LINDGREN
functional medicine

HEALTHY
Movement

BENEFITS

- cardiovascular/heart health
- respiratory health
- brain & nervous system health
- digestive health
- lymphatic movement
- muscle strength
- bone strength
- joint comfort
- inflammation reduction
- metabolism regulation
- hormone & insulin sensitivity
- skin detoxification
- stress reduction

What comes to mind when you hear "exercise" or "workout"? Many people cringe or feel a sense of guilt for not moving more (we all know that it is healthy). However, shift your mindset to think of *movement* as something enjoyable, refreshing, and aligned with the needs of your body. This can be intense one day and gentle the next, whatever feels right! Making movement a regular part of your day is one of the most beneficial (and enjoyable) ways to support your overall health!

ENJOYING MOVEMENT

BE CONSISTENT, NOT CHRONIC
chronic overexercise can be unhealthy when it is TOO stressful
DO SOMETHING YOU ENJOY
movement doesn't have to involve a treadmill (try hiking, rock-climbing, kayaking, biking, tennis, yoga, or an activity you look forward to)
FIND ACCOUNTABILITY
plan movement with a friend, family member, or dog to get you going when you're not motivated
LISTEN TO YOUR BODY
there is a difference between being lazy and being gentle with yourself (if intensity feels wrong today, opt for something more relaxed)