



FIVE PILLARS of HEALTH



Movement

Exercise is essential to overall health. When you get moving, all of your organs get moving too. And exercise is pretty easy to come by if you get creative with it. Try fun runs, hiking, or joining a sports team. You can even count walking the dog, just aim for 30 minutes 5 times a week.

We know the importance of movement – we’ve been told for years that exercise is vital to good health. In fact, the new buzzword around health, well-being, and medicine is that being sedentary is almost as bad as being a smoker! When we are sedentary, when we don’t move, when we don’t get the blood flowing, the lymphatic system moving, we really are doing extensive harm to the body.

Now this doesn’t mean we all need to go out and get gym memberships and start lifting heavy weights and things like that – unless of course that’s something you enjoy. Rather, we’re simply suggesting that we should *move*. For example, get up from your desk every twenty to thirty minutes to take a stretch. Stand at your desk or move around the room whenever as often as you possibly can.

One of the other things that is absolutely critical and essential is just stretching your body. If you think about it, stretching is one of the simplest and easiest things to do. You can do it anywhere, it doesn’t cost any money, you don’t have to have a gym membership, you don’t have to fight traffic to get to the gym or fight to get on a treadmill. All you need to do is sit down on the floor or in a chair, wherever you’re at, and begin to do some light stretching.

Stretching is key in all aspects of keeping your muscles, bones, and joints loose and relaxed.

And it’s not just before and after strenuous exercise. Sitting in the same position on the couch for 4 hours straight will do your body no good. So do yourself a favor and stretch, even if it’s for 5 minutes in the morning and 5 minutes before bed.

