

## What Happens When You Move?

Our bodies are made to move and thrive off it. Bones and joints need resistance or weight-bearing activity to maintain strength, flexibility, and movement.

### Increased Circulation

- Moving can increase blood circulation in the body. Good circulation distributes oxygen and blood through our system to keep us healthy. Circulation brings blood to our muscles, skin, brain, and removes toxins and lactic acid.

### Strong Bones

- Resistance training and weight bearing movement, such as walking or jogging, stimulate bone formation and decrease the risk of osteoporosis.

### Improved Health Outcomes

- HDL (good cholesterol) production increased, and LDL (bad cholesterol) decreases.
- Moving helps maintain recommended blood pressure and cholesterol levels.
- Moving regularly and often can help aid in maintaining a healthy weight.



### Immune Function

- Movement can improve immune function. It can have beneficial effects on white blood cell concentration which is the body's first response to an infection.

### Increased Mood

- All types of activity contributes to improved mood and stress reduction. Endorphins, the body "feel good" neurotransmitters, are released during activity creating natural feeling of well-being and decreased feelings of stress.

### Mental Function

- The brain receives more blood and oxygen with movement which can aid in releasing hormones for necessary healthy brain functions.
- Movement increases self-esteem, mood, and creativity.



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## How to Incorporate Movement

### Everyday Habits

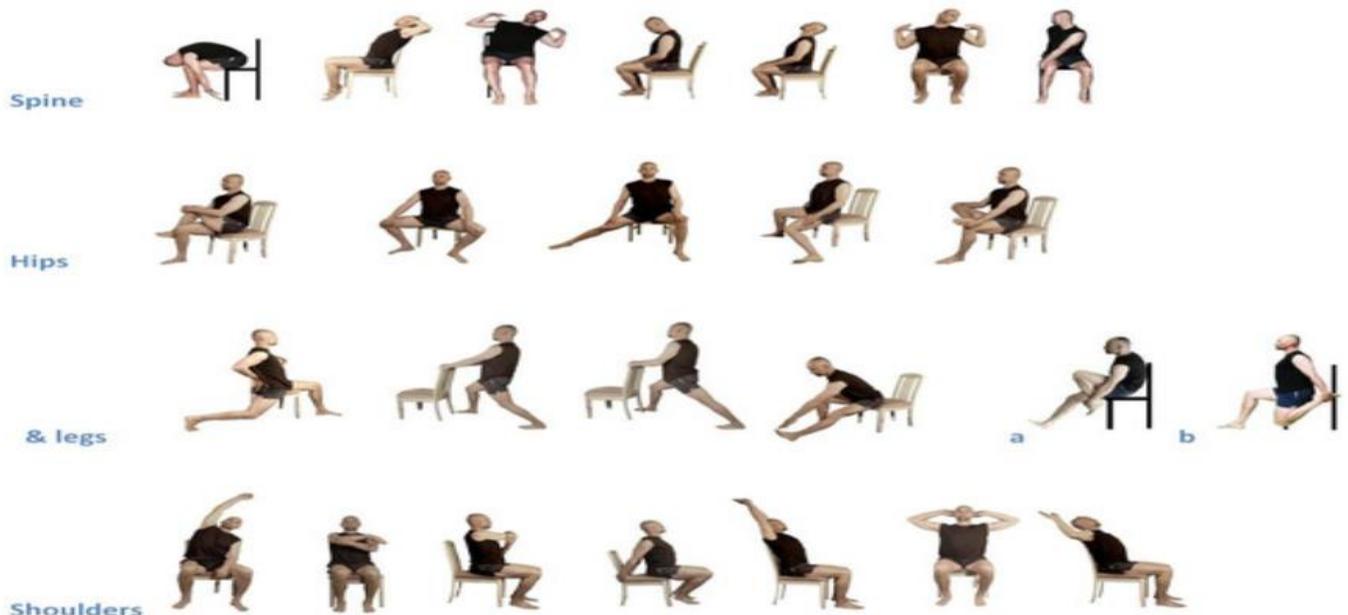
- **Walk Faster:** Walking faster burns more calories, strengthens leg muscles, and is great for your heart and lungs.
- **Take the Stairs Instead of the Elevator:** Burn more calories and build muscles by taking the stairs when possible.
- **Drink More Water:** Not only is drinking water important to overall health, but drinking more water provides more trips to the bathroom, thus, more walking!

### Around the House

- **Tidy up Daily:** Don't wait until the weekend to clean your home. Spend time every day tidying up. Dusting, doing laundry, vacuuming, and washing windows can all add up to great daily exercise.
- **Turn TV Time into Workout Time:** Use this opportunity to get in some stretching and stand up and move during commercials!

### In the Office

- **Talk Standing:** Whenever talking on the phone, stand up and if possible, walk or pace.
- **Have Walking Meetings:** Ditch the conference room, slip on some comfortable shoes, grab your colleague and invite them for a stroll.
- **Take Five:** Take 5 minutes to do some seated stretches. Not only will you be doing your body a favor, but your mind and productivity will thank you too. Try the stretch routine below.



*Talk with your Physician before beginning any exercise regime.*