

## **Not your average Paleo : SB author writes book featuring movement of our ancestors**

**NIKKI GREY, NEWS-PRESS STAFF WRITER**

**February 12, 2013 5:24 AM**

**Most of us have heard of the Paleo Diet, a regime that instructs participants to eat wholesome, unprocessed foods similar to those our hunter/gatherer ancestors consumed.**

**But Paleo isn't just a diet; it's a lifestyle, according to Santa Barbara fitness trainer and entrepreneur Mikki Reilly, who now adds author to her credits. "Your Primal Body: The Paleo Way to Living Lean, Fit and Healthy at Any Age" (Da Capo Lifelong Books, \$17.99), which came out in December, differs from other Paleo books because it focuses on Ms. Reilly's fitness philosophy.**

**"The majority of the people out there in the gyms are doing low-fat (diets) still and working with machines doing low-intensity cardio, but that's really not in sync with your DNA," Ms. Reilly, who has lived in Santa Barbara for 25 years, tells the News-Press. "That's why people get frustrated and quit.**

**"The human genome blueprint evolved slowly."**

**Ms. Reilly's approach focuses on research that shows hunter/gatherers were in far better shape than people today, and although our circumstances have changed greatly, our DNA hasn't. Since those guys didn't suffer from nearly as much disease and painful conditions as we do, we should follow their diet and exercise (or movement) patterns.**

**"Your body basically is designed to do what you had to do in the early days; you had to move quickly to get out of harm's way," Ms. Reilly says, noting that our ancestors lived relatively long (60 to 90 years) given the conditions they faced.**

**"Your Primal Body" provides a fitness program that matches what Ms. Reilly says our bodies are pre-programmed to do, and it gives readers a step-by-step plan on how.**

**The book instructs readers to eat an "Anti-inflammation Primal Diet," which is low-carb and high-protein. Ms. Reilly also explains why we need supplements even though our ancestors didn't (to match their nutrient density).**

**She also covers her "seven primal movements" to help readers learn how to move properly while exercising and, in turn, more quickly.**

**"The results are incredible and they don't spend a lot of time (exercising) compared to doing aerobic exercise for hours and hours," Ms. Reilly says.**

**An example of this is the squat.**

**"The first thing (people often) do is they push their knees forward, but really what you want to do is move through your hips instead of moving forward," the trainer explains. Modern-day humans can practice this movement using kettlebells or barbells, as Ms. Reilly suggests in her book. She compares this to the primal movement of squatting down to gather wild herbs and plants.**

**The other six movements include the lunge, bend, push, pull, twist and gait. The book provides explanations and demonstrations of how to do each one.**

**The former bodybuilder and UCSB grad (her degree is in exercise and health science, and communication) works with clients at her State Street fitness studio, Fitness Transform, using her primal body approach to varying levels with clients. She's seen great results.**

**"I've had people lose as much as 90 pounds," Ms. Reilly says.**

**She's been a fitness trainer for 20 years and says her approach continues to evolve. This approach will lead to health benefits such as less pain (prolonged cardio such as running, after**

all, isn't exactly great for your joints and neither is back pain caused from bending incorrectly). Bursts of explosive movements are both better for your body and produce greater results, says the trainer.

Ms. Reilly didn't write this book for "the CrossFit " crowd or people who are already really into Paleo. She hopes to help everyday people who are ready for a change in their exercise style.

"People are working a whole lot harder than they need to be and they're not getting the results that they want," she says. "I wanted to reach those people."

email: [ngrey@newspress.com](mailto:ngrey@newspress.com)



Mikki Reilly's book, "Your Primal Body: The Paleo Way to Living Lean, Fit and Healthy at Any Age," shows readers how Paleo can be a lifestyle that includes both diet and exercise. The Santa Barbara fitness trainer works with clients at her State Street fitness studio, Fitness Transform.

THOMAS KELSEY/NEWS-PRESS PHOTOS

*Reprinted with permission from the Santa Barbara News-Press*