

# Get Moving to Energize Your Body & Mind

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# What tends to get in the way of moving your body?

- I'm too busy / not enough time
- I'm too tired / low energy
- I don't know what to do or where to start
- I don't feel motivated
- Environment: space, weather, limited access
- Physical limitations: pain, injuries
- All of the above



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## What tends to get in the way of moving your body?



[Instructions](#) [Responses](#) [More](#) [Clear responses](#)

# Why move?

- **Energy and Mental Health**

- Boosts endorphins
- Enhances mood
- Improves sleep

- **Blood Sugar Balance**

- Reduces post-meal blood sugar spikes
- Improves insulin sensitivity

- **Body Recomposition and Longevity**

- Build and maintain lean muscle
- Improve bone density



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

# What counts?

- **NEAT: Non-exercise activity thermogenesis**
  - Walking, cleaning, stairs, cooking, standing, fidgeting
- **Structured Movement**
  - Classes, workouts, strength training
- **Mind-body Movement**
  - Yoga, stretching, dance, tai chi



Even things that don't feel like exercise



Even things you have to do anyway

# How much should we move?

## Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least  
**150**  
minutes  
a week

AND

## Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least  
**2**  
days  
a week



# What does this look like?

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Sunday

30-minute brisk walk



Monday

30-minute brisk walk



Tuesday

30-minute brisk walk



Wednesday

Weight training



Thursday

30-minute brisk walk



Friday

30-minute brisk walk



Saturday

Weight training



# How do you start?

- Don't wait to feel ready!
- What do you enjoy?
- Build a SMART Goal
- Schedule it
- Habit stack with a current routine
- Consult with a professional



## But what about...

- Bad weather or outdoor restrictions
  - Workout jar
  - Invest in an app
  - Online video platforms
  - Use the space you have
- Physical limitations
  - Listen to your body
  - Start small
- Busy schedule
  - Movement snacks
  - Walking meetings
  - Family dance parties



YOGA *with*  
ADRIENE



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# Mindset Makes the Difference

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“I don’t have time work out”

“Where can I add movement into my day?”

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“I’m not sure what to do”

“What sounds like fun?”

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“I feel intimidated/embarrassed”

“I’m learning something new and challenging myself”

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“I have to workout”

“I get to move my body”

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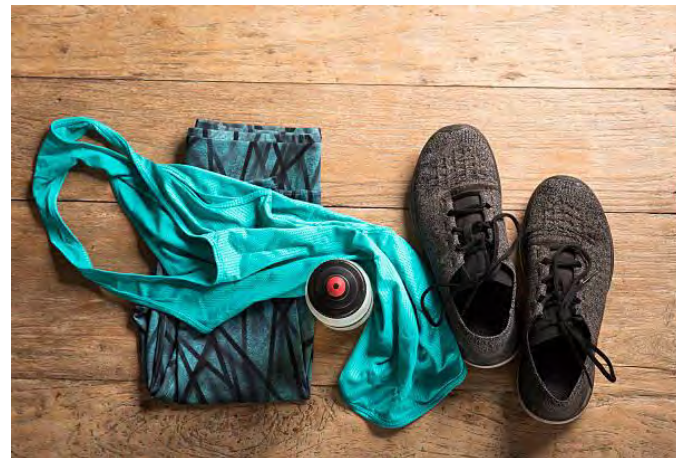
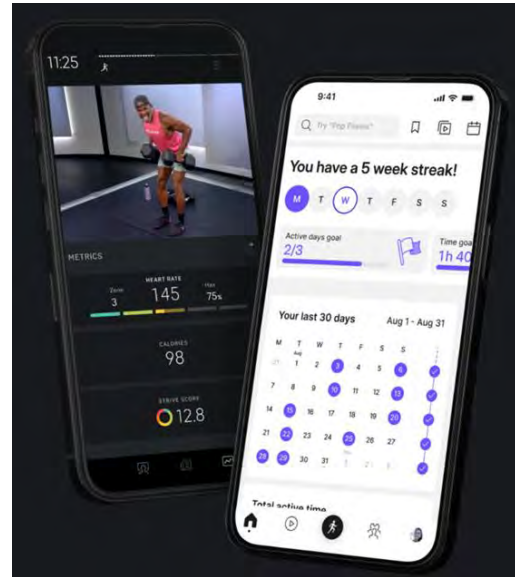
“I missed a day; my progress is ruined”

“I didn’t have a chance to exercise today but there is tomorrow”

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# How do you stick with it?

- Start small and build gradually
- Track your progress
- Reduce friction
- Find an accountability partner
- Be flexible and forgiving
- Prioritize rest and recovery
- Reward yourself
- Make it FUN
- Remember your WHY



A simple way I  
will get moving  
is...

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When poll is active respond at [PollEv.com/nataliedaher637](https://PollEv.com/nataliedaher637)



## A simple way I'll get moving is...

Loading...

Nobody has responded yet.

Hang tight! Responses are coming in.



Instructions

Responses

More



Clear responses

What is your  
WHY for  
moving your  
body?

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## What is your WHY for moving your body?

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More



Clear responses

Thank you!

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Join us for our next Nourish to Flourish Webinar on Wednesday, September 17th

