

Let's Get Physical!

(no headband required)



EXERCISE IS FUN!

Remember when we were kids and played giant multi-block games of hide-and-seek? When we played outside until the streetlights came on and then returned home? How about “doubling” which was the term we used in childhood when I rode with another kid on my red bike with the long banana seat exploring the neighbourhood? Linking exercise with play is so much more fun than associating it with something else like “good health.”



STOP SPINNING YOUR WHEELS

When we repeat thought patterns, we create beliefs. Abraham-Hicks says, A belief is just a thought you keep having. So if you want to change something, start with your thoughts. But how do you do that when you keep spinning your wheels? You got it – move! It’s amazing how much more clearly we see ourselves when we focus on something else.



PRESENCE

I’ve spoken about this a few times already. The body only knows the present moment. If you want more **presence** in your life, movement is a great access point. Even taking a 20-minute walk can make a difference in helping you feel more grounded. When you’re grounded, you have more **space** to explore.



MOVE FROM PROBLEM TO SOLUTION

When we physically move, we are literally transitioning from passive to active. Action can propel us from problem to solution, or stagnation to inspiration. It feels good to move our bodies. That’s why it’s reinforced by endorphins. It’s the body’s way to encourage us to keep it up.



SOMATIC INTELLIGENCE

In **The Body is Your Brain**, Amanda Blake talks about the vagus nerve which runs from the colon to the brain stem. Science now shows what many intuitively knew already. Our gut reaction is real. Did you know that 80% to 90% of our vagal nerve fibres send messages to the brain, not the other way around? When your gut tells you something, listen to it. It’s informing your brain to pay attention.



YOGA

Had to plug my favourite form of exercise! One thing I’ve heard over the years in yoga is that we store our emotions in our hips. It’s one of the reasons our hips are tight. Of course, sitting for 8 hours a day doesn’t help either. When we release the hips, we release emotional tension.

