



movement is life™
Catalyst for Change

Did you know?



Being only 10 pounds overweight increases the force on the knee by 30-60 pounds with each step.

Movement and physical activity can:

- relieve stress
- improve sleep
- strengthen bones and muscles
- make you feel full of energy



Being overweight and eating unhealthy foods can:

- cause heart disease
- increase blood sugar levels (diabetes)
- increase cancer risk
- cause pain and loss of movement in joints (osteoarthritis)

Chronic pain can:

- affect mobility or flexibility
- cause depression and anxiety OR lead to depression and anxiety
- cause sleeplessness
- increase your dependence on pain killers



Depression can:

- lead to isolation and/or emotional pain
- affect your relationships with family and friends
- make you feel hopeless and have suicidal thoughts
- make you feel crazy, but you aren't



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What can I do?



Movement and physical activity

- Go line dancing or stepping
- Do physical activity with your family
- Walk at least 30 minutes daily
- Go bowling or take aerobics

Eating healthy

- Serve portions the size of your fist
- Eat food without a lot of salt and fat
- Drink 5-10 glasses of water each day
- Include vegetables and fruits in each meal



Reduce pain

- Massage the area where it hurts with your hands
- Try to stretch your muscles and move carefully
- Start doing physical activity slowly and gradually
- Try relaxation to ease pain



Manage depression

- Talk to a friend, your family or clergy
- Get regular physical activity, eat healthy and think positive
- Don't forget to be good to yourself
- Seek professional help (physician, counselor)



*Please view the documentary
and share it with others.*



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