

Beyond the Gym: Moving for Energy and Vitality

What is Functional Movement?

Functional movement is about how you move your body throughout the entire day, not just during a single hour at the gym. It is the way we signal to our bodies that we are active and healthy, which helps our "energy factories" (mitochondria) stay strong and our metabolism stay awake.

Why This Matters For You

- **Wakes Up Your Metabolism:** Sitting for long periods can flip a "storage switch" in your body. Moving regularly flips the "burn switch" back on, helping your body use fat and sugar for fuel.
- **Muscles are "Medicine Centers":** When your muscles contract, they send healing signals to your brain, heart, and immune system. This helps lower inflammation and improves your mood.
- **Builds Lasting Energy:** By moving at the right intensity, you actually create more energy for your day rather than feeling "wiped out" or exhausted.

What You Can Do Today

1. **The "10-Minute Rule":** After you eat a meal, take a 10-minute stroll. This simple habit helps your body clear out blood sugar and prevents energy crashes later in the afternoon.
2. **Find the "Sweet Spot" (Zone 2):** Try to get 20–30 minutes of steady movement (like a brisk walk) where you can still hold a full conversation without gasping for air. This is the best way to train your body to burn fat and boost your energy.
3. **Break Up the "Big Sit":** If you work at a desk, set a timer for every hour. Stand up, stretch, or walk to the kitchen. These tiny movements (called NEAT) can actually help you more than a hard workout at the end of a long day of sitting.
4. **Listen to Your Battery:** If you feel completely exhausted or "brain fogged" the day after a workout, your body is telling you the intensity was too high. It's okay to scale back to gentle stretching or slow walking until your energy recovers.

Questions to Discuss with Your Practitioner

- How do I feel 24 hours after I exercise? (Am I energized or exhausted?)

- What are some easy ways I can add more "hidden movement" to my daily routine?
 - Is my current movement plan helping me build energy, or is it draining my battery?
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