



MOVEMENT TOOLKIT

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FRAMEWORK: *MOVEMENT PYRAMID*



Move Fast

Move Strong.

Move Slow Frequently.



FOUNDATION: *THE 7 HUMAN MOVEMENT PATTERNS*



Movement Patterns:

Humans have 7 main movement patterns that are important to incorporate into your daily/weekly life to unlock your body and move pain free:

- Squat*
- Lunge*
- Push* (Like a push-up)
- Pull* (Like a row or pull-up)
- Hinge* (Like bending over to pick something up)
- Gait* (Walking)
- Rotation* (Twist & rotating body/spine)

Incorporating some form of each movement pattern into your day (exercise or non-exercise) will help your mind & body stay young and healthy.



PRACTICE: *MOVEMENT SNACKS*



Movement Snacks

Movement snacks are breaks you take to get some nourishing movement in. This is a great method if you don't have the time in your busy schedule to fit an hour workout in.

Every 1.5-2hrs, set a timer for 5-10min and do some stretches, push-ups, squats, &/or lunges to add more movement into your day, relieve tension, improve blood and energy flow, and enhance your focus & cognition.