

The Movement Pillar of Health

Movement is **essential for maintaining a healthy, resilient body**. Our bodies are designed to move regularly, and physical activity supports nearly every system in the body.

Regular movement helps to:

- Strengthen muscles, bones & joints
- Improve cardiovascular health
- Prevent many chronic conditions such as heart disease, diabetes & obesity
- Reduce stress and improve mood
- Increase energy
- Support overall quality of life
- Regulate metabolism

The goal of healthy movement is not perfection or extreme training, but a **variety of activities that keeps the body strong, mobile, and functioning well** throughout the day.

Core Principles of Healthy Movement

Move Daily

Aim to move in some way every day, whether through walking, exercise, stretching, or recreational activities.

Build Strength

Strength training helps maintain muscle mass, protect joints, support metabolism, and prevent injury.

Maintain Mobility

Stretching and mobility exercises keep joints healthy, improve flexibility, and reduce stiffness.

Support Cardiovascular Health

Activities that elevate the heart rate—such as brisk walking, cycling, swimming, or dancing—strengthen the heart and lungs.

Reduce Sedentary Time

Long periods of sitting can negatively impact health. Regular movement breaks throughout the day help maintain circulation and mobility.



Movement Challenge IDEAS:

- Go for a 20-minute walk each day
- Do 50 jumping-jacks every morning
- Take a 5-minute movement break every hour during the workday
- Complete 10 minutes of stretching or mobility work daily
- Aim for 8,000–10,000 steps each day
- Try one new type of movement each day (skipping, yoga, swimming, cycling, resistance bands, etc.)
- Complete 45 minutes of intentional exercise each day

