and **transform** the world for the better from **physical activity**. We want to be healthy, strong and happy. So the activity we propose is a great way to hit that target.

Hebertism like an **ancient treasure**.
Responsibility to
revalue and
update.

Hebertists are
**agents for the
social
transformation**,
the ethics and
sustainability

Hebertists are a
reference for those
looking for
alternative physical
activities.

Gimnasia Natural is a **tool to channel** Hebertism as a **source for new disciplines** on demand.
Same targets but different ways to achieve them.

THANK YOU!!



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