TBH "NATURAL MOVES" WORKSHEET

THE SCIENCE

Our bodies, no matter how they have changed, are still very remarkable. By reframing how we perceive ourselves physically and focusing on the positives, we can better appreciate and care for our bodies.

One of the best ways we can take good care of our bodies is by getting regular exercise, which can help us lower disease risk, manage chronic diseases and reduce our risk for injury from falls by improving muscle strength and balance. In addition, regular exercise has been found to sharpen our thinking, reduce dementia risk and support overall cognitive vitality. All this gives us a better chance of aging well.

You can get a good workout by just moving more in your daily routine. Research in "blue zone" communities where healthy aging is the norm found that folks get most of their exercise naturally. Being physically active is just woven into their everyday lifestyle, at every age. Socializing was another key factor to their physical activity, as these folks would walk together, climb steep hillsides for a visit, or even meet for communal morning workouts, like tai chi.

NOW DO IT!

Work with your team or own your own to list ways you can use natural movement activities to boost physical activities in the following ways:

- Natural activities we can do daily for an aerobic workout.
- Natural activities we can do daily to build endurance and strength.
- Natural movements we can do daily to improve our physical fitness. We can sit less, for example.

TBH TAKEAWAY

As the saying goes, we're in pretty good shape for the shape we are in. Research shows that staying physically active is a great way we can take care of our bodies at every age. And taking care of our physical selves can build our confidence and inspire us to live healthier lives.

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!

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