



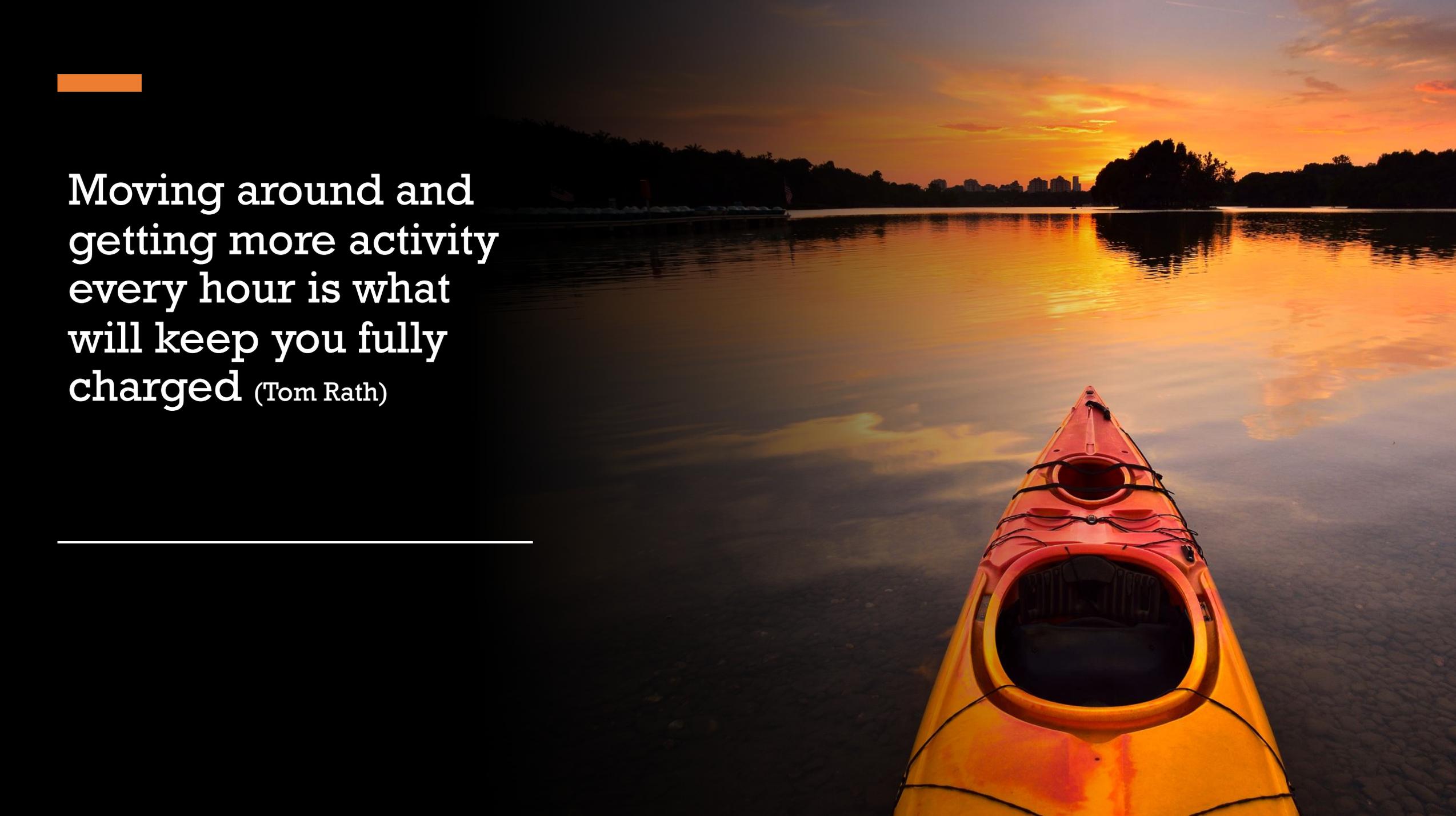
BEACON  
Chapter 7 Nurture

Lesson 3  
Movement

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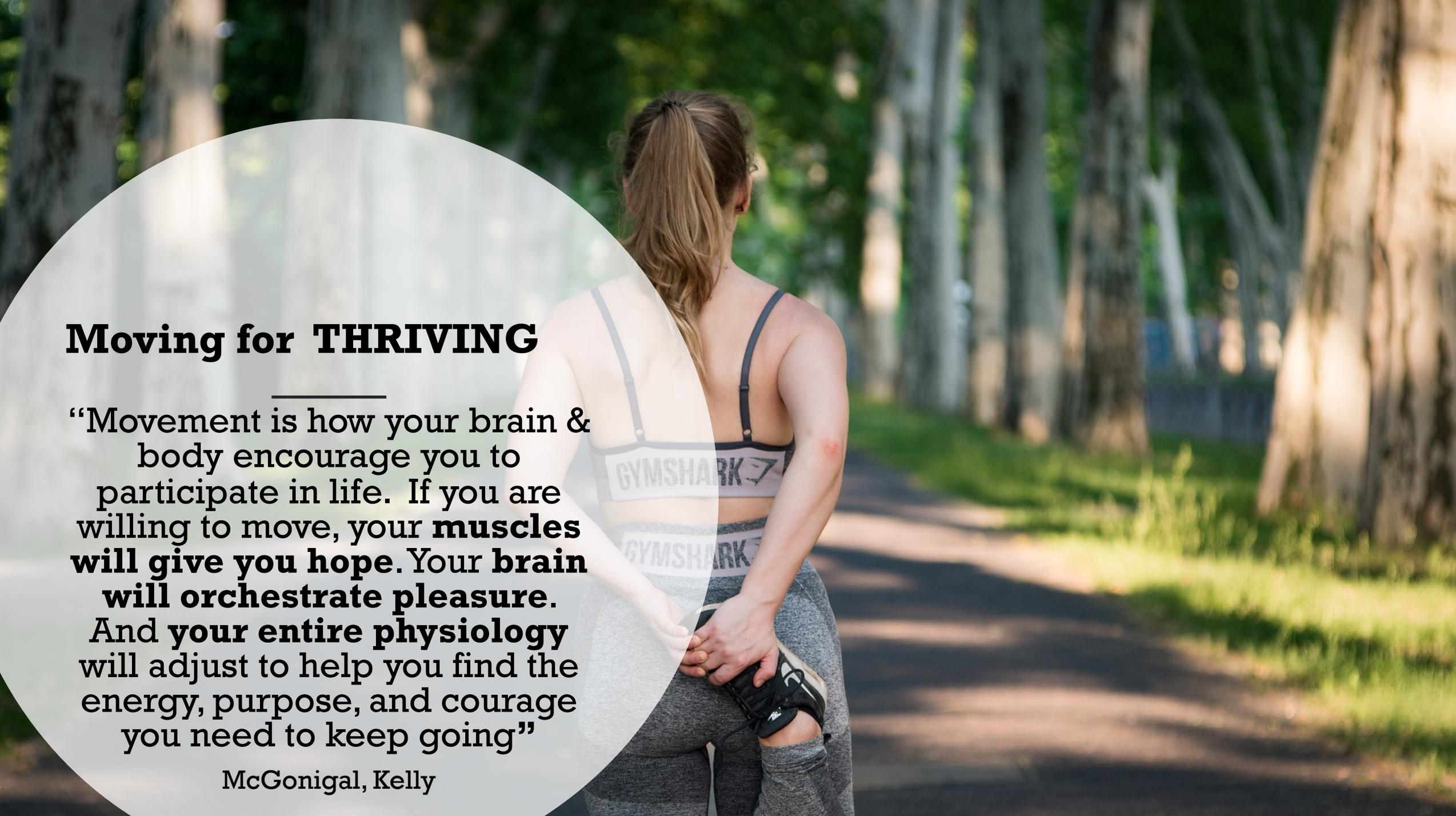
ThriveAbility





Moving around and  
getting more activity  
every hour is what  
will keep you fully  
charged (Tom Rath)

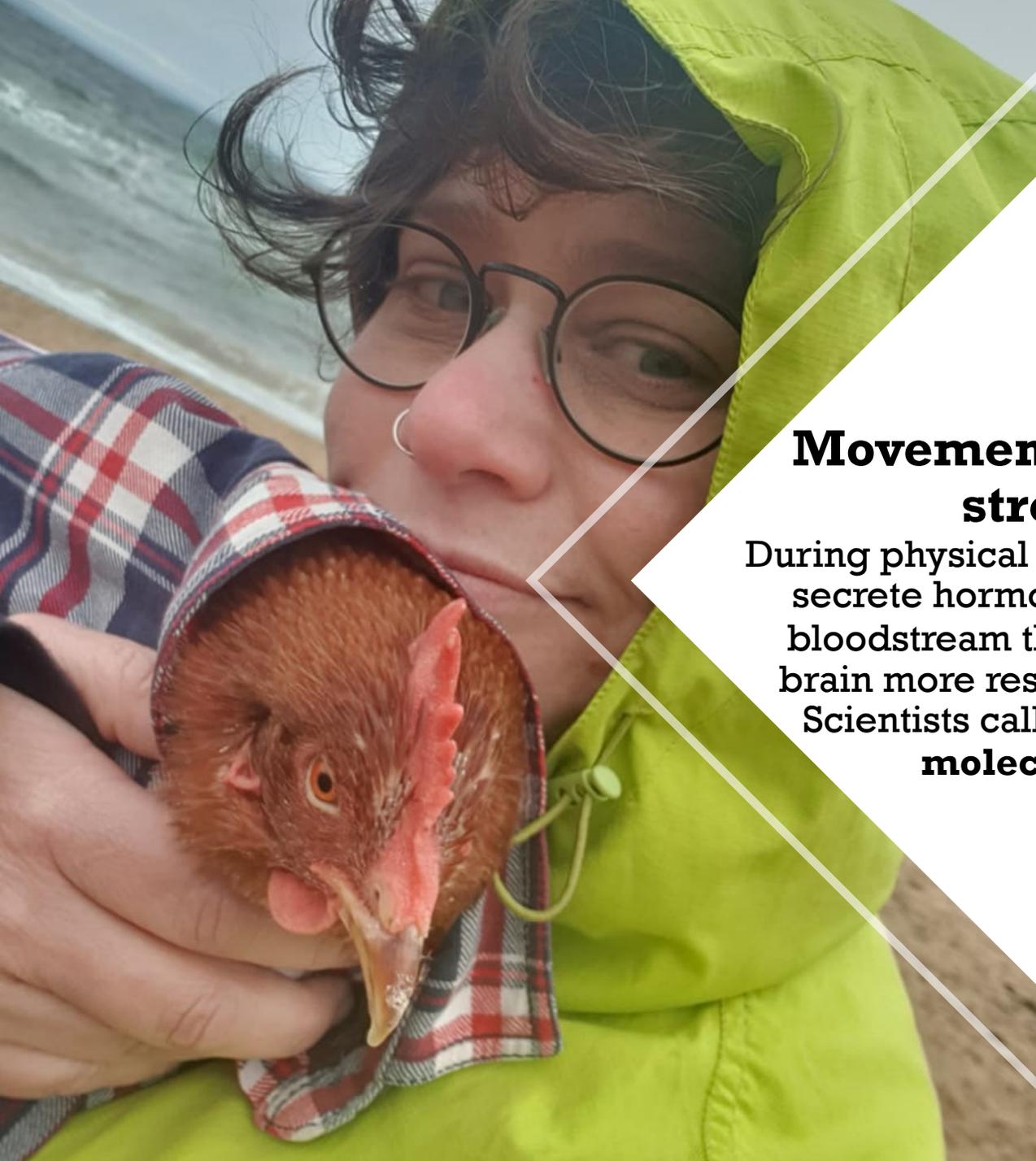
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## Moving for **THRIVING**

“Movement is how your brain & body encourage you to participate in life. If you are willing to move, your **muscles will give you hope**. Your **brain will orchestrate pleasure**. And **your entire physiology** will adjust to help you find the energy, purpose, and courage you need to keep going”

McGonigal, Kelly



## **Movement reduces stress**

During physical activity, muscles secrete hormones into your bloodstream that make your brain more resilient to stress. Scientists call them **“hope molecules.”**





**Connect through movement**  
The social connections you can form with others through movement can give you a sense of belonging, sometimes with others of very different ages and backgrounds.

- People who are physically active tend to be **happier and more satisfied**
- Exercise releases many brain chemicals, including those that give you energy & **protect against depression, anxiety, and loneliness.**
- Regular movement **can remodel your brain**, so you're more receptive to **joy and social connection**, experience a **stronger sense of purpose, gratitude, love, and hope.**
- Evidence from a wide array of studies suggests **our entire physiology is engineered to reward you for moving.**

# What's the research telling us?

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## Could exercise be a super drug?

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“Exercise is a wonder drug  
that hasn’t been bottled.”  
Exercise could be as  
effective as medication for  
**treating everything from  
depression to migraines.**

Rath, Tom. Eat Move Sleep





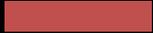
Kate - running for  
her life

“Running this morning  
was great! Such a positive  
experience. Here is a  
photo of Melbourne at  
6.20am. So stunning!! “



And she's still  
running....100 runs in  
100 days. ...

“So happy that I chose and  
continue with this challenge as  
everyday I get out and pound the  
pavements even if I'm dreading  
it, and I always feel better after  
the run. This physical challenge  
helps me with the psychological  
challenges I continue to face”



## How much is enough?

There is a simple answer for most of us: **a little more than you are exercising today.**

15 minutes of activity a day could add three years to your life

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**20 minutes of moderate activity** could significantly improve your mood for the next 12 hours. (Rath)

# Is sitting the new smoking?

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- Sitting may be the most underrated health threat of this generation. It subtly erodes people's health over time. **On a global level, inactivity now kills more people than cigarettes do.**
- People now spend more time sitting down (9.3 hours) than sleeping in a day.
- Diet & exercising is not enough to offset several hours of sitting
- Stretching & standing a couple of times every hour make a difference.
- Walking increases energy by 150%

(Rath, Tom)



A close-up photograph of a person's feet wearing grey and teal sneakers with white laces, standing on a light-colored wooden floor. The person is wearing dark grey jeans. The image is partially obscured by a semi-transparent grey overlay on the left side where the text is located.

## What kind should of movement matters for energy, mood and stress release?

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- Do something that gets the heart rate up and requires persistence or endurance, so you get to the point where some part of you wants to stop, and you choose not to stop.
- It needs to be ongoing rather than one-off exercise experiences.
- Calm and gentle synchronized movements, even if you're sitting down, have been found to increase pain tolerance and improve a sense of connection.

**BUT, start small – just get your shoes on!**



# Luke

Don't over do it...  
nourish not punish  
yourself through  
movement

The joys described above—  
from hope and meaning to  
belonging—are linked first and  
foremost to movement, not to  
fitness (Kelly McGonigal)

# Walking Pace

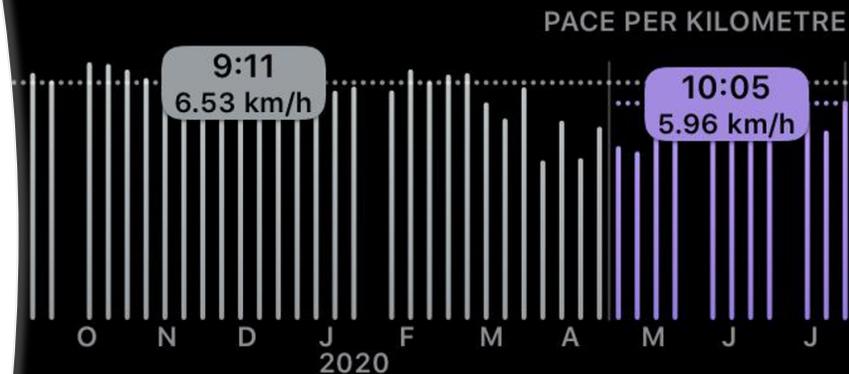
Measure to  
move more...

- One little secret of medicine and social sciences is how measurement itself creates improvement.
- Asking people to track a specific outcome makes it more likely to improve.

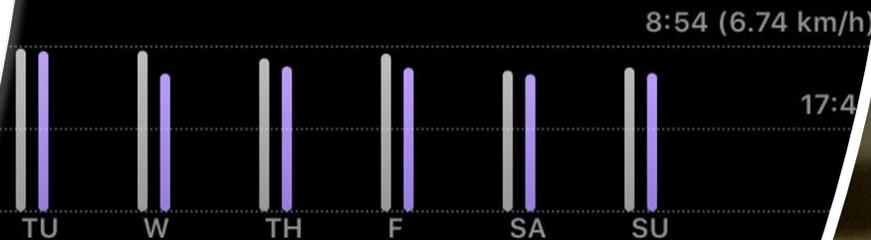
10:05/KM

Your arrow's down but your walking pace is still under 11:15 per kilometre. Well done, Melissa. Hold that pace in your workouts and eventually your arrow will flip back up.

2019 – 18 Jul 2020



Averages



Walking pace is the amount of time it takes you to walk a kilometre during a walking workout. As you get faster, your speed goes up and your pace goes down.



A man with dark hair, wearing a black puffer jacket, is smiling broadly while holding a small brown and black dachshund dog. The dog is wearing a teal harness. They are in a park-like setting with trees and a dirt path. In the background, another person is sitting at a picnic table. The left side of the image is darkened to accommodate text.

# Make it meaningful

People give up if they  
don't have a why

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**BUDDY UP** - Identify one person who will check in regularly and hold you accountable for staying active. This could be a friend, coach, or personal trainer. Buddy up and getting MOVING together.

**CREATE FUN OPPORTUNITIES TO MOVE EACH DAY** - Have a standing or walking meeting. Get up and move every time 20 Mins, dance, play fun movement games with the kids

**MOTIVATE YOURSELF WITH MEANING - WHY DOES THIS MATTER FOR ME?** - Pick one deeply personal motivation for moving more. Find a way to remind yourself every day with a photo, note, or quote.

**USE MOVEMENT TO INCREASE CREATIVITY** - When your brain is filled with new information to remember, or when you need a burst of creativity, go for a walk or get moving.

**START SMALL, BUT GET MOVING** - Try a new microactivity today, like taking the stairs or parking far away from the door. Identify one easy way to add activity around work, home or neighborhood: walking, running, biking, exercise machines, workout videos, yoga, or Pilates. Try the free app "7 minute workout"

Top tips for  
moving to  
stay fully  
charged (Tom Rath)



# Key points

## Lesson 2

### Movement

- **Movement reduces stress, depression** and helps us with numerous elements of thriving,
- **Find something your enjoy**, do it until you feel like you need to stop and do it consistently.
- **20 mins of moderate exercise** is enough **to improve your mood** for the next 12 hours.
- **Make it meaningful** by connecting it to your why
- **Buddy up** and exercise with others to increase connection
- **Measuring** your movement creates improvement
- It's about **movement, not fitness** – enjoy your movement & don't see it as a punishment
- **Start low and slow** but keep putting one foot in front of the other

Physical inactivity is the  
4<sup>th</sup> largest killer of  
people globally

Let's get moving, doing  
something you love –  
how about acro yoga?!

