

Movement Challenge

Movement in a "Dysfunctional" World!

Sedentary Behaviors Increase the Risk of:

- Cardio-metabolic diseases
- Type 2 diabetes
- Obesity
- Coronary heart disease
- Musculoskeletal disorders
- Some forms of cancer
- Pre-mature deaths



Incorporating More Movement into Your Day Will Help By:

- Reduce aches and pains
- Increase cognitive function
- Increases quality of life
- Boost energy
- Improves circulation
- Improves muscular & skeletal function
- Decreases the risk of developing chronic health conditions
- Improves overall health

Putting it All Together

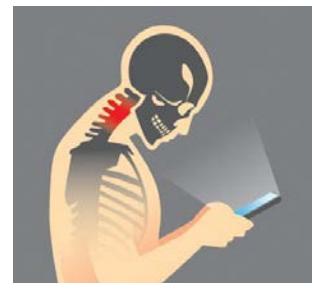
Now that you have learned some effective techniques to utilize in assisting you in overcoming minor aches and pains, and improving overall health. It is time to really get serious about incorporating more movement into your day.

This week take all of the tools you have learned and make it a goal to move 10 times for 2 minutes throughout your day. If you want to step it up even more take into consideration to move 16 times for your full 8-hour shift.

TIPS FOR MORE MOVEMENT:

- Be in tune with your body, and when your posture becomes compromised, stand up and move around.
- Fidgeting is the body's way of telling you to move.
- Make it a goal to move 2 minutes for every 30 minutes that you sit.
- Reduce optional sitting in your day.
- Movement Apps that remind you to move:
 - Stand Up!
 - Focus Time

Did you know that when you bend your head forward to look down at your phone or computer it can increase the weight of your head up to 60 lbs. more, depending on the degree you bend forward?



When the head is not positioned over the shoulders it causes tension on the cervical spine. The muscle in front lock short, leading to an abnormal activation between the front and back muscles of the cervical spine. This creates a tug-a-war battle between the muscles. The back muscles are being pulled and lengthened away from their optimal position and they begin to fight back, creating tissue build up and knots in the upper back. This tissue build up is the muscle's and connective tissue's way of trying to protect themselves from being pulled further away from their optimal position. This imbalance increases pain and tension in the neck, shoulders, and upper back.

