

# FOUR PILLARS: Move



## Physical Activity: Why Movement Matters

Adapted from [Mayo Clinic](#)

**Movement: find activities you enjoy doing, aim to move an hour or so each day.**

**Try: Take it easy, start slow, add 10% more each day.**

**Level up: Compliment your body daily, complete a training plan for something new**

It seems so simple. Our bodies are designed to be well oiled machines. How often do we use our bodies to their full potential and how can we feel as proud as possible of the body we are in.

In our modern times, sitting has become a go to way of life for various reasons. However, excess sitting now is linked with many diseases and conditions, hypertension, back pain, cancer, cardiovascular disease and depression.

Sitting a lot is a fairly new problem in human history. Two hundred years ago, we lived in agricultural communities. People sat for three to five hours per day but as breaks from working. Now it is not uncommon for us to sit 10+ hours per day.

Moving forward: Defeating the sedentary life isn't as simple as a few tips and tricks, but there are a few things anyone can do to move in the right direction. Here are ways to get more movement:

- Standing during the day when possible, see how often you can fit standing into your day
- Remind yourself to stand and move every hour
- Take a walk when you can, especially when you get drowsy during the day
- Choose the stairs when/if you are able
- Do simple workouts while watching TV, talking on the phone, or relaxing
- *What other ways can you infuse movement into YOUR day?*

Once we are up and moving, we start to feel the health benefits and get energy from movement. This is a fundamental shift in how we function. Health gets better with movement, productivity improves, and we can enjoy our lives more. It takes time to make these shifts, but then we can feel the effects of positive endorphins of movement.

Exercise is one of the best things you can do to lower your risks for many cancers. Regular exercise can help you maintain a healthy weight, reduce stress and strengthen your immune system. It also curbs your risk of diabetes and heart disease. Dr. Carol Harrison has tips to bust the most common exercise myths. Adapted from [here](#)

**Activity:** Think back to the activities you enjoyed as a kid, consider trying them again, perhaps a bit safer these days and/or find a few new ways to be active that you enjoy doing and try doing them a few days a week, slowly increasing your effort/time.



**Myth:** You can target your fat burn.

**Fact:** Working out can reduce overall fat, but you can't control what part of your body burns the most fat. "Your body breaks down fat and uses it as fuel when you exercise. Your body is not picky. It'll burn fat from anywhere in your body.," Harrison says.

**Myth:** You need to spend hours in the gym.

**Truth:** When you work out, your body activates its limited supply of carbohydrates first. This is the best fuel for short term and intense exercise, like strength training. After your body has depleted its carbohydrate storage, it starts using fat for fuel. And fat is the best fuel for aerobic exercise. Aim for at least 150 minutes of moderate physical activity, like brisk walking and slow swimming, each week to reduce your cancer risks. Or you can do more vigorous activities, like running and fast bicycling, for at least 75 minutes each week.

**Reflection:** Do you want to move more? What are your reasons to want to move more? What kind of movement did you enjoy doing as a child that you could get back into to make moving more fun? How often are you sitting during YOUR day? Are there times that you could infuse standing or moving? Are there people you could be more active with?



### **SMART Goal examples:**

1. I will start moving x days a week for x minutes at a time and increase x minutes/intensity per week over the next 10 weeks, I will celebrate when I can do x.
2. I will train for (insert event such as 5k walk) by increasing my activity by 10% each week until I am able to do the event at least two weeks before the event.
3. I will work up to doing 20 minutes of cardio that I can enjoy 2 x a week and strength training 2 x a week with yoga 1 x/week with one rest day per week. I will do that by...

Bonus: Write a letter to your body using this guide, then get as creative as you would like:

Paragraph 1: I am thankful that my body and mind can automatically keep me alive and well by:

Paragraph 2: With this body and mind I was given, I can use it to:

Paragraph 3: What I will do for my mind and body to show my appreciation:



## Management Tips

To improve dynamics, trust and connection, try to find time to get outside with coworkers from time to time. Perhaps your 1:1 or small group meetings could be done by going for a walk or getting outside. As you walk, start off asking how their family is doing, what they are looking forward to. We are all humans and want to feel respected and aligned with what we bring to our work. These outside opportunities are good times to share more about you, what you care about, what makes you get out of bed in the morning to add some fuel and cohesion to your work team.