

TogetheriCan

5
September

MOTION – A HABIT OF HEALTH - NEAT (PART 1)

Newton's first Law of Motion – an object at rest tends to stay at rest and an object in motion tends to stay in motion.

When we stop moving, we start dying.

A healthy Body requires / demands activity in one's daily life.

Most often when someone mentions motion or activity, individuals think of Exercise. However, when it comes right down to it, on a scale of 1 to 10, **exercise is at the upper end of movement.**

Motion or movement as defined by Dr. Andersen in his book, *Habits of Health*, and starts with the six S's.

Start doing one through six and work your way towards ten.

1. **Stance** - it takes more energy to sit up straight up than slouch.
2. **Standing** - it takes more energy to stand than sit down or lay down.
3. **Strolling** - uses the large leg muscles, expends energy utilization.
4. **Stairs** - take more energy because it utilizes the large leg muscles.
5. **Samba** - Music automatically encourages movement.
6. **Switch** - from letting machines do the work, to doing things by hand.

All of the above fall into a category called:
“NEAT” — (None Exercise Activity Thermogenesis)

For some extra burning power, I highly recommend my DVD, Holistic Specifics — Moving Release Techniques, available from Amazon.com.

Not only will you burn more calories, you will also enhance your flexibility and limberness.

Start slow—**Slight Edge Principles** in all things. One step at a time will get you there.

Some things that might hold you back: Old habits such as being lazy, possibly overweight, with poor posture will definitely act as excuses for not getting started.

To overcome those barriers it is recommended that you become aware of your attitudes, beliefs and behaviors. Awareness of our existing actions can move us towards the willingness it will take to move into movement. **Get some help and encouragement from a Coach, Mentor or Sponsor.**

Put together a plan, set some goals, and get into action. Begin by taking small steps.

Maximize daily energy expenditure – doing natural things.

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Transformational Change “One Health Habit at a Time.”

Michael McCright

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September 5, 2017