

Movement Snacks



see&dr

Movement Snacks – how to get "360 degrees strong" while maintaining a full and busy life!

When it comes to movement, people often take on an all or nothing approach. You might align with one of these two personalities. Maybe you have found your movement practice, but you don't push yourself out of that box much— you like to stick to your comfort zone, and do what you love as much as possible!

On the other hand, some people never find a form of movement that works for them. You hesitate to dive into anything because you feel like you have to put in an hour a day, or a ton of gym time, to ever feel strong.

Movement Snacks in their most basic form are little bite sized practices you can do for 5-10 minutes each day. This can range from rolling, to mobility, to simply getting up and down off the ground. The reason I cherish this idea so much is because Movement Snacks are beneficial for the lifelong athlete, or the everyday person who just wants to feel better. EveryBODY should feel pain free and at ease in their movements.

I think it's important for everyone to liberate themselves from whatever limiting beliefs you may have around movement. Maybe you think you're too busy, you want to spend more time with your loved ones, or you just don't want to step away from the form of training you adore. Or that you're too old or injured to start moving again. You're not.

Movement Snacks are all about diversifying your movement, and identifying the parts of your body that might not get as much attention. If you made a sculpture of your body at the end of the day based on your movement, what would it look like?



How to get "360 degrees Strong"!

I have a big philosophy on being "360 degree strong" in your life. This doesn't mean you have to be a superhuman, but that you have access to your fitness 24/7.

If you aren't a generalist in your movement, your body isn't prepared to take on new physical challenges in your daily life. For example maybe you're amazing at lifting weights, but the moment you have to stretch your body in a foreign way your nervous system goes "oh no, it's not safe to do that, we can't do this." Your body tries to protect you from entering these uncharted territories, because it's not prepared or accustomed to moving in this way. This can create a world of limitation for even the most natural athlete, and limitations are the thief of freedom in our life.

Everyone deserves to feel capable and strong, especially in midlife. Movement Snacks engage these new variations of movement in an accessible way. It's ten minutes a day that helps your body become 360 degrees strong.

Loaded Breathing



How to get 360 degrees Strong!

Movement Snacks don't have to be complicated or long to get your body feeling better, letting go of tension and setting yourself up to move more.

Egg Rolls



Rocking





How to get 360 degrees Strong!

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Shinbox hip mobility



Rollback, Shinbox & Twist!



Crawling



Under/ over to crab & reach



To sum it up

It feels good and we are happier and feel more confident and positive when we are able to move in more ways than we used to.

To have more range of motion outside of your normal usage with ease, and doing things at funny odd non-optimal angles, you'll start transferring skills from what happens in your Movement Snacks to what happens in daily life.

To be able to lift a big bag of dog food out of the back seat of a car where everything's in the wrong place and awkward, to be able to balance better when riding your bike, or to not have a stiff back and hips before and after running.

The Top Ten Benefits of Movement Snacks!

(of course there's more)

1. You do them! This creates a movement habit and consistency that leads to lasting results.
2. Rebalances your body and decreases the risk of injury.
3. Create a solid foundation to enjoy other activities and sports
4. Increases mobility - the gateway to all movements.
5. Helps release unconscious tension that you didn't know you were carrying.
6. Your brain and body thrive on a little bit of variety.
7. Increases neuroplasticity and positive ageing with co-ordination challenges
8. You'll always have options for active recovery as well as a workout.
9. You can do them anywhere.
10. They energise you and won't leave you exhausted, and you'll enjoy your day and life more.



My invitation to you

I'd like to invite you to book a free discovery call with me.

We look at where you're at.
What you are struggling with.
What you can implement.
And create a plan!

If it's a good fit I'll share with you the contents of my 12 week signature **RESET your Physical Strength & Confidence** course and the **M.A.P.S. system** that I use. This is not the course for everyone as not everyone is ready for true and lasting change.

BOOK YOUR CALL NOW!

I'm excited to connect!

