

# MOVEMENT...

It's what we are made for!

## WHY SHOULD I CARE?

According to the World Health Organisation physical inactivity is responsible for 5% of all deaths worldwide each year ie more than being overweight or obese. Some studies have even suggested that it can be as bad for us as smoking!

## WALK MORE!



## THE GOOD NEWS!

It's not about having to spend lots of money on gym memberships, wearing lycra and completing punishing workouts entitled "Super Killer Abs or Die!!" Neither is it about committing to things we know we'll never stick with, but which will only reinforce any negative sense we have about our body and about our capacity to see things through.

Walking more has been proven to;

- Lower the risk of Alzheimer's
- Lower the risk of cancer
- Lower the risk of heart attacks and strokes
- Lower the risk of developing Type Two Diabetes
- Increase mental wellbeing
- Increase quality of life

## SO, WHAT'S IT ALL ABOUT?

It's about small, regular movement breaks, simply moving more throughout the day, using the environment we find ourselves in. It's about using and maintaining the muscles we need for good health, and doing so in a way that's right for us as individuals.

There are endless activities that can provide the opportunities for movement essential for good health, swimming, dancing, yoga etc and you may well have your own favourites. Either way, here are some things that evidence tells us can make a significant and sustainable difference to your health;

And, if you walk more in the morning you increase your exposure to early morning light, even on a cloudy day, and this has been proven to correlate with weight loss. As exposure to light is a primary mechanism for setting our internal body rhythms set properly, it also aids good sleep!

So, you might consider situations where you could perhaps walk to speak to a colleague rather than phone or email, or perhaps take a 5 minute stroll during your lunch break. Or indeed you may find endless other opportunities to stretch your legs a little more often, knowing that when you do, you're also opening the possibilities of engaging more with people face to face, or of being able to more fully appreciate what's around you.



# BECOME STRONGER!

Doing some form of strength training at least twice a week, and it need only take 5 minutes each time, can lead to;

- Increased self-esteem
- Increased brain health
- Lower risk of osteoporosis
- Lower risk of stress and anxiety
- Reversed ageing

When we exercise our muscles we release chemicals which reduce inflammation, a driver of almost every modern disease. Building a little extra muscle also means we have more mitochondria, the body's energy factories, so in turn we have more capacity for making energy. More muscle also means more insulin receptors and hence less likelihood of developing Type Two Diabetes.

It's also a case whereby the saying, "Use it or Lose it!" is particularly appropriate. Over the age of 30 we lose 3-5% of our muscle mass every decade. Between the ages of 50-60 the decline in muscle power increases to approximately 3% per year! This is extremely serious, loss of muscle mass is a strong predictor of late life mortality, with the decline starting much earlier in life. If we want to retain our ability to do everyday things, and for most of us it is simply that, a choice, then some form of strength training is essential, and it's never too late to start!

So, what can you do?

Why not try these exercises, all of which you can do in your own home, or in the office, or more or less wherever it is you happen to be.



**Calf Raise**



**Desk Press**



**Tricep Dip**



**Lunges**

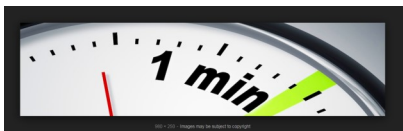
# REGULAR HIGH INTENSITY INTERVAL TRAINING (HIIT)

HIIT has been proven to;

- Increase the growth of brain cells that lower the risk of dementia and increase memory
- Help prevent Type Two Diabetes
- Help in the loss of weight
- Help in the loss of dangerous internal visceral fat

This is about exercising hard, but in short bursts, two 10 minute sessions per week is great. There's no need to do great long killer exercise routines in order to make a significant difference to your health. The point is that it should be intense for you. You need to go all out, heart pumping, sweat running, and out of breath. It should be hard to hold a conversation for 30 seconds or so, but don't worry, you'll feel recovered pretty quickly.

Studies have shown that an 11 minute HIIT workout provides as much benefit to the body as an hour of steadier continuous activity. It also helps reduce a particular type of fat that exists around internal organs and which, if it build up can be particularly dangerous. Focusing on just loss of weight can sometimes lead to the phenomenon known as TOFI – Thin on the Outside, Fat on the Inside. A study conducted by the Mayo Clinic in 2017 further suggested that HIIT training could reverse the ageing process at a cellular level. It does this by encouraging the creation of molecules in the brain called BDNF which help improve memory and lower the risk of dementia. There is no pharmaceutical drug that can increase BDNF, and if there were, everyone on earth would want it, and yet movement, especially it seems HIIT can do this!



**You don't need a gym or specialist equipment to do HIIT sessions, one of the simplest activities is as follows;**

1. Walk from your front door to the end of your road
2. Timing yourself, walk as fast as possible for 1 minute. When you stop make a note of the point you've reached.
3. Walk back at a normal pace to the end of your road.
4. Again, walk as fast as you can for a minute, seeing if you can get further than you did previously
5. Repeat the process 3-5 times

**Another version that you can do without leaving home is to;**

1. Gently jog on the spot for a minute to warm up
2. Do continuous star jumps for 1 minute
3. Give yourself a minute to cool down, slowly walking around the room
4. Do continuous squats for 1 minute
5. Give yourself a minute to cool down, slowly walking around the room
6. Sprint on the spot as hard as you can for 1 minute
7. Give yourself a minute to cool down, slowly walking around the room
8. Do continuous star jumps for 1 minute
9. Give yourself a minute to cool down, slowly walking around the room
10. Do continuous squats for 1 minute
11. FINISH!



## MOVEMENT, “MY ARSE”

We tend to spend our days in bent over postures, whether it's over the computer or looking down at our smart phones, that's 4-5 kg of weight that our skeleton has to support for lengthy periods in an unnatural position. We can also spend in inordinate amount of time sitting – on the way to work, perhaps while at work, on the way home, and then in the evening in front of the television or once again staring at our phone. As a result, our body begins to adapt into the posture we assume so often, contributing to problems throughout the body, for example in the neck, back, legs and feet.

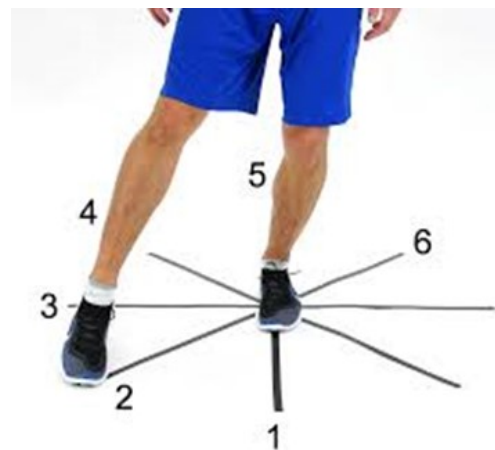


The muscles of our bottom, the glutes, play a vital role in our biomechanics and we need to work them in the right way in order to re-educate our body. We need to practice extending our body so that after a lifetime of bending we are once again able to stand tall without even thinking about it.

Here are a few movements that if you do 10 repetitions of at least one of them every day, will soon make a significant contribution to your good health. What's more, you can do an exercise in less than a minute! Why not have a go while the kettle's on?



**Squats**



**Foot Clock**



**Hip Adduction**

REMEMBER – IF YOU HAVE ANY CONCERNS WHATSOEVER ABOUT ENGAGING IN ANY OF THE ACTIVITIES CONCERNED, THEN CONSULT A HEALTHCARE PROFESSIONAL BEFORE YOU START!