

PREVIEW_ Darryl Edwards - The Power of Primal Play (LCC 2016)

So wonder drug activity.

That was one of the things that saved me actually.

Stopped me relying on prescription drugs for depression.

I didn't go onto any forms of transport for about six or nine months.

But I started to really think about what I should be doing with my life.

And exercise is what has been the savior for me.

So I know a lot of you are thinking,

"This is all well and good, Darryl.

"All the benefits you told us about have transformed your life,

"but I hate exercise, I absolutely hate it, Darryl.

It's so painful, I just hate it."

And you can see this lady here is definitely not enjoying what she's doing.

She needs somebody to shout at her, just so she can do the reps.

And as some of you know, I hate exercise as well.

I hate a lot about what's exercise stands for,

I hate a lot about what fitness stands for.

It's not necessarily helpful.

So my mission is to change the paradigm of fitness.

And I believe we should get fit.

And this fit is F-I-T-T.

It should be functional,

it should help us do whatever we need to do day-to-day.

It should help us provide day-to-day tasks,

it should help us with extra-ordinary tasks,

it should help us with our recreational tasks.

It should be integrative.

So it means I shouldn't just focus on exercise as a hobby.

I should be trying to move throughout the day.

It should be transformative.

I don't want an endorphin rush right at the end of my run.

I want it immediately, I want immediate immersion when it comes to enjoyment.

And my movement should be therapeutic.

So I created the Primal Play method,

which is powerful, practical and playful.

So I'm sure you've seen the newspaper headlines...

"Sitting is the new Smoking."

"Sitting is the new Cancer."

You may or may not have seen these and obviously I know I've got some fellow--

Some fellow Europeans here, some Swedes here

and they're very proud of IKEA.

But is sitting really the new smoking?

I mean can you imagine in 10, 20, 30 years large law suites complaining to IKEA

for selling them a chair 20 or 30 years ago?

"You knew the dangers of chairs. You knew the danger of sitting.

And you still sold me a chair."

I do think about this, I do have dreams about these scenarios.