

# MINDFUL MOVEMENT

## MOVE IN THE MOMENT

### YOUR BODY CRAVES MOVEMENT

Roll your ankle, contract your glutes, and reach your hands above your head with a big breath in. These movements feel good, don't they? Your body is meant to move! Busy schedules and daily demands on our time have many people opting out of the gym and shying away from lengthy workouts. Our lifestyles may be busy, but that's not a license to be sedentary. It's all about fitting movement and exercise into your day.

### GO FOR FUNCTION

Functional movement is all about working your body in the way that it is designed to be used. Alignment and form are essential. If your joints are straining or you feel pain, chances are it's not the right exercise for you or you're doing it incorrectly. Ensure you master proper form when exercising to help you stay injury-free. Your workouts should also be based on your ability and fitness level. You don't need to push yourself to the point that you struggle to make it up a flight of stairs the next day. Smaller workouts, done more often, can have a better outcome.

### TAKE A HOLISTIC APPROACH

Think of your body as a unit. You want it to be a well-oiled machine where all components are connected and working together. Exercise is a way that connects you from head to toe. Be aware of your body and how it feels and incorporate your mind and breath to keep you focused.

## Sneak Exercise into your Day with MICROBURSTS!

Microbursts are small intervals of simple exercises that give you a full-body workout and increase your energy levels. You just need 10 minutes! Don't have 10 minutes at one time? Look for ways to accumulate movements throughout the day. Integrating microbursts into your day can have a big impact on building fitness. Try some of these Microburst Workouts!



Complete each exercise for 30 to 60 seconds. Break for 10, then continue.

<p><b>Jumping Jacks</b></p>	<p><b>High Knees</b></p>	<b>BREAK</b>		<p><b>Push-Ups</b></p>	<p><b>Shoulder Taps</b></p>	<b>BREAK</b>		<p><b>Plank</b></p>
<p><b>Butt Kicks</b></p>	<p><b>Split Jacks</b></p>	<p><b>Mountain Climbers</b></p>	<p><b>Burpees</b></p>	<p><b>Bird Dog</b></p>	<p><b>Dead Bug</b></p>	<p><b>Jabs</b></p>		

## HOW TO INTEGRATE MOVEMENT INTO YOUR DAY

Peanut butter and jam, jeans and a t-shirt, wine and cheese... life is full of classic combinations! Take that approach when it comes to exercise and movement. How can you do that? Get into the habit of pairing movement with your daily tasks. You'll be surprised at how many movements you can sneak into your day.



### Morning Coffee

Take some deep breaths and stretch between sips.



### Morning Routine

Work in some body-conditioning with squats, lunges, and heel raises as you brush.

### Commute to Work

Take the scenic route if you bike or walk, get off a bus stop sooner, or park farther away.



### Social Media Check

March on the spot as you catch up on posts.



### Afternoon Slump

Re-energize your body with a 10-minute microburst.



### Dinner Prep

Make dinner prep fun by dancing as you cook.

### After Dinner

Take a walk with the family or play in the backyard.



### Before Bed

Wrap up the day with 10 minutes of yoga, light stretching, or deep breathing.



## TAKE BACK THE BREAK!

Many of us skip our breaks and work through lunch in an effort to be more productive. In reality, taking breaks throughout the day increases productivity and restores focus. Maximize the benefits by adding movement to these pauses. Extensive research shows the importance of active breaks. Long periods of sedentary behaviour are linked to a variety of health problems such as weight gain, diabetes, and depression. Taking advantage of the opportunities to move our bodies helps to reduce these risks. So, take your breaks! It's a simple change that will benefit your body and overall health!

Sources <https://www.psychologytoday.com/ca/blog/changepower/201704/how-do-work-breaks-help-your-brain-5-surprising-answers>  
Images from Freepik.com