

# Foundations of Movement and Physical Activity

## **Movement Works Like Medicine**

Movement is one of the most reliable ways to support long-term health. It improves mood, energy, mobility, strength, and emotional well-being. You do not need huge goals or the perfect workout. You need your consistent dose, a routine that meets you where you're at, and the structure and progression to move forward.

**What Healthy Movement Looks Like;** Movement includes everything from structured exercise to the smaller choices you make throughout the day.

- 1 Daily Physical Activity:** Walking, chores, stairs, stretching, and small movement breaks all count. These moments keep your energy steady and support mobility.
- 2 Intentional Exercise:** Strength training, cardiovascular training, yoga, flexibility work, sports, or classes. These build your physical capacity and protect your long-term health.
- 3 Training Variability:** Changing intensity, environment, or activities keeps your body adapting and reduces the risk of plateaus or overuse.
- 4 A Flexible Routine:** Life changes week by week. A strong movement foundation means you can swap a gym session for a walk, a home workout, or a short routine when needed. The pattern stays intact even when the format changes.



## PUBLIC WELLNESS PROJECT

**Some routines/habits that serve as tools for success with movement and physical activity:**

- . Scheduled workouts (e.g., on calendar or app)
- . Walking as transportation (e.g., to the store, around the block)
- . Fitness classes or group activities (e.g., yoga, run clubs, spin class)
- . Following a workout plan or routine
- . Using a fitness tracker (e.g., Fitbit, Apple Watch)
- . Short movement breaks during the day (e.g., stretch breaks)
- . Choosing enjoyable activities (e.g., dancing, gardening, tai chi)
- . Flexible routines based on energy levels
- . Cardio or endurance activities
- . Strength training 2x per week or more



### **The Bottom Line**

Consistent movement builds more progress than any single workout. When you preserve the routine, even in busy weeks, your health steadily improves.