

MOVEMENT



MOVEMENT – the act or process of moving and especially changing position. A slight movement of the body mass.

So why include MOVEMENT? We are all very aware that we have to be physically active to ensure optimum health, correct? I hear your exacerbated comments, “Yet another Self-Care that includes MOVING and PHYSICAL ACTIVITY!”

I make no apology for including this vitally important self-care topic, because we all need a reminder. We may not always like being told to MOVE more, but the facts speak for themselves and we have to be more self-aware.

Physical inactivity is responsible for one in six UK deaths and is estimated to cost the UK £7.4 billion annually. The trend continues in the UK towards people being less active now than back in the 1960’s. (source www.gov.uk)

MOVEMENT which includes all the PHYSICAL ACTIVITY you can think of has fundamental and important health benefits from a physical and mental perspective and can’t be ignored.

SIT LESS, MOVE MORE

According to www.gov.uk regular physical activity reduces your risk of:

- Cardiovascular disease
- Type 2 diabetes
- Colon Cancer
- Breast Cancer
- Mortality
- Depression
- Hip Fractures
- Dementia

The above list is not conclusive! Would you move more if you were diagnosed with a serious health issue or before? Why wait for a diagnosis? Take action now.

The NHS advises that adults should be active weekly and do at least 150 minutes of moderate aerobic activity like cycling or brisk walking and strength training on 2 days a

week which moves all the major muscles like hips, back, abdomen, chest, shoulders and arms.

I ask you to honestly answer these questions;

Do you partake in any form of aerobic, strength or physical activity weekly?

How much exercise do you partake in each week?

What type of exercise do you partake in?

Are you consistent with your exercise routine?

Do you wear a fitness tracker?

Why?

What excuses do you know you make to avoid exercise?

What can you do to incorporate more exercise into your week?

Do you need support to do more exercise? If so from whom?

How will you ensure you incorporate more exercise into your weekly schedule?

The above questions make you think. In particular being honest about the excuses you make to avoid MOVING or taking part in PHYSICAL ACTIVITY. Believe me, we all make them, I am as guilty as the next person, and we all pretend that we don't make them, or that we are justified in making excuses because we are so very busy. It's the children, the school run, the elderly parents, the husband, wife, partner, work commitments, friends!!

There is every excuse possible. But why?

Do you want to live a life of health for as long as you possibly can? Yes? Then that means looking after your health, being PHYSICALLY ACTIVE, MOVING and putting SELF-CARE for you physical and mental well-being at the top of your to do list.

What can you change?

1. When you plan out your week schedule in your EXERCISE. Make it a diary appointment and see it as a promise to yourself. Would you break a promise to your best friend, child, parent, partner, client? Then don't break the commitment and promise to yourself. Be accountable to yourself.
2. Try out lots of different forms of exercise and PHYSICAL ACTIVITY until you find one or two that you really enjoy. Be that swimming, tennis, golf, a dance class, squash, Zumba, aerobics, weight-lifting, walking, running, yoga, pilates, netball, hockey or football. Find something that you enjoy doing and incorporate that.
3. Include your friends, partner, children in at least one PHYSICAL ACTIVITY. It is better to do it with someone, and also, you become more accountable.
4. Start off small. Jumping straight in with 4 days of 1-hour long exercise classes is unlikely to motivate you, and you will give up.
5. If you have any health concerns seek medical advice BEFORE you commence any new ACTIVITY.
6. Set yourself a goal to achieve, like taking part in the Race for Life or Colour Run. When you have a goal, you become motivated to achieve it. Post it on to your social media post, tell your friends, do something that requires sponsorship.
7. DO NOT COMPARE YOURSELF TO OTHERS!! This is so important. We all scroll through social media and see the toned, fit and healthy posts from friends and strangers. We are unique, and our lives are completely different therefore the only person we should compete and compare with is ourselves.

WHAT ARE YOU GOING TO CHANGE AND IMPLEMENT - NOTES:

MOVE – BE ACTIVE FOR HEALTH!