

Essential Movement

The human body, by design, is built to move. Bones, muscles, joints, and tendons are meant to work in unison allowing for fluid effortless motion. However, sedentary habits have become common place across all age groups and have contributed to the incidence of chronic lifestyle-related afflictions.

The word “exercise” is famous for creating anxiety and dread but it doesn’t have to be. Getting regular movement into your daily routine can go a long way in reducing stress, controlling weight, and keeping the bones and muscles strong for a lifetime. “Feeling the burn” and “sweating buckets” is not necessary in order to achieve functional wellness. For the average person, activities such as walking, dancing, gardening, biking, swimming, bowling, and yoga are all great ways to maintain strength and flexibility. Even common household chores such as vacuuming the floor, washing the car, and sweeping the sidewalk can enhance long term mobility. So turn up the music and get moving!

Discover how easy it is to incorporate more movement into your routine by contacting **Balanced Nutrition and Wellness Consulting** at **813-789-8302**.