

Move guide

Pillar of our health

In a world where a lot of us have office jobs and drive cars, we move less and less. But our bodies need movement to function properly. We used to walk thousands of steps a day and work with our bodies most of the day.

Movement is one of our health pillars; as a pillar, we need to include it in our holistic approach to gain or regain a healthy cycle.

When we move (not too intensely), our cortisol levels drop, our muscles and bones are maintained, our brain is oxygenated, helping us think more clearly or process information better. Endorphins are secreted, fostering calm behaviors.

When we exercise regularly, we make better choices for our lives: we eat healthier, and we sleep more. It fosters a good level of energy and favors an alleviated mood.

Hence, we recover faster, thanks to an enhanced immunity system, we have better mental health, and we build resilience. In simple words, we build a stronger body and mind.

Exercise is essential, and having it as a non-negotiable has changed my life tremendously. It is an act of self-worth that is building confidence in you and the ability of your body to grow and expand.



What lack of exercise do to you

“When you have an inactive lifestyle:

- You burn fewer calories. This makes you more likely to gain weight
- You may lose muscle strength and endurance, because you are not using your muscles as much
- Your bones may get weaker and lose some mineral content
- Your metabolism may be affected, and your body may have more trouble breaking down fats and sugars
- Your immune system may not work as well
- You may have poorer blood circulation
- Your body may have more inflammation
- You may develop a hormonal imbalance”

“Having an inactive lifestyle can increase your risk of developing chronic (long-term) diseases. This is sometimes referred to as "sitting disease". By not getting regular exercise, you raise your risk of:

- Obesity
- Heart diseases, including coronary artery disease and heart attack
- High blood pressure
- High cholesterol
- Stroke
- Metabolic syndrome
- Type 2 diabetes
- Certain cancers, including colon, breast, and uterine cancers
- Osteoporosis and falls
- Increased feelings of depression and anxiety

Having a sedentary lifestyle can also raise your risk of premature death. And the more sedentary you are, the higher your health risks are.” (1)

You get it, being inactive brings a whole lot of conditions if we are not careful.

Tricks & Tips to integrate movement

Define

Define what type of exercise you are going to do, for how long, and how many times during the week.

Tips: If you are starting out on the exercise path, I suggest starting small but regularly. Something that is easy to do that you can repeat, and that you enjoy.

At first, you may be able to only schedule 15 minutes. It is fine, as you need to start somewhere; the sessions will become longer by themselves over time.

Don't go too hard in the beginning; you may be so sore that you don't want to exercise ever again, or worse, you may get injured.

Schedule

Lock in your calendar the workout, the walk, the yoga session, the swim, whatever you are planning to do, and actually do it every time your calendar says you should do it.

Plan it ahead on a weekly basis or even monthly. It can help to always be on the same day and time; it creates recurrence and routine.

Routine is very good for us. To function at its best, our brain needs to predict what is going on during the day and activate functions as we move through it. Having a routine helps optimize the pathways.

Remove frictions

I like to set myself up for success by removing friction for my workouts.

Upon waking, I do movement for 10-15 min every morning. I don't require any equipment. Just me in my pyjamas moving around (I do Chinese gym).

The gym I go to for my resistance training is a 5-minute walk from my place. I go there already in my sweat pants, and when my workout is done, I go straight home and shower. I don't worry about having my stuff to shower there. And all the things that may take me more time and add friction to my workout.

I run 2-3 times a week. Similarly to the gym, I leave, and I come back to my house running. I don't go very far to run in a special place and come back, adding more friction by lengthening the time I dedicate to it.

I also walk, 20 minutes to an hour per day. To do so, I walk during my breaks. I no longer get a coffee with my colleagues; instead, I go out walking. I also walk places (I live in a city), instead of taking the subway.

I do spend more and more time exercising because I love it more and more. I enjoy how I feel during and after moving, how energized and clear-minded I am.

Other things you can do are:

- Preparing your clothes the night before
- Don't have too many things to do before and after your exercise session, so you don't feel overwhelmed
- Prepare in advance what you are going to eat before and after to make sure you don't run out of fuel, or you don't overeat before your workout
- Lock a specific time, always the same, to create consistency, and your other activities rearrange around it

Incremental progress (time, pace, weight)

When you feel comfortable in your practice, you can increase time, pace, or weight. It is different for everyone. But what I want to emphasise here is that once you've started this practice and have it anchored in your life, you will probably want to go to the next level.

It is time to explore and have fun with it while watching your health and energy elevate steadily.

My journey to create a bodywork practice

In 2022, after my second pregnancy, I decided to exercise again more intentionally. For those of you who know how it feels, it is not easy to go back to exercise after such body changes.

So, I started small: 5 minutes run 3 times a week, the rest of the time I was walking. I increased the run length by 5 minutes whenever I felt comfortable moving to the next level. It wasn't linear, and I had setbacks. We are now in 2026, and I have a diverse exercise practice that suits me and makes me happy daily.

Whenever I want to start a new practice, I start small: 5-10 minutes daily or 2x per week, 3 x per week, and I commit to it.

Sometimes, I fall out of my schedule and stop doing it for a week or a month for whatever good reason I have at the time. But I keep going back to it to build my baseline. And so can you, after several years, you will look back and realize that your new baseline is exercising every day; that is your new identity.

References:

- (1) <https://medlineplus.gov/healthrisksofaninactivelifestyle.html>
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- (3) https://journals.viamedica.pl/nowotwory_journal_of_oncology/article/view/NJO.a2021.0067/64638
- (4) [Immune System and Disorders | Autoimmune Disease | MedlinePlus](#)
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- (7) <https://medlineplus.gov/diabetestype2.html>
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- (9) You can have a better period, Le'Nise Brothers, 2022,
- (10) Fix your period, Nicole Jardim, 2020
- (11) Seeing red, Kristen Karchmer, 2019

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