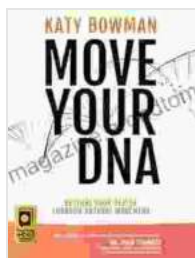


# Restore Your Health Through Natural Movement: Unlocking the Power of Movement for Optimal Well-being

Movement is an essential aspect of human existence, yet modern life often deprives us of the physical activity we need to thrive. As a result, we suffer from a myriad of health problems, including obesity, heart disease, diabetes, and mental health issues.

"Restore Your Health Through Natural Movement, 2nd Edition" is a comprehensive guide to the importance of movement and how to incorporate it into your life for optimal health. Written by Dr. Katy Bowman, a renowned expert in movement and biomechanics, this book provides a wealth of evidence-based information and practical advice.



## Move Your DNA: Restore Your Health Through Natural Movement, 2nd Edition (Importance of Movement Pack)

by Katy Bowman

★★★★☆ 4.7 out of 5

Language	: English
File size	: 8753 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 316 pages
Lending	: Enabled



## The Importance of Movement

Movement is essential for maintaining a healthy body and mind. It helps to:

- \* **Regulate hormones:** Movement helps to balance hormones, including cortisol, estrogen, and testosterone, which play vital roles in metabolism, mood, and reproduction.
- \* **Strengthen bones and muscles:** Weight-bearing exercise helps to maintain bone density and strength, while resistance training builds muscle mass.
- \* **Improve cardiovascular health:** Regular exercise helps to lower blood pressure, reduce cholesterol levels, and improve heart function.
- \* **Enhance brain function:** Movement stimulates the production of endorphins, which have mood-boosting and pain-relieving effects. It also improves blood flow to the brain, which supports cognitive function.
- \* **Reduce stress and anxiety:** Exercise is a great way to reduce stress and anxiety by releasing tension and promoting relaxation.

## The Benefits of Natural Movement

Natural movement refers to the type of movement that our bodies were designed to perform. It is characterized by:

- \* **Variety:** Natural movement involves a wide range of movements, including walking, running, jumping, squatting, and crawling.

- \* **Functionality:** Natural movements are those that we use in everyday life, such as picking up objects, reaching overhead, and bending down.

- \* **Accessibility:** Natural movement can be done anywhere, anytime, without the need for special equipment or gym memberships.

Compared to structured exercise programs, natural movement has several advantages:

\* **It is more enjoyable:** Natural movements are usually more fun and engaging than traditional exercises. \* **It is more sustainable:** Natural movement is easier to maintain over the long term because it is not as demanding or repetitive. \* **It is more beneficial:** Natural movement provides a more comprehensive workout for the body and mind, addressing multiple health benefits at once.

## **Incorporating Natural Movement into Your Life**

"Restore Your Health Through Natural Movement, 2nd Edition" provides detailed guidance on how to incorporate natural movement into your life, even if you are currently sedentary. Dr. Bowman recommends starting slowly and gradually increasing the amount and intensity of your movement over time.

Here are some tips for getting started:

\* **Walk more:** Aim for at least 30 minutes of walking most days of the week. Break up your walking into smaller chunks if necessary. \* **Do bodyweight exercises:** Bodyweight exercises, such as squats, push-ups, and lunges, are a great way to build strength and mobility. Start with a few repetitions of each exercise and gradually increase the number as you get stronger. \* **Try a movement class:** There are many movement classes available, such as yoga, Pilates, and dance. These classes can help you to learn new movement patterns and improve your flexibility. \* **Play with your children or pets:** Active play is a great way to get moving and have fun. Engage in activities such as tag, hide-and-seek, or fetch. \* **Explore your environment:** Take time to explore your surroundings on foot, by bike, or by kayak. Walking in different environments provides varied terrain and challenges.

"Restore Your Health Through Natural Movement, 2nd Edition" is an invaluable resource for anyone who wants to improve their health and well-being through movement. Dr. Bowman's evidence-based approach and practical advice make this book a must-read for anyone interested in optimizing their physical and mental health.

By incorporating natural movement into your life, you can reap the many benefits of this powerful and accessible form of exercise. So what are you waiting for? Start moving and restore your health today!

### About the Author

Dr. Katy Bowman is a renowned expert in movement and biomechanics. She is the author of several books, including "Move Your DNA" and "Whole Body Barefoot." Dr. Bowman is dedicated to helping people to understand the importance of movement and to incorporate it into their lives for optimal health.



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