

# Add Movement to your Lifestyle

Movement is linked to every function and process in the body. Lifestyle is by far the most important factor that determines the type and frequency of movement that a person engages in. Today with all the modern technology available to us many of us lead a sedentary lifestyle without even having to 'move off our chair'. Desk work is far more common than it used to be and activities that used to require movement now require much less of it (washing dishes, laundry etc)

You've heard of the saying **"Use it or lose it?"** This is true for joints and muscles in your body. If there is lack of movement any joint or muscle not used on a frequent basis will lose part of its function which can lead to stiffness, weaker movement accompanied by pain and discomfort.

Movement has proven to help reverse or delay some of the age related changes that happen in the body. In order to live a happy, healthy life as you grow older daily movement needs to be incorporated into your routine.



## *View Movement as an opportunity , not an inconvenience*

How you incorporate movement into your life will largely depend on your lifestyle and preferences but it can certainly be done if you make small changes over time. This can be done in a variety of ways:

- Take phone calls standing up
- Take frequent breaks during the day – 5 mins in every hour is ideal
- Get up and walk about during the commercial breaks when watching TV
- Use the stairs instead of the elevator or lift
- Park further away from work or the shops and walk
- Walk or cycle with your kids to school
- Get an allotment - gardening can provide an excellent workout with all the pushing, bending, squatting and carrying involved.
- Organise family days out – walking, surfing, swimming, cycling etc many are free and take a healthy picnic with you

TIP – keep a pair of comfortable walking shoes or trainers in the car or office

### *Commit TODAY: 30 day – 30 minute challenge*

Once you have started to introduce movement to your daily lifestyle commit to the 30 day – 30 minute challenge of moderate-vigorous activity. That is 30 minutes of physical activity in your life for 30 consecutive days, 900 minutes or 15 hours of additional movement. Moderate-intensity physical activity is activity which makes you breathe a little harder than normal and might include activities such as brisk walking, cycling, swimming or running etc. You might even like to try exercises or activities that involve a little more vigorous movement that put your body through a range of movement and such as pushing a hand mower, shovelling or carrying 25 pounds or more up flights of stairs.

*It doesn't have to be hard to be good for you*