

**Movement Matters**  
**Stay Strong March 15 2023**  
**StayStrong in an upside-down world!**

There are four foundations for good health and productivity – now proven by science to be non-negotiable. How are you currently integrating these into your lifestyle? What would you like to improve?

- a. Sleep
- b. Exercise / Movement
  - i. Sun / Breathing
- c. Hydration
- d. Nutrition

We will address each of the foundations at a later time, today we focus on movement and why movement matters.

**Movement is the currency of life.** By definition, currency is a money system used in a particular country. In 2022, the average cost of one month in a nursing home was \$8000. What small or large investments can you make now to save you and your family later?

- Why is movement important to you?
- What do you want to be able to do?
- What are you doing to maintain or improve your ability to move?
  - Is it easy?
  - Is it consistent?
- What changes would you like to make?
  - How can we help?

While MOVEMENT is the currency of life, NEURO is the science of hope. Regardless of where you are now, by improving the quality of the input, you can increase the quality of the output and improve your current movement situation. First, you must understand that movement (along with everything else) is a function of your nervous system. Training the nervous system and creating good neuropathways by letting the brain feel safe can make movement fun and beneficial.

1. What is the Old brain? What does it do?
2. What is the New brain? What does it do?

To train your nervous system and improve your neuropathways, you must assess what you are doing. If you don't measure, you are just guessing. Range of Motion (ROM) is an easy and instantaneous way to gain information concerning what your brain considers positive, negative, or neutral. Learning to use ROM allows you to customize your movement instead of just doing the same thing everyone else is doing

Let's practice ROM as we do some high-payoff drills.

- a. Ankle Tilts
- b. Pencil Pushups
- c. Hand Figure 8's

Join us in **EASY** as we continue to explore how our physical, spiritual, and emotional environments impact inflammation in our bodies.

In March, we are coaching

- Unforgiveness
- Food & Emotions
- Breaking Soul Ties & Altars
- Brain-Based Techniques to calm inflammation
- Toes, Feet, and Ankle Mobility
- Strength in your lower extremities
- Breathing
- Cranial Nerve Resets

The second Quarter will take us to the Kitchen for Cooking Classes, Food Planning, Food & Travel

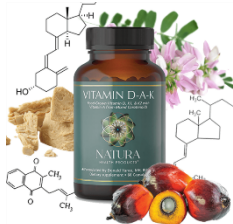
The third Quarter will take us into Cleansing and many kinds of Easy Cleanses

The fourth Quarter will take us into Creating Lasting results through Tracking, Recognizing Results, how to Celebrate, and our annual Holiday Tips and Blessing.

Join us in EASY! Join our private Facebook Group and access to all calls in the library since August 2019.

<https://www.cheryltownsleytraining.com/easy-2021>

## Product Spotlight:



**Natura – Vitamin D-A-K1** is a premium blend of highly bioavailable forms of vitamins D, A and K. Vitamin D, vitamin K and the carotenoid complex are known for their vast array of health benefits, especially in relation to healthy immune system response, cell-cycle functions, and skeletal health. Naturized Nutrients® are produced through a proprietary manufacturing process that converts isolated nutrients into a postbiotic whole food complex, resulting in optimal absorption, assimilation, and utilization by the body.

<https://www.lifestyleforhealth.com/product/natura-vitamin-d-a-k/>



**OHS DAK1K2** contains four powerful ingredients to provide the ultimate in immune system balance. *Vitamin D3* – The active form of Vitamin D, regulates levels of calcium and phosphorus in the body and is essential for calcium absorption. *Vitamin A* – Supports eye health and helps form healthy skin and hair. *Vitamin K1 and K2* – To benefit blood clotting, bone health, and heart health

<https://www.lifestyleforhealth.com/product/essential-dak1k2/>