

6 Reasons You Should Move Everyday

That Aren't Weight Loss

We sit more than ever these days. Even before the world changed with CoVid-19, we were sitting more than ever before in the history of the world. Sitting has been called “the new smoking” because it’s so detrimental to our health. Opinions vary, but it’s believed that Americans, on average, sit between 6-10 hours each day. Factor in 6-8 hours of sleep, and that’s only about 6 hours per day of being on our feet. Our bodies are suffering for it, too, and not just in the rising obesity epidemic. The number of back injuries has skyrocketed along with hip, neck, and shoulder pain. These are all a product of sitting around on our tushes for most of the day. Here are 6 reasons that you should get up and move (and none of them has to do with losing weight).

1. Movement Boosts Memory

The cognitive benefits of movement cannot be understated. First, you break yourself out of the mental fog of sitting which activates your brain, snapping it to attention, forcing it to work. People who get in some type of regular movement appear to experience less mental decline with age.

2. Movement Leads to LESS Pain

This may seem to make no sense, but it’s true. By giving your brain something to focus on, you break the pain feedback loop going on when you have chronic pain. If you do have some kind of chronic pain, short walks, frequent short bursts of low-impact exercise can actually improve how you feel.

3. Movement Builds Healthy Bones

Do you know someone who has fallen and broken his or her hip? That’s osteoporosis and it’s caused by a loss of bone density. Movement, especially weight-bearing exercise, builds healthy, strong bones. Simply going for a walk can lead to an increase in bone density. Even better for bones is lifting weights.

4. Movement Improves Sleep

Yes, while you’re exercising, you start to feel fatigued. You get “tired.” But physical activity throughout the day actually boosts your energy during the day and then makes it easier to fall, and stay, asleep at night.

5. Movement Elevates Mood

You know about endorphins. You know that exercise releases the “feel good” chemicals in your brain, boosting your mood and your outlook. For this reason, movement is often “prescribed” as a way to deal with depression. In addition to that, there’s a pride that comes along with getting a workout or some kind of movement in, and positive feelings about yourself definitely leads to a better mood!

6. Movement Increases Your Energy

Using energy creates energy. When you get moving, your cardiovascular health improves, making it easier for you to do all the other things you need to do throughout your day. This movement, this energy, helps your energy stores kick in, allowing you to keep going. You don’t have to be the Energizer Bunny to get a boost either. Short, daily walks are one of the best ways to increase your energy long-term!

While we often think of exercise as a means to weight loss (and it can help), there are so many reasons for people to get moving more. Our bodies are meant to move, and yours will thank you for the it!