



BODY RESET - DAY 12

risewellnesshub.com

Incidental Movement



Incidental movement: what it is, and why it's great

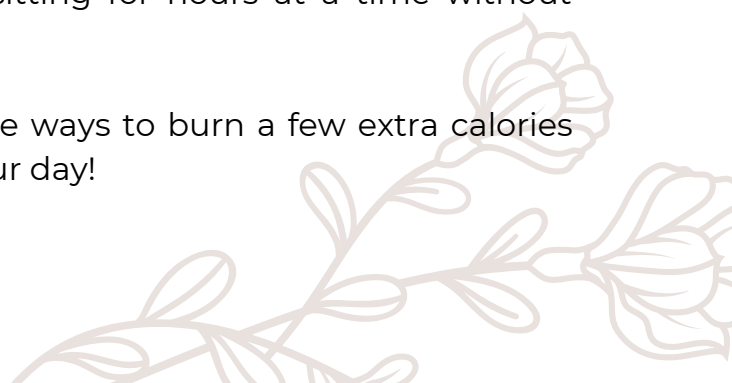
Fall in love with MOVEMENT - at the top of any list when it comes to looking after ourselves "incidental movement," is one of the top habits of healthy people regardless of age or stage of life.

Incidental movement includes any activity built up in small amounts over the day.

For example, walking up and down the stairs, or walking to and from your car.

Incidental movement can prevent pain, lead to healthy aging, and can even make you more productive at home and at work... there's nothing more mind-numbing (and creativity-depleting) than sitting for hours at a time without moving your body.

Dishes and laundry aren't "chores," they are ways to burn a few extra calories AND fit more incidental movement into your day!



For many incidental movement includes activities like:

....a twice-daily walk to and from their children's bus stop (in the morning for drop-off and in the afternoon for pick-up),

....alternating between sitting on a stool and standing at my stand-up desk

....standing when talking on the phone,

....actively seeking out parking spots that are the farthest away from the workplace or store.

Thinking about the way we look at household tasks such as the laundry emptying the dishwasher, and the wonderful project of de-cluttering a space as ways to burn a few extra calories.

*Choosing to fit more natural movements ---
squatting, bending, lifting, loading, and
carrying into our day keeps us more active
during our day.*

Take the stairs instead of the elevator. Do exercises when watching TV or a movie.

Try a quick morning fitness routine to get your day started on the right foot!

Please check out the video accompanying this topic as I encourage you to do the movements with me to experience the activation of your main muscles and the increased energy and mental clarity you can feel! Do it every day or as often as you choose.





JUST GET UP, AND MOVE - every 30 minutes during your day!

Present times may find us in front of the computer more than usual so it's even more important to schedule breaks and move.

The simple act of rising from your chair to stand up and stretch or shake out your arms and legs will get your blood flowing from your feet to your head, thereby improving circulation.

Movement is truly lifesaving, and "incidental movement" is just as important as your regular scheduled physical activities!



I will consistently find ways during my waking day to be sure to MOVE more often than I sit

NOTES:

