

International Conference on

# KINESIOLOGY AND BIOMECHANICS

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## **I am not ready thats ok, but preparation is a must**

**Jude Lim**

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**I** will be sharing my recovery from my injuries through bodyweight movement workouts - the likes of yoga and TRX. This has helped me to better understand my body and how to prevent further injuries. Like any workout, we are not truly ready. Preparations and awareness of self, are crucial. This goes to mind and body. I will also share strategies of awareness to action and how it has helped me in my journey thus far. Kinesiology and biomechanics are about movement. Make the right adjustment, knowing the right mindset, will provide us with the leverage of better mobility to our body. We need to shape the right mindset, a growth mindset to embark on this journey.

### **Biography**

Jude Lim has completed his MBA in International Business from Central Queensland University, Australia. He has worked in the banking, courier and specialized logistics in life science industries.

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**Notes:**