

Movement refers to low-impact activities. These types of movement lower stress hormones which help to prevent your body from being in “fat-storing” mode. They help promote daily activity, even if it’s not in an intense and physically challenging manner. And, bonus!!! These actions aid digestion, keep your heart healthy, balance hormones, and help to increase oxygen consumption!

Examples are

Introductory-level dancing-this includes dancing at home in your living room!

Yoga flow

Slow-paced hiking

Leisure walking

Slowly swimming laps

Riding (not racing) a bike

Walking in the pool

Light water-aerobics

Mobility drills

Exercise is specific forms of movement that leave you breathless with a burning sensation in your muscles. The most beneficial forms of exercise spark your metabolism and cause physique changes.

Examples are the following:

Lifting weights

Sprinting

Riding bike fast or up hills/Spinning

Bodyweight workouts

Resistance Band Workouts

Some forms of rock climbing

High intensity interval training (HIIT)

Crossfit

Hard-core hiking

Power yoga classes

Barre class

Rowing

