

GET MOVING. GET LIVING

Movement is one of the significant features of all living beings.

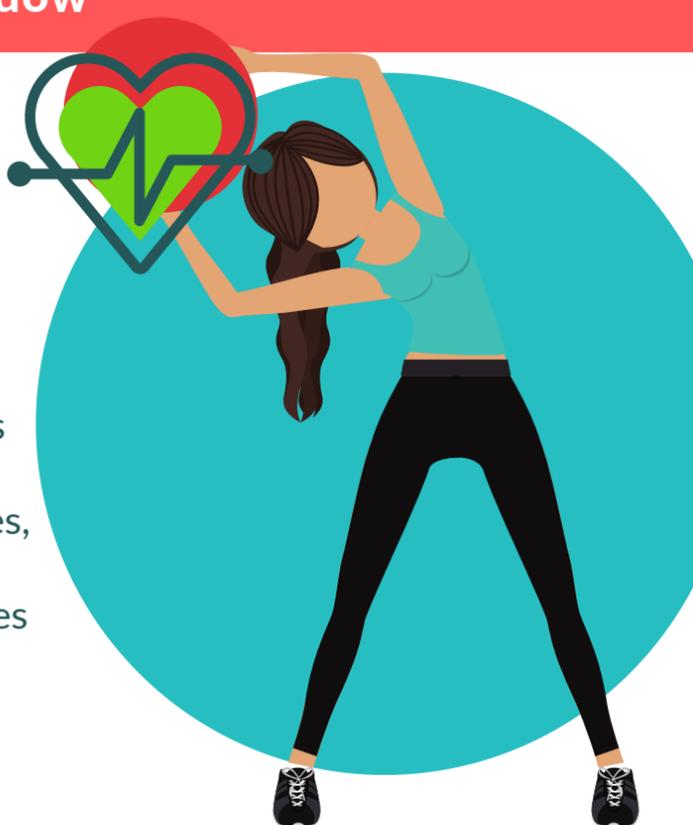
Life is movement. once you stop moving, you're dead. Choose life.
- Eugen Sandow

FITNESS FOR PURPOSE

Our bodies are in constant motion:

- **Internal movement** - blood flow, neurotransmitters & hormones carrying messages, chemical and electrical responses in nerve cells.
- **Involuntary movement** - blinking of the eyes, breathing, the heart beating &
- **Intentional movement** using skeletal muscles to survive and master our environment.

**Nothing happens until we take action.
Movement means life.**



INTENT IS THE PRIME MOVER ... OR IS IT?



- As living beings we move in a directed & controlled way.
- We move of our own accord ... except when we don't.
- We don't have to be pulled and pushed by something else ... except when we do!

EXERCISING IS MOVEMENT

While some people are forever intending to exercise, some of us just ignore any advice to do so.

Why are we so reluctant to exercise?

There are many reasons:

We are lazy. We don't like exercise. We don't have time. Our to do list is already so long. We hate getting up early. We don't look good in gym gear. Etc. etc. etc.



But not all movement is exercising.

- **Exercise** or working out is a purposeful and scheduled set of movements. The goal is to improve or maintain physical and mental fitness. It is structured, repetitive and intentional actions like gym work, running etc.
- **Movement** is using our bodies in all kinds of ways to achieve all kinds of goals throughout the day.

STOP THINKING EXERCISE & MOVE MORE



- There is no need to put time aside to be more physically active.
- **Make movement part of your everyday life using natural movement patterns like walking and squatting.**
- Do more of the things you like doing.
- Don't always opt for convenience over movement.
- Intentionally experience & enjoy all physical activity - celebrate every movement, big & small like rubbing a pebble while walking, walk barefoot.
- Make moving a social activity - join a dance class, start a walking group.
- **Love yourself as an embodied being.**

Source: Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement by Katy Bowman 2016