







## 15 Easy ways to start moving more

In our fast-paced, sedentary world most of us are spending hours and hours hunched over a desk or engrossed in digital screens with little to no movement. In fact, [a recent study](#) found that many adults spend more than 70% of their waking hours sitting!

Knowing how pervasive sitting culture is, the common belief is that an hour or so of exercise during the day will offset the negative effects from long periods of sitting. Unfortunately, this isn't the case and [prolonged periods of sitting have been linked to cardiometabolic disease, higher risks of all-cause mortality, diabetes, obesity and other conditions](#). In reality, our bodies do best when they get smaller, more frequent movements sprinkled in throughout the day.

Current research suggests that moving 5 minutes every half hour can offset the harms of sitting. Even moving every hour is still good and will help lower your blood pressure and provide other health benefits.

The point is – just move!!! It doesn't have to be hard. And by taking more “movement snacks” throughout your day you're not only getting physical health benefits, but mental ones as well, including decreases in fatigue and increases in creativity and productivity.

So today I'm sharing a list of 15 really easy things you can do to start moving more – or even to start preparing to move more. Pick any one of them and start your movement journey today!

## Just Start Reading

### Tip #1: Movement books

If you're not quite ready to move more, how about some inspiration? Here are a few of my favourite books that inspire movement. Want bonus movement points? Get the audio version and go for a walk while you listen.

Read [Move Your DNA, by Katy Bowman](#). Why exercise is different from movement, why you need movement, and how to move more of your cells.

Read [The Story Of The Human Body, by Daniel Lieberman](#). How we got the bodies we have and why modern lives aren't serving us well.

Read [Playing With Movement: How To Explore The Many Dimensions Of Physical Health And Performance, by Todd Hargrove](#). Learn about solving 'movement problems' and a wide range of other topics, including stress physiology, fitness, complex systems theory, and the role of the environment in shaping health and behavior.

## Learn How To Sit Differently

### Tip #2: Discover how to sit with a neutral pelvis

How you sit makes a difference for your core, low back, muscles & pelvic floor! Learn to sit at the edge of your chair with [a neutral pelvis](#) instead of cradled by your chair. Better loading for your pelvic floor, lower back, and core and your body will thank you!

And changing up the way you sit is a no-brainer because sitting differently gives you movement while you SIT AROUND.

