

# ARE YOU CRAVING MOVEMENT?

PRIMARY FOODS | PHYSICAL ACTIVITY

Stress, hard work, and lots of thinking create tension in the body, which can lead to chronic aches, tightness, and constipation. Many people try to alleviate these symptoms with alcohol and sugar, which ultimately worsen their unease and anesthetize the body. Exercise is a great way to release built up physical tension. Developing a regular exercise program to suit your particular body type and lifestyle will have numerous rewards. The challenge is to find the types of exercise you enjoy most, and then build them into your life.



## WHAT TYPE OF EXERCISE WORKS BEST FOR YOU?

### THINK ABOUT WHAT YOU LOVED TO DO AS A KID.

- Did you dance, bike, or hike? This is a good place to start when looking for a new exercise routine.

### LISTEN TO YOUR BODY.

- Know that movement is a lot like food. Once you understand how different types of movement nourish your body in different ways, you can put together a menu of activities to keep yourself in balance.
- Feeling frail and unfocused? Try vigorous exercise to make you feel stable and powerful, like kickboxing or running.
- Feeling tight and tense? Try gentler exercise to increase lightness and flexibility, like swimming or yoga.

### WHAT'S YOUR PERSONALITY TYPE?

- If you're a quiet person who likes a lot of alone time, consider buying a small trampoline or a set of hand weights so you can move in the comfort of your home.

- If you like being around groups of people, you can find team sports like baseball or volleyball, which have the added benefit of human interaction and fun competition.
- You can also find a blend of the two by taking a group fitness class like Pilates, karate, or dance.

### WHEN DO YOU FEEL MOST ENERGETIC?

- Just as some people think more clearly in the morning and others think more clearly at night, some people prefer to exercise first thing in the morning, while others prefer to exercise later in the day. There's no right or wrong; it's simply a matter of personal preference.

### THINK ABOUT CONVENIENCE AND COMFORT LEVEL.

- Look for a gym or yoga studio near your home or on the way to the office. It's important to find a location that's convenient, and where the atmosphere is pleasant, comfortable, and welcoming. This will increase your chances of going regularly.

And remember, physical activity can take simple and modest forms, like getting off the subway or bus one stop earlier and walking to your destination. It can be taking the stairs instead of the elevator to your office or apartment. It can be taking your dog for a walk or your children to the park. A 30-minute brisk walk every day may be all you need to keep yourself in shape.

Be experimental and find a routine you can nourish yourself with on a daily basis.

What will get **you** moving?



Happy Nourished Motherhood  
Pharm to Wellness