

Negative Nerves of Exercise

Changing language and perception



Is there a difference between exercise and movement?

One word sounds like work and dread! The other sounds like the fun of life.

One sounds overwhelming and impossible. The other brings calm and relaxation!

One conjures up visions of treadmills and gyms and the other sounds like finding your step and getting your groove on.

How do we move from the negative connotations of *exercise* that hold us back from embracing the positive benefits of simple *movement* throughout the day? Here are six quick tips.

1. UNDERSTAND WE ARE MADE TO MOVE. Not everyone loves moving in the same ways or at the same intensity. Modifying to suit *your* abilities and what makes *you* feel good is just fine. Moving is what matters, not comparing yourself to everyone around you.

2. DON'T GO IT ALONE. Talk to your doctor or a health coach about movement goals that will support your overall well-being. Look for ways to move with friends and family. It might even be

that a season of physical therapy will get you moving in ways you didn't think you could.

3. START WHERE YOU'RE COMFORTABLE. You can always challenge yourself as your level of fitness increases.

4. EXPLORE CREATIVE SUPPORT. Check out YouTube and other social media channels to learn proper techniques of stretching and creative ways to move, such as chair yoga, chair Zumba, and kid-friendly videos.

5. LEARN WHILE YOU MOVE. Walk through a museum, go on a scavenger hunt, learn a new dance step, try a new sport.

6. CHANGE MOVEMENT WITH AGE. Just because your joints can't take the same high-intensity activities or rapid pace of your youth doesn't mean you can't enjoy moving in lower-intensity ways as you head into middle age or senior years.

A few simple changes in perception on the front end can also change health in the long haul.

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