

Make Your Move

Opportunities to Increase Exercise and
Reduce Stress Every Day

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New Physical Activity Guidelines:

“Move Your Way”

Focus on feeling: Less stress, better mood, better
sleep (rested)

<https://health.gov/moveyourway/#adults>

Stop sedentary time

Standing is mildly better than sitting.

The goal should be interrupted sitting.¹

Move 3 minutes for every 30 minutes sedentary.²

Stress...how movement helps

- Not just yoga!
- Cardio & strength too
 - Goal: ↑heart rate
- Immediate benefits of exercise³
 - ↓ anxiety
 - ↓ blood pressure
 - ↑ insulin sensitivity
 - ↗ sleep

Exercise & Stress⁴

- ↑ endorphin & endocannabinoid production⁸

pleasant euphoric effect
“runner’s high”

- ↑ self-confidence
more relaxed, less anxiety
- ↑ concentration, focus

“Meditation in motion”



“Meditation in motion”

Exercise \neq stressful

Exercise = enjoyable

- Sedentary → stress & poor mood
- Active → less stress & better mood
- Active & **mindful** → even less stress & better mood

Study: Correlation between mindfulness & movement⁵

- 1 month, 8x, 30 mins
- Focus: **breath, steps, emotions, sensations**
- ↗ mindfulness
- ↓ feelings of anxiety

Study: Mindful outdoor walking⁶



I will
workout
3 times
this week.



I'll work out
later.

On a typical day...
where can you add
mindful movement
in the moment?



Start first thing in the
morning!

<https://www.prevention.com/fitness/g20490060/do-these-stretches-before-getting-out-of-bed/>

Listen to your body

An ache in your neck?
Stretch

Hear a song you like?
Dance

Beautiful day outside?
Walk

- Stand/walk during ordinarily sedentary times
- Walk around your house/outside while on your phone
- House/yardwork* in Move Your Way
- Multi-story office/house, use a restroom on a different floor
- Put movement reminders throughout your office/house
- Move according to the seasons
- Avoid drive-thrus, convenience parking
- Listen to an audiobook while you move
- As you clean, add in basic exercises

Be an opportunist

- No external weight required
- Use own body weight
- Wall sit, plank off wall, chair, quadruped leg lift

A note on
resistance training



Move Your Way: Tips for Busy Days

<https://www.youtube.com/watch?v=61p1OIO20wk&feature=youtu.be>



End with movement

<https://www.prevention.com/fitness/g20490060/do-these-stretches-before-getting-out-of-bed/>

Reduce Stress and Move at the same time!

Visualize - Lengthen

- Rag doll
- Take off backpack
- Tree in the wind arms
 - add shifting legs
- Bow & arrow
- Light bulbs

Reduce Stress and Move...at the same time!

Planes of movement - Exercise

- Toe taps forward, arm swing side, add rotation
- Staggered stance rock & side reach
- Side lunge & reach, add rotation
- Squat wide pulse 3x & starburst

Reduce Stress and Move...at the same time!

Tracking – Focus

- Look at finger tips
- Add balance (shift weight)

In Summary

- Move throughout the day for better health and improved quality of life.
- 150 minutes moderate or 75 minutes vigorous activity over the course of a week plus resistance training 2x/week⁷
- Reduce stress through **movement**

Make your move! Thanks for attending!

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