

## Patience + Perseverance + Practice = Pleasure in Life

Keeping our energy flowing assists the health in our physical bodies including the brain for clarity of thought. Here are a few ideas to release stress, shift back to center, and reinvigorate your physicality.

Movement matters, especially when we sit lengthy times at a computer, and keeps or enhances our flexibility, and prevents or releases certain types of physical pain. Physical pain diminishes energy.

Flexibility also allows free-flowing energy for experiencing greater physical health.

*Periodic* gentle stretching is easier, therefore more enjoyable, to fit into a busy schedule than saving up to do a one-time session which can easily get neglected.

Periodic gentle movement can help us notice our breathing, whether we are holding our breath or shallow breathing, restricting our brain energy.

### Movement Tips

- *Pedometer* is a fun free app for phones that tracks your every step. It makes it fun to work towards 10,000 steps a day which has been recommended.
- Outside your work, sit a *maximum of two hours* a day for living longer. (Recommended by Dr Oz)
- Physical activity is essential to a healthy lifestyle. The goal is at least 150 minutes per week. (“Health Lessons to Share,” Coventry Health Care)
  - Take a brisk walk.
  - Challenge friends to a game of one-on-one.
  - Sign up for dance classes.
- In motion at work: (from “Start Me Up” by Loren Chidoni, *Better Homes and Gardens* January 2012)
  - Stand a few minutes every hour. Brief stretches of standing can renew focus and spur creative thinking.
  - Stroll during meetings, phone conferences (can work on phone, too).
  - Break up office errands into several trips.

- Stand and stretch, allowing yourself to breathe deeply. Focus your attention on your breath, not on your thoughts. Keep bringing focus back to your breath.
- Sitting at a computer: Pause and roll shoulders up, then back (repeat).
- Stand up and shake down the body starting at the head all the way to the feet. (Think wet dog!)
- Close the door, put on some music and dance without judgment.
- Walk/stroll 10+ minutes (in nature is best), intentionally focused only on your feet, not on thoughts.
- Stand and stretch allowing deep breaths, practicing attention not on thoughts, only on your breath.
- Sitting at a computer: Pause and roll shoulders up, back (repeat).
- Set a repeating alarm for 30-45 minutes and stand, stretch, breathe and center. (Search online for “mindfulness alarm,” “mindfulness bell,” etc.)
- Rebounder (mini-trampoline): This is fun exercise in little time, with extensive health benefits.