

Habit #6

MOVEMENT

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.
~John F. Kennedy

Quick Notes

- This isn't about "six-packs or single digit body fat"
- Connect to your body in a comfortable way
- Functional, practical movements for your life
- Make it easy, fun and addictive
- Consistency over intensity
- Think long term
- Not all or nothing, it's forever

Benefits of Movement

- Become more physically comfortable
- Greater flexibility
- Stronger
- Increased mobility
- Improved moods
- Better stamina

Flexibility Training

- Improved physical comfort and mobility
- Helps to prevent injuries
- Improved posture and breathing
- Increased blood flow and nutrients to soft tissue
- Simple Flexibility Training Ideas:
 - Body Circling Routine
 - 2 Minute Yoga Routine

Resistance Training

- Increases muscle mass
- Boosts bone density
- Supports healthier hormone production
- Simple Strength Training Ideas:
- Push ups
 - Modification Wall Pushups
- Squats
 - Modification: Chair Squats

Walking

- Most natural “exercise”
- Improved circulation
- Improves mood
- Supports better self image
- Strengthens Muscles
- How to walk more
 - Start small & choose a time (focus on routine)
 - Park further away from store entrances
 - Take the stairs

Other Strategies for Movement

- Dancing
- Tai Chi
- Yoga
- Hiking/Geocaching
- Pilates
- Zumba
- Swimming
- Sports