

## Movement as Medicine

Take the 5% Solution™ approach and implement when you're ready ...step-by-step:

**Movement is MEDICINE... not punishment!** Many of us have been led to believe that we have to push our bodies to the edge for our workout to be successful. Not only is this false, but this attitude will also cause damage to your body in the long run. While it's great to break a healthy sweat, the **movement should be nourishing on all levels** of body, spirit, and mind. **Building up** to higher levels of strength, flexibility, and endurance is a process that takes time. Meet yourself where you are and **listen to the truth of your unique body** where you are today.



### Walking

It's the best and needs to be part of your daily routine. Gradually work up to 2 miles or more daily – each week add 1000 steps (about ½ mile) to your average from the previous week and you'll reach this goal in no time.



### Gentle Pilates

Pilates on the floor or on a reformer is a great workout without stressing out my body too much. Be sure to make it gentle and restorative!



### Slow Swimming

Swimming is gentle on the joints and relaxing to the body while still working the muscles, and calming the mind.



### Yoga

Make it gentle. Not “power” or advanced. Deep breathing can reduce cortisol and promote healing.



### Ball Core Exercises

Strengthens core muscles and allows for vital stretching while not overtaxing or straining the body.



## Weights

Weight training with dumbbells, machines (that are NOT plugged in), resistance bands or body weight is a great way to balance hormones and increase strength.



## Interval Training

Warm up for 5-10 minutes walking and then go fast (fast walking or running) for 30 seconds... and then walk again until your heart rate returns to normal. Repeat 3-4 times. (example: flights of stairs)



## Dancing!

Have fun! Play your favorite music and dance several times a day. Ooooh, it's fabulous for releasing stress and getting back into your heart.



## Jumping

Hop, Skip, and jump on a rebounder or trampoline - it's so fun and so good for you!



## Sports

Movement is even more fun when it's a social event with friends. Play the sports you loved when you were a kid or try a new one!

## Here are some key indicators that you're moving in alignment with what your body needs:

1. **ENERGY** - Movement should leave you feeling uplifted and energized, not depleted and drained. If you feel exhausted after working out you're probably pushing too hard.
2. **CRAVINGS** - If you experience intense hunger, cravings, or desires to overeat after working out, you could be overdoing it and causing more harm than good. A strong yet balanced appetite is appropriate after working out. [Be sure to track this with your Daily Check In Journal]
3. **SLEEP** - Make sure you're not working out too close to bedtime. Cortisol naturally drops in the evening as melatonin kicks in, signaling it's time to sleep. If you work out too late in the evening this could disrupt your circadian rhythm and contribute to issues falling asleep.