

# I AM ME

HEALTH & WELLNESS CENTRE

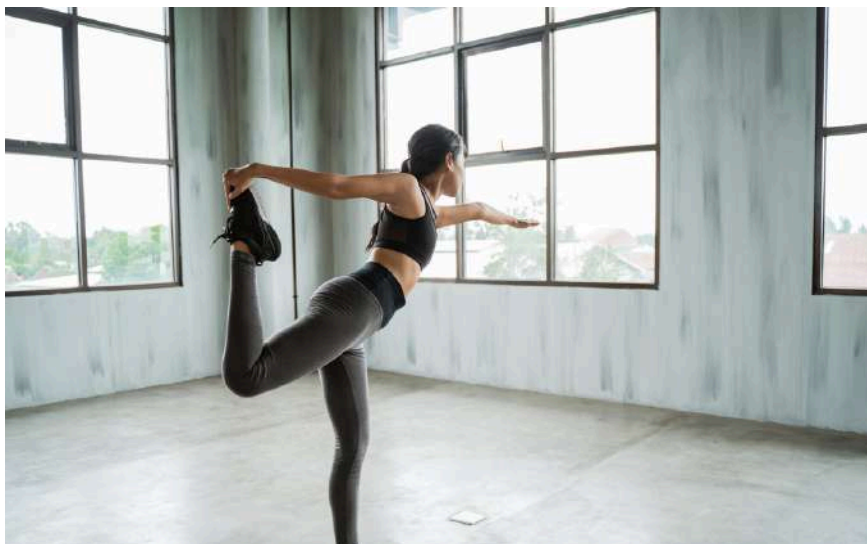
Finding Meaning, Creating Purpose



## MOVEMENT EVERY DAY

In today's world, many of us find ourselves sitting for long hours, whether it's working at a desk, staring at a computer screen, or commuting in our cars. It's a natural part of modern life, with so many jobs and daily tasks tied to technology and convenience. But, all that sitting and lack of movement can seriously impact our health. Studies have shown that staying inactive for too long can lead to a range of chronic health issues, reminding us just how important it is to find ways to keep moving.

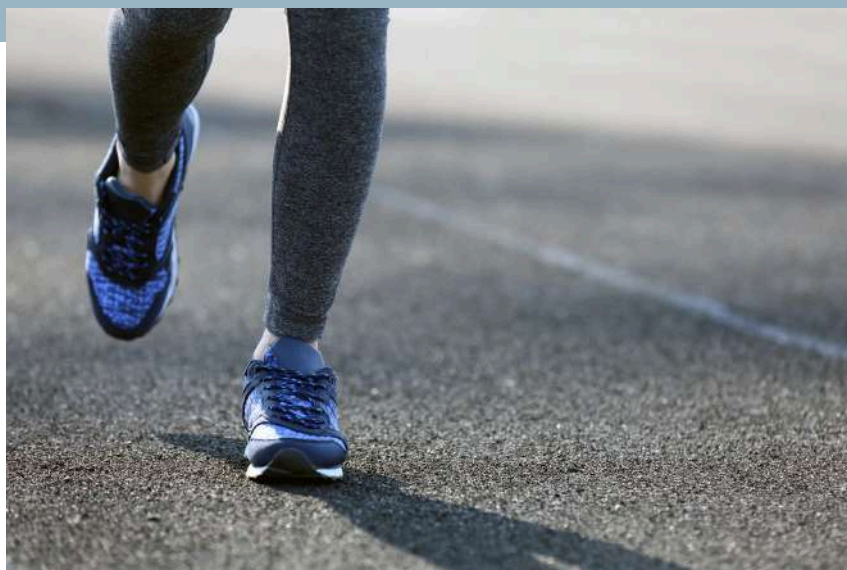
Long periods of sitting can really affect your body and well-being. When you sit too much, your posture can suffer, causing muscle imbalances, tightness, and that familiar back, neck, and shoulder discomfort. Over time, these aches can build into chronic pain or even lead to spinal issues like disc compression. And it's not just the muscles—sitting weakens key areas like your core, hips, and legs, which help support good posture and spinal health. It also impacts circulation, raising inflammation and increasing blood pressure and cholesterol, ultimately elevating heart health risks.



Finding time to incorporate movement can often feel like an uphill battle in the hustle and bustle of daily life. However, small adjustments can seamlessly weave physical activity into your routine even amidst a busy schedule. The key lies in recognising that movement doesn't always require a significant time investment; rather, it can be integrated into various aspects of everyday life.

Living a sedentary lifestyle, with long stretches of inactivity, can take a toll on both physical and mental health. One of the biggest concerns is how it affects heart health. Regular movement helps keep blood flowing smoothly and supports heart function, but without it, the risks of heart disease go up, making problems like high blood pressure and elevated cholesterol more likely.

The effects of inactivity extend beyond just your energy levels—it significantly impacts your muscles, bones, and overall health. When we aren't active, muscles gradually weaken and lose mass, leading to reduced strength and mobility. Additionally, bone density decreases over time, heightening the risk of osteoporosis and fractures, especially as we age. Inactivity also disrupts metabolic function, contributing to weight gain and increasing the likelihood of obesity. Excess weight adds further strain on the body and raises the risk of developing type 2 diabetes, as the body becomes less efficient at regulating blood sugar levels, making it harder to maintain balanced health.



Mental health is a concern too. A sedentary lifestyle is often connected to higher levels of anxiety and depression. On the other hand, staying active can significantly lift your mood and improve cognitive function. Without regular movement, it's easy to feel sluggish, drained of energy, and less motivated.

Finally, a sedentary lifestyle can impact sleep quality. Research indicates that individuals who engage in little to no physical activity may experience more sleep disturbances, leading to fatigue and reduced overall health.



**HOW CAN I BE MORE ACTIVE?**



**Consider your morning routine. Instead of lingering on the couch or scrolling through your phone, try a few simple stretches while your coffee brews. Engaging your muscles early in the day can enhance your mood and energy levels, setting a positive tone for what lies ahead. As you go about your day, look for opportunities to move. When running errands, opt for the farthest parking spot or take the stairs instead of the elevator. These seemingly minor choices can accumulate over time, contributing to a more active lifestyle without demanding extensive time commitments.**

**In the workplace, finding ways to add a little movement into your day can make a big difference. Try standing up during phone calls or taking quick walking breaks whenever you can. Even just five minutes of stretching or a short walk can help clear your mind and boost productivity. Many workplaces are catching on to this too, offering standing desks or encouraging walking meetings. You can also fit movement into your routine with active breaks. Take a moment to stretch or walk around the office during your workday. Just a few minutes of movement can get your blood flowing and help you refocus.**

**When it comes to leisure time, think about engaging in activities that naturally involve movement. If you're at home, whether watching TV or working, consider standing or doing light exercises during commercials or between tasks. Simple tasks like gardening, cleaning, or playing with pets can keep you moving. Incorporating short bursts of activity, such as a few minutes of dancing or bodyweight exercises during your favourite show, can contribute significantly to your overall daily movement.**

**Instead of choosing sedentary leisure activities like movie nights, consider inviting friends for a group walk or exploring a local dance class together. Embracing activities that promote movement and social interaction can help you stay active while making it a fun experience. Opting for walks, hikes, or dance classes rather than traditional seated activities allows you to find joy in movement. Establishing a consistent routine with set times for physical activity, such as yoga classes, gym workouts, or home exercises, can further reinforce regular movement as a key part of your lifestyle. Consistency in these choices supports a healthier, more active life.**

**Finally, enlist support from friends or family to stay motivated. Participating in group activities, such as walking clubs or fitness classes, can enhance accountability and make movement more enjoyable. By making simple changes, you can easily add more movement into your daily routine and boost your health and well-being. Focusing on small, manageable steps allows you to embrace a more active lifestyle without feeling overwhelmed.**

## HABIT TRACKER

A habit tracker is a helpful tool to monitor and record your daily habits or activities. Whether it's a simple notebook, a smartphone app, or a digital spreadsheet, the goal is to visually track progress, making it easier to identify patterns, stay accountable, and build better habits. When it comes to physical activity, using a habit tracker can be a game-changer. It allows you to set clear, specific goals for movement, such as walking, stretching, or exercising and creates a structured plan to follow. This approach keeps you focused, motivated, and on track with your fitness journey.



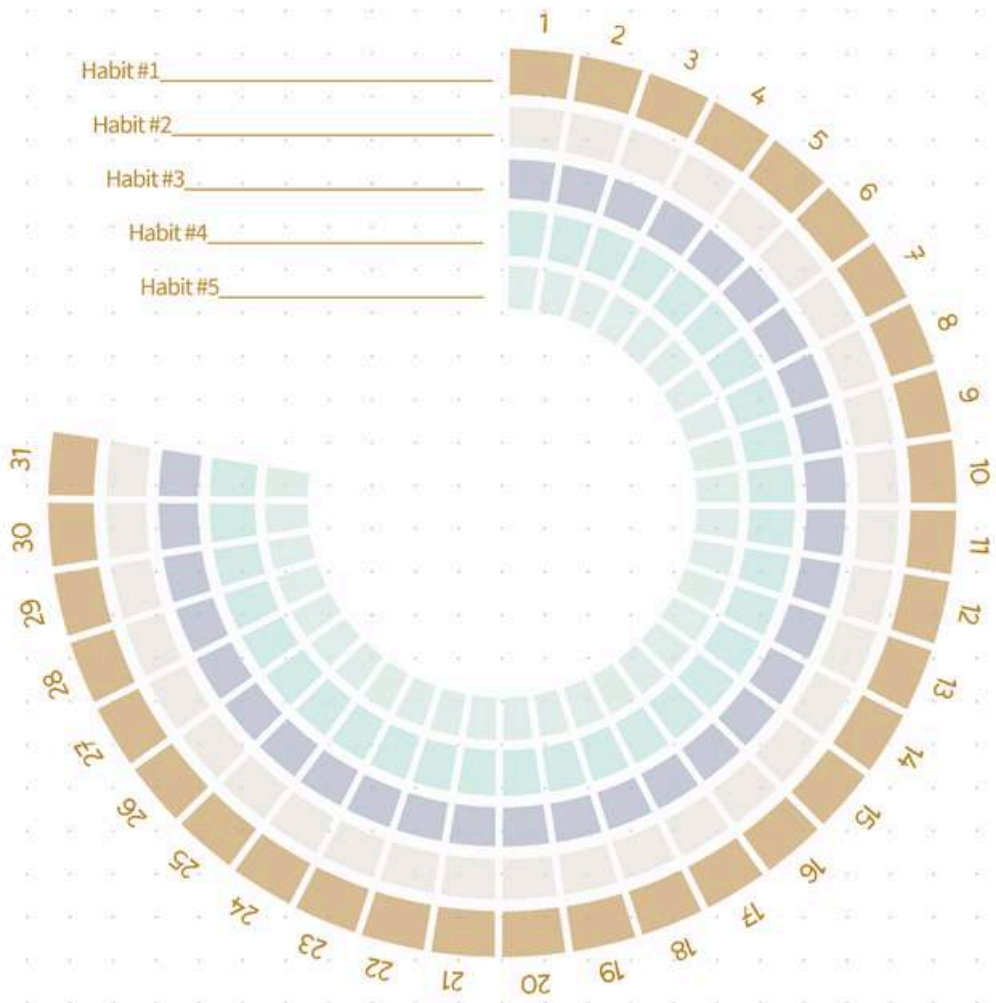
Habit trackers help keep you accountable by encouraging daily logging of your activities, which keeps you focused on reaching your movement goals. Seeing consistent progress can bring a sense of accomplishment, motivating you to keep going, while noticing missed days can gently nudge you to get back on track. They also offer a clear way to visualize your journey. Whether through graphs, checklists, or daily logs, watching your progress unfold can be incredibly rewarding and help reinforce your commitment to staying active. Habit trackers also reveal patterns and challenges, allowing you to identify tough days or situations and create strategies to overcome them.

Additionally, using a habit tracker can promote consistency. Establishing a daily routine around movement can help transform physical activity into a lasting habit. As individuals repeatedly engage in their chosen activities, they become ingrained in their lifestyle, making it easier to maintain over time.

A habit tracker serves as a practical tool for enhancing physical activity by providing structure, accountability, and motivation. By visually representing progress and fostering awareness of patterns, it can facilitate a more active lifestyle and contribute to long-term health and well-being.

# THE WEEKLY HABITS PROJECT

Celebrate progress over perfection





IN SUMMARY, THE IMPACT OF A SEDENTARY LIFESTYLE ON HEALTH IS SIGNIFICANT AND SHOULD NOT BE OVERLOOKED. PROLONGED INACTIVITY CAN AFFECT MUSCULOSKELETAL, CARDIOVASCULAR, METABOLIC, AND MENTAL HEALTH. THAT'S WHY IT'S CRUCIAL TO BE AWARE OF YOUR DAILY HABITS AND FIND WAYS TO MOVE MORE REGULARLY. SMALL CHANGES IN YOUR ROUTINE CAN MAKE A BIG DIFFERENCE IN COUNTERACTING THE EFFECTS OF PROLONGED SITTING. BY PRIORITIZING REGULAR PHYSICAL ACTIVITY, YOU CAN BOOST YOUR OVERALL WELL-BEING AND IMPROVE YOUR QUALITY OF LIFE, HELPING TO PROTECT YOUR BODY AND MIND FROM THE RISKS ASSOCIATED WITH A SEDENTARY LIFESTYLE.



Disclaimer: This newsletter is for informational purposes only and does not constitute medical advice. Consult with a healthcare professional before making any significant changes to your diet or exercise routine



# Work with a

## HEALTH, WELLNESS & FITNESS COACH



Are you ready to break the cycles holding you back and unlock a life of confidence, vitality, and purpose?

As a Health, Wellness, and Fitness Coach, I invite you to a complimentary 40-minute Coaching Session. Together, we'll explore how to:

- Identify Emotional Triggers - Uncover the root causes of your emotional eating patterns.
- Craft a Personalised Wellness Plan - Set actionable goals to regain control over your health.
- Blood Sugar Balancing Techniques - Learn simple strategies to keep your energy and cravings in check.
- Mindset Mastery - Tackle limiting beliefs that are holding you back from achieving lasting change.

After our session, you'll receive a complimentary copy of 'Stop Eating Your Stress'—your ultimate guide to conquering stress-related eating habits and sustaining long-term wellness.

Ready to take the first step toward lasting change?

Book now your complimentary 40-minute 'Revive & Thrive' session and start your journey to a healthier, more confident you!

Message me at 082 928 6742 or email [jeanettemuldner@gmail.com](mailto:jeanettemuldner@gmail.com).

[www.iammehealth.com](http://www.iammehealth.com)

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"P.S. I'd be grateful if you could help spread the word! Please forward this Newsletter to anyone who might be interested in transforming their health and wellness. If you know at least two people who could benefit from personalized guidance and support, I'd appreciate you sharing this invitation with them. Your referral means the world to me!"