



COMBO GUIDE

MOVEMENT IS MEDICINE



Movement Changes Your Brain Chemistry

Let's get one thing straight: movement is not a punishment! Think of it as your daily dose of happiness. Just like you wouldn't skip life-saving medication, don't skip movement—it's essential for your brain and body.

Movement boosts endorphins, dopamine, and serotonin, enhancing mood and motivation. It also supports neuroplasticity, helping your brain adapt and grow. So when you say you're "feeling better," it's real! Your brain is rewiring itself to be more resilient.

Movement Reduces Stress

Physical activity is like your body's chill pill! It lowers cortisol, the stress hormone, and kicks your parasympathetic nervous system into gear—think “rest and digest.” Plus, repetitive movements like walking can soothe your amygdala, the worrywart of your brain. It's basically hitting a biological reset button!



Movement Improves Sleep

Movement is your secret weapon for better sleep! It helps regulate your circadian rhythm, making sure your body knows when it's time to wind down. Plus, it increases sleep pressure—the urge to snooze. With less anxiety, you'll fall asleep faster and stay asleep longer. Sweet dreams await!



Movement strengthens your heart

Exercise is like a workout for your heart! It boosts cardiac output, meaning your heart pumps more efficiently and lowers blood pressure. Plus, it strengthens your blood vessels, improving circulation. So, your heart can chill a bit and doesn't have to work as hard to keep you going!



MOVEMENT KEEPS JOINTS HAPPY

Movement keeps your joints happy by promoting flexibility and reducing stiffness.

Regular activity enhances lubrication in the joints, strengthens surrounding muscles, and supports proper alignment. This leads to better functionality and decreased risk of injury, ensuring your body stays agile and healthy.



MOVEMENT BOOSTS YOUR IMMUNE SYSTEM!

Moderate movement is like giving your immune system a pep talk! It boosts circulation of immune cells, including white blood cells, helping your body detect and tackle illness more efficiently. Plus, it reduces chronic inflammation. So, your internal defense system becomes more responsive and ready to fight off invaders!



MOVEMENT IMPROVES YOUR MENTAL HEALTH

Movement is a mental health superhero! It lowers stress hormones and boosts mood-enhancing neurotransmitters, giving you that happy vibe. Plus, it provides a sense of control and achievement while interrupting those pesky negative thought cycles. It's the perfect blend of chemistry, psychology, and good old momentum!



MOVEMENT INCREASES ENERGY!!

Exercise is like charging your battery! It improves mitochondrial function—those tiny energy factories in your cells—enhances oxygen delivery, and builds overall endurance. So, by using energy through movement, you actually create more energy. It's a win-win for your body and your vitality!



MOVEMENT SHARPENS FOCUS & PRODUCTIVITY

Movement is a brain boost! It increases blood flow to your brain, delivering more oxygen and nutrients to keep things sharp. Plus, it ramps up brain-derived neurotrophic factor (BDNF), which is key for learning and memory. So, your brain literally works better after you move—time to get moving!



MOVEMENT CONNECTS YOU TO YOUR MIND & BODY

Movement improves body awareness and coordination while regulating the nervous system. Engaging in physical activity builds confidence through consistent achievements, leading to a greater sense of control over your movements and a more empowered connection between mind and body.

