



## **MOTION AS BOTH A REACTION AND A CHOICE**

“Human beings are among the minority of living creatures that are not moved, at least on some occasions, by natural external forces. For us, there is no drifting with the tide, gliding on currents of air, or hitching a free ride on another organism. Either we move ourselves, or we perish. Consequently, the means and methods by which we move are as close to indestructible as nature can make them. The turtle got a hard shell to be able to hunker down and endure; we were given sinewy muscles, sturdy bones, and pliable joints in order to grow, to walk, to run, to move – and thereby to endure. Bones, however, do only what muscles tell them to do; and muscles take their orders, via nerves, from the brain. This chain of command allows us to take the first step toward achieving that higher purpose that I mentioned a few paragraphs earlier. What makes us human is not merely the fact that we can only move under our own volition. It is not even the fact that our brains respond to what is going on around us. With human beings, more than instinct is involved. We evaluate, deliberate, and choose. Our reactions to external stimuli keep the body fueled and capable of motion. The more we move, the more we are capable of moving.

From the instant the human fetus first kicks or shifts its position in the womb, it is moving in reaction to its environment, and it will continue to do so for the rest of its life as long as the environment provides one key ingredient – stimulus. The brain must be externally stimulated if it is to move skeletal muscle. But today the fetus eventually emerges into a modern environment that demands of it less and less motion. This lack of stimulus is affecting all of us, young and old. Today, unlike our ancestors, we may choose not to move. In modern life, moving appears to be optional. Thus, what we do to work and play no longer fully engages our major musculoskeletal functions. The biomechanical paradigm is reversed: The less we move, the less we are capable of moving.”

from:

### **Pain Free, A Revolutionary Method For Stopping Chronic Pain**

*By Pete Egoscue*

## THE POWER OF WORDS

“Exercise has powerful capabilities to improve health but so do words. During a game of charades, have you ever mimed a senior, shuffling at a snail’s pace, stooped over, one hand on the low back and the other on an imaginary cane? As biological beings, our behavioral patterns are shaped by what we see - how our own parents move, how our peers move. Even how cultural norms are portrayed on TV can shape our reality. The question is, how do other people move, and how do preconceived notions of the way the “over sixties” move affect how we move once we ourselves, are older?

In a study created to measure the impact of positive or negative stereotype reinforcement, researchers found that walking speed and time spent in the balance phase of walking increased after only thirty minutes of intervention (Hausdorff, Levy, & Wei 1999). Did the researchers hand out a magical exercise or stretch? Nope. During a thirty-minute video game, subliminal terms were flashed on the screen: *senile, dependent, diseased* for one group and *wise, astute, accomplished* for the other. With absolutely no exercise intervention, the positively reinforced group was able to make gait and walking speed improvements more commonly found after weeks or even months of exercise training. So here’s the takeaway message for everyone: Words can be profound, so practice positive speak about yourself and those around you. And here’s the takeaway message for exercisers: The way you’re moving (or not) right now could be influenced by things other than your physiology.”

from:

### Dynamic Aging

*By Katy Bowman*

Julie Pascoe is the owner of Fit Future. With over a decade of working in the fitness and exercise arena she has refined her skills and focus toward working with those who want to become more dynamic movers but feel like they are starting from a place of little balance and strength. She is a “Nutritious Movement™” certified Restorative Exercise Specialist, a Level One Certified Meeks Method Osteoporosis Exercise Specialist, an American Council on Exercise Certified Personal Trainer, and is certified to administer the Functional Movement Screen. In addition she has a Bachelor’s Degree in Physical Education and a Master’s Degree in Educational Psychology. She opened Fit Future to provide a safe place for people who do not fit the typical gym and exercise paradigm and has never looked back.