

Joe Kuriel

Chiropractor, Massage Therapist and Personal Trainer The Fundamental Principles for Movement



1. Posture

- "Your structure determines your function" - consider how poor posture can negatively impact your movement and mobility
- A great place to start: Correcting/improving posture through posture-corrective exercises e.g. Pilates, weight training, swimming and even awareness during your day to day activities
- "Your best position is your next position" i.e. KEEP MOVING
- Emotional/behavioural attributes related to posture - consider how posture can impact your mood OR your mood can impact your posture. The psychology of posture

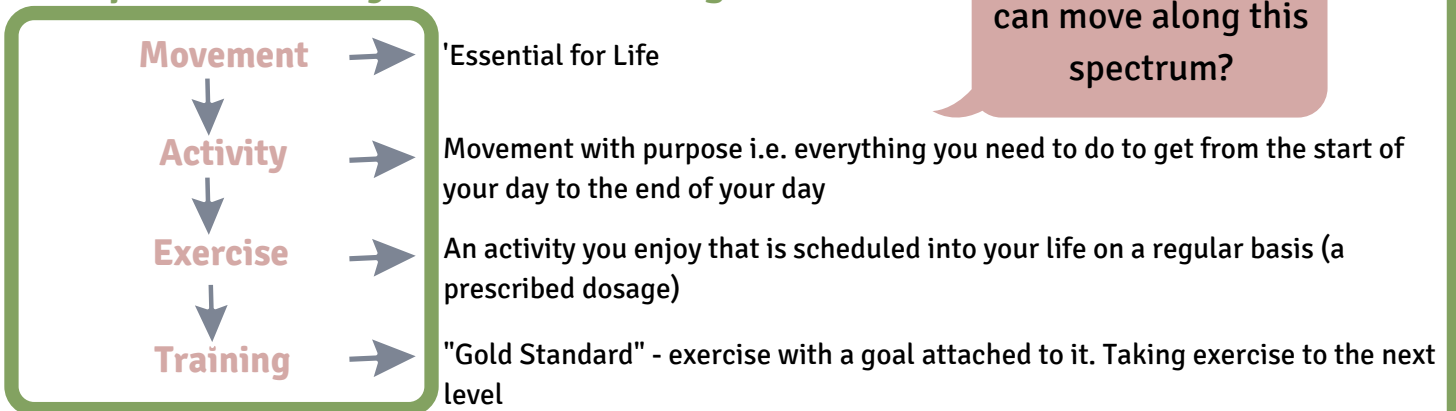
2. Breathing

- Intentional breathing - this is the conscious control of breathing using accessory breathing muscles. Intentional breathing can positively impact a number of body systems and functions. It is essential to get these muscles working regularly through intentional deep breathing, vigorous exercise etc

3. Muscular Elasticity

- Muscle has an elastic potential i.e. it can lengthen and shorten (much like an elastic band)
- Overuse or injury can result in scar tissue which can decrease the elastic potential and decrease range of movement (ROM)
- Strategies to influence elasticity and ROM positively include:
 - Foam roller - self massage and muscle release exercises. This provides a general massage
 - Tennis ball or Lacrosse ball - a more specific self massage tool
 - Nutritional influences - in particular hydration and electrolytes. Magnesium is especially important for muscle health - 'muscle food'
 - Regular massage
 - Mobility exercises and drills

The Spectrum of Physical Conditioning



Consider how you can move along this spectrum?

Final Words

"No Excuses, No Rest Days"

Make a choice to move; make it a habit; find something you can relate to; something you enjoy
It's never to late to start... and start TODAY!