

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.