

My Body, My Sovereign Nation

9 Laws of Minkyland

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Minky - Leader of Minkyland uses My Mock Coach (Voice Agent) - “Samson” as my Leverage & Bumper Pads to avoid the weight re-gain “gutter ball”



“Mock Coach isn’t about mocking people — it’s about mocking NNUTS* advice while building something that actually helps.”

I’ve trained an AI agent (my mock coach) that respects contradictions, irrational wants, and responsibility, all related to me.

“I decide what gets in MY Sovereign Nation... Like my FAV - my ‘NOASSITOL’ pills - my secret weapon that I take



**like clockwork,
sometimes it can be too much...”**

9 Laws for purpose & training objectives

I consider myself an Exercise Whisperer, use the framework *My Body, My Sovereign Nation* to help people, former athletes, like me, think clearly about maintenance — and I use AI as leverage, not authority. No hype. No shame. Just structure, humor, and responsibility.

<p><u>LAW #1: Exercise is a Life Sentence</u> (NO 6-week, 90-day plans here in Minkyland. We start with no end in mind, we may break, but not for long!)</p>	<p><u>LAW #2: Don't Exercise to Lose Weight</u> (Build/maintain muscle to avoid skinny-fat diabetes & high blood pressure)</p>	<p><u>LAW #3: NNUTS*</u> (Nothing New Under The Sun) filter: Compliance is replaced with alignment</p>
<p><u>LAW #4: Routine is NOT discipline; Set Habits instead of Goals</u> (Do you <i>really</i> have fitness goals? What are they then?)</p>	<p><u>LAW #5: TWO(2) Vice Minimum.</u> Everyone is a drug addict (internal and/or external hits)</p>	<p><u>LAW #6: If you won't let a person into your home; don't let them into your head</u></p>
<p><u>LAW #7: There are NO Healthy People; only people you're healthier than right now</u></p>	<p><u>LAW #8: Longevity = Loneliness.</u> Quality over Quantity ALWAYS</p>	<p><u>LAW #9: Show some ACCEPTANCE/GRATITUDE</u> (Cannot change body type/shape. 300lbs & Pear-shaped. Lose 150lbs; you're still Pear-shaped)</p>

Target audience

This program philosophy is for people who already have **skin in the game**. You are not beginners, not spectators, and not looking for a six-week rescue mission. You've trained before, remember Glory Days?—sports, military, physically demanding work, bodybuilding, CrossFit, track, dance, or decades of “real life” movement—and you know what effort feels like in your body. Today, you may be in midlife or later, but you don't identify as “old.” You identify as **experienced**, slightly battle-tested, and unwilling to surrender your strength, independence, or bodily sovereignty just because time passed. You are done with “start, so-you-can-wait-to-stop programs”, suspicious of one-size-fits-all advice (to not hurt your feelings), and you are ready to run your body like a nation. You actually plan to live strong for the rest of your life, being realistically you, outside and in.

Prerequisites

This program is not designed for true beginners, people seeking rapid weight loss, or anyone unwilling to maintain movement as a lifelong, negotiated responsibility.

Participants should already:

- Have prior experience with structured movement, training, sports, or physical work
(Doesn't have to be recent — muscle memory counts as citizenship papers)
- Understand the difference between **discomfort** and **danger**
(They know when to work through something vs. when to stop)
- Be willing to take responsibility for their body as a **sovereign system**, not outsource it to apps, gurus, or temporary motivation
- Accept that this is about **maintenance, governance, and muscle reserve**, not transformation theater or scale worship
- Be open to reframing “exercise” as **artificial movement in an artificial world**, using modern tools (including AI) without abandoning common sense or bodily feedback
- Not be looking for permission to quit movement forever
(Vices allowed. Quitting strength is not.)