







# 9+ Reasons Why You Need To Be Hanging & Swinging

The other day I posted a picture to my Instagram that showed me doing a dead-hang from a tree branch on one of our hikes.

And I got a comment from a person who asked why I'm so into hanging. She said she'd seen lots of movement people post hanging pix, but didn't know why.

Obviously, hanging looks cool on Instagram. But that's not actually why I do it.

There are lots and lots of reasons to hang, but they all basically boil down to this: hanging is really, really good for you. In fact, I consider it to be one of the major movement 'macronutrients' – like fat, carbs or protein, but the movement version.

In today's post, I'm sharing 9+ reasons that hanging is super important for humans!

## So What Is Hanging, Anyway?

'Hanging' is maybe not the best word for what I'm talking about today – I just don't know a better one.

By 'hanging' I basically mean 'Movements that involve suspending your body from a bar or a branch.'

The category includes 'hanging with your feet on the ground', 'hanging with your feet off the ground', 'single armed hanging', 'swinging side to side', 'swinging forward and back', 'sideways traversing', and 'swinging from bar to bar' – and a bunch of other variations.

They're all amazing for your body, as long as they aren't too much for the current state of your tissues.

It's safest and best to start with hanging (feet on the ground) because most of us aren't strong enough to swing around like a monkey – but swinging and climbing are great end-goals.

Here's 9 reasons you should seriously consider adding some hanging to your day, every day.

## #1 Hanging Counteracts Screen Time

In today's modern lives, most of us spend a lot of time using computers and phones. Like, maybe 8+ hours a day.

This translates to a huuuuuuge amount of repetitive positioning for our arms and shoulders – and not a lot of muscle use or loading.

The result – over the long term – is weakness and often chronic injuries.

So in my book, anything that creates varied shoulder movement and loads your upper body muscles, tissues and joints is a win. And hanging is a really simple way to get overhead movement and loading. Boom!

## #2 Hanging Increases Bone Density In Your Wrists

