

JOYFUL MOVEMENT

MaKai Nutrition LLC

MOVEMENT

THE PURSUIT OF JOYFUL ACTIVITY

Forget militant exercise. Just get moving and feel the difference.

Shift your focus to how it feels to move your body, rather than the calorie-burning effect of exercise.

MOVEMENT

SHIFTING YOUR FOCUS: WHY

Mental Benefits:

Alleviates stress

Enhances mind-body connection

Increases release of “happy” neurotransmitters. Endorphins are a type of neurotransmitter, or chemical messenger. They help relieve pain and stress. Endorphins are only one of many neurotransmitters released when you exercise.

Also increase serotonin.

MOVEMENT

SHIFTING YOUR FOCUS: WHY

Physical Benefits:

Short term;

Muscle strength

Balance

Stamina

Appetite regulation

Sleep quality

Energy

Long term;

Cognition and memory

Cardiovascular circulation

Increase in Metabolism

Reduces health risks (cognitive decline, colon cancer, depression, endometrial cancer, heart disease, hypertension, insulin resistance, lung cancer, osteoporosis, premature death, stroke, type 2 diabetes)

MOVEMENT

WHAT DO YOU ENJOY?



MOVEMENT

HOW MUCH?

Physical Activity Guidelines for Americans recommends: 75-150 minutes of physical activity per week Including 2 muscle-strengthening activities

	Target Minutes per Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Ex: Moderate	150 mins		10 <u>minutes</u> walking	10 <u>minutes</u> walking	10 <u>minutes</u> walking		60 <u>minute</u> yoga class	60 minutes gardening
Example: Vigorous	75 mins	20 minutes jogging		20 <u>minute</u> brisk walking		20 minutes hiking		15 <u>minutes</u> weights

Questions? Thoughts?