

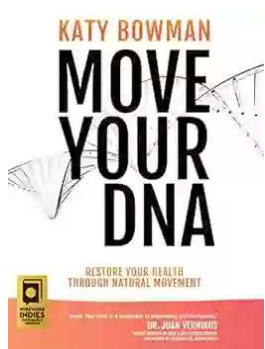
Restore Your Health Through Natural Movement 2nd Edition - Importance Of Movement

Are you tired of spending hours at the gym, doing repetitive exercises that don't seem to make a difference in your overall health? Do you want to find a more natural and enjoyable way to restore your health? Look no further! The second edition of "Restore Your Health Through Natural Movement" is here to revolutionize the way you approach fitness and wellbeing.

The Importance of Movement

Movement is an essential aspect of our lives. From the moment we are born, our bodies are designed to move, explore, and adapt to our environment. However, with the rise of sedentary lifestyles and technology-driven times, we have become disconnected from our natural movement patterns.

The second edition of "Restore Your Health Through Natural Movement" emphasizes the importance of movement in our daily lives. It delves into the detrimental effects of a sedentary lifestyle, such as chronic pain, decreased mobility, and increased risk of diseases.



Move Your DNA: Restore Your Health Through Natural Movement, 2nd Edition (Importance of Movement Pack) by Katy Bowman(Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 8753 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 316 pages
Lending	: Enabled



Through engaging and inspiring stories, the book sheds light on how incorporating natural movements can transform your health and overall well-being.

The Power of Natural Movement

Natural movement refers to the fundamental patterns of human locomotion, such as walking, running, jumping, crawling, and climbing. These movements are deeply ingrained in our DNA and have been crucial for our survival throughout evolution.

The second edition explores the power of natural movement and how it can unlock your body's full potential. By incorporating these movements into your everyday life, you can improve strength, flexibility, balance, coordination, and overall vitality.

Unlike traditional fitness programs that focus on isolated exercises, natural movement encompasses a wide range of activities that engage your entire body. It encourages you to explore your environment, connect with nature, and rediscover the joy of moving in ways that feel intuitive and fulfilling.

Benefits of Restore Your Health Through Natural Movement

The second edition of "Restore Your Health Through Natural Movement" offers a comprehensive approach to reclaiming your health through holistic movement

practices. Here are some key benefits you can expect from incorporating these principles into your life:

1. Improved Physical Fitness

By engaging in natural movements, you will develop functional strength, endurance, and mobility. Say goodbye to boring gym routines, and hello to a dynamic and fulfilling way of staying fit!

2. Enhanced Mental Well-being

Movement is not only essential for our physical health but also for our mental well-being. Studies have shown that regular exercise and natural movement can reduce stress, improve cognitive function, and boost mood.

3. Increased Energy Levels

Are you constantly feeling tired and drained? Natural movement can help you regain your energy levels by stimulating blood flow, improving sleep quality, and releasing endorphins.

4. Greater Body Awareness

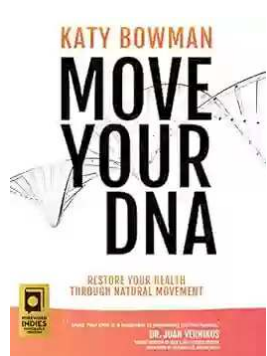
Through natural movement, you will develop a stronger connection with your body and gain a deeper understanding of its capabilities. This increased body awareness can help prevent injuries and optimize your movement patterns.

5. Long-term Sustainable Results

The principles presented in the second edition are not about quick fixes or temporary solutions. Instead, they promote lifelong habits that will support your health and well-being in the long run.

If you are ready to break free from the monotony of traditional fitness programs and discover a more meaningful and transformative approach to improve your health, "Restore Your Health Through Natural Movement" is the book you need.

Embrace the power of natural movement and witness the incredible changes it can bring to your physical, mental, and emotional well-being. It's time to reconnect with your body and restore your health through the joy of movement!



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Bestselling Move Your DNA has shaken up the health and fitness world with this message: there is more to movement than exercise.

“A landmark in explaining biomechanics.” Dr. Joan Vernikos, Former Director of NASA’s life science division and author of Sitting Kills, Moving Heals.

It’s often said that “movement is medicine,” but rarely is the “how” behind the power of movement explained. It’s not only our whole body that’s moving; our

cells are being moved as our limbs push and pull to locomote us around, and each movement moves our cells uniquely.

Some of the “big ideas” in this paradigm-shifting book include:

- The human body evolved to a tremendous amount of certain movements—like walking, squatting, hanging, and carrying—loads our bodies still require to work well, even though they’re mostly gone from our “convenience-centric” culture.
- Many of the ailments we face today relate to how little we move and how stiff our bodies are when we do move. Body issues are often more accurately symptoms of “movement malnutrition.”
- Why a physical therapist or personal trainer is coaching you in alignment or “good form”: we’re adapting most to our daily positioning!
- It’s not only “move more,” it’s “move more of your body parts!” (All bodies, couch potatoes to high-level athletes have areas that can be nourished with better movement.)
- We’re using exercise like “movement vitamins” instead of addressing the deeper issue of a poor movement diet. We should be using both!

Move Your DNA also contains:

- 40+ corrective exercises to help you find your “sticky spots”—areas of your body that just aren’t moving (even when the rest of you moves a lot)
- alignment checks and a guide to increasing your walking movements
- simple lifestyle changes to get you moving more (without always needing to add exercise!).

Keen laypeople, yoga and Pilates teachers, fitness enthusiasts, personal trainers, physical therapists, and athletes can all use this humorous, passionate, and science-based guide to finally getting the movement every body requires.



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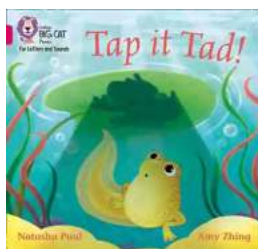
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