

In today's world, many of us find ourselves tied to desks, screens and couches for much of the day. This sedentary lifestyle can sneak up on us, bringing a host of discomforts that we often accept as normal. But what if small changes could lead to a big impact on how we feel and function? This leaflet is your guide to identifying those aches and pains that come from too little movement and discovering simple ways to weave more activity into your everyday life. If you're looking to feel better, have more energy, and maybe even tackle those lingering pains, read on.

➔ UNDERSTANDING SEDENTARY PAINS

When we sit or remain inactive for too long, our bodies protest in the only language they know: pain. Lower back pain, stiff necks, and tight hips are just a few complaints that can arise from prolonged sitting. These pains are signals – important ones – that our bodies need movement to thrive. Without it, we can find ourselves in a cycle of discomfort that affects not just our bodies, but our mood and energy levels too. Recognizing these pains as a call to action is the first step toward turning things around.

➔ PRACTICAL MOVES FOR DAILY LIFE

It's not about running marathons or hitting the gym hard – it's about finding more reasons to move throughout your day. Here are some simple ideas:

- **Stand Up and Stretch:** Every hour, take a couple of minutes to stand, stretch your arms, back, and legs. It gets the blood flowing and can reduce muscle tension.
- **Take the Long Way:** Choose the stairs over the elevator, park a little farther from the store entrance, or take a walking route with a few extra turns.
- **Seated Exercise:** Even seated, you can do exercises. Try ankle rolls, leg lifts, or shoulder shrugs to keep joints from getting stiff.
- **TV Time is Move Time:** Watching your favourite show? Use commercial breaks to stand up, walk around, or do some light exercises.

Remember, the goal is to make movement a natural part of your day, not an extra task on your to-do list.

➔ ADDRESSING PAIN THAT INTERFERES

If you're experiencing pain that makes it hard to start these activities, here's what you can do:

- **Self-Check:** Pay attention to when and where you feel pain. Is it after long periods of sitting, or during certain activities?
- **Basic Self-Care:** Gentle stretching, warm baths, or over-the-counter pain relief can sometimes ease minor pains.
- **Professional Help:** For pains that persist, a physical therapist can work with you to identify the cause and create a plan to manage it, helping you move towards an active lifestyle without discomfort.

➔ LIFESTYLE ADJUSTMENTS

Small tweaks to your daily habits can lead to a more dynamic and less painful lifestyle:

- **Mindful Movement:** Pay attention to how you move throughout the day. Opt for walking over sending an email to a colleague, or stretch while you brew your coffee.
- **Activity Breaks:** Set a timer to remind you to take short breaks from sitting. A few minutes of walking or stretching can make a real difference.
- **Active Leisure:** Choose hobbies that get you moving, like gardening, dancing, or even DIY projects around the house.

Changing habits takes time, so be patient with yourself. It's about progress, not perfection.

➔ EMBRACING ACTIVITY FOR HEALTH

An active life isn't just about physical



health—it's about feeling good, clear-headed, and ready to tackle each day. Here's what more movement can do for you:

- **Better Energy Levels:** Regular activity can increase your stamina and reduce feelings of fatigue.
- **Improved Mood:** Movement releases endorphins, which have natural stress-relieving properties.
- **Better Sleep:** Being active during the day can help you fall asleep faster and improve sleep quality.

Every step counts. The more you move, the better you'll feel, both inside and out.

➔ NEXT STEP

If you're finding that discomfort is getting in the way of your move-more goals, we're here to offer support. Consider dropping by or giving us a call. We can discuss your concerns and, if needed, set up a plan to get you moving comfortably again. There's no pressure; just know that we're here when you need us. Remember, every bit of movement adds up to a happier, healthier you.

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