

FAST FACTS

Baseline movement

Incidental movement / walking

Humans have always moved. Whether hunting, building, roaming or gathering, movement has always underpinned life for humans. What movement does for human health is multi faceted.

Movement:

- encourages healthy circulation
- promotes a strong heart
- moves joints, keeping them agile and supple
- encourages muscle strength (not necessarily growth), therefore making bones stronger
- supports digestion
- helps mindset

Think of movement as helping all of the systems of your body to pump and keep things 'well oiled'. The world we currently live in does not set us up for regular movement. We might have a burst of exercise once a day at a gym or go for a walk and then be quite sedentary for the remainder of the day. Human bodies need regular movement to stay well and be optimal.

What does baseline movement look like in the modern world?

You don't need a target number of steps each day, rather a practice of 'pumping' your body frequently. Moving often. At least every hour, move for at least two minutes but longer if available to you as well as that bigger burst of movement daily (gym, run, yoga, Pilates, strength, dance)

**Build movement into your day where you can**

- Walk instead of drive
- Park further away from your destination
- Use stairs not lifts
- Carry bags instead of using a trolley
- Walk around the office or the block
- When on a call, walk around instead of sitting
- Have walking meetings

Move in different ways:

- Stand and stretch
- Walk to a window and do several deep breaths
- Go to a bathroom stall and do 5 squats
- Engage your core when you lift things (be active in your movement)

A note on 10,000 steps

You may have heard the rumour that the 10,000 steps target was created by a pedometer company's marketing team back in 1965. Yes, it's true! And it has started a long scientific debate over the exact number of steps needed for healthy outcomes. Our literature review concludes that whilst just 4,000 steps are shown to have a positive impact, hitting 10,000 on a regular basis is a sign that you are achieving the foundational habit of daily, baseline movement and will amplify the positive health outcomes.