SUBURBAN HIPPIE LIFE

designed to move ☑ list

WELCOME FRIEND

WHAT IT IS

we tend to focus on stretching, strengthening, and exercise when it comes to taking care of our bodies. but what about all the other movements we make throughout the day?

everyday activities reveal a lot about how you use your body because the movement habits you use in one activity often show up in many others...without you even knowing it!

this checklist helps you uncover those patterns.

your results will introduce you to one of four fundamental principles of movement that influence nearly everything your body does, along with a subtle shift to help you move with ease and less effort.

because the little things you do repeatedly,and often unknowningly, can make a big difference in how well your body supports you doing all the things you want, need and love to do.

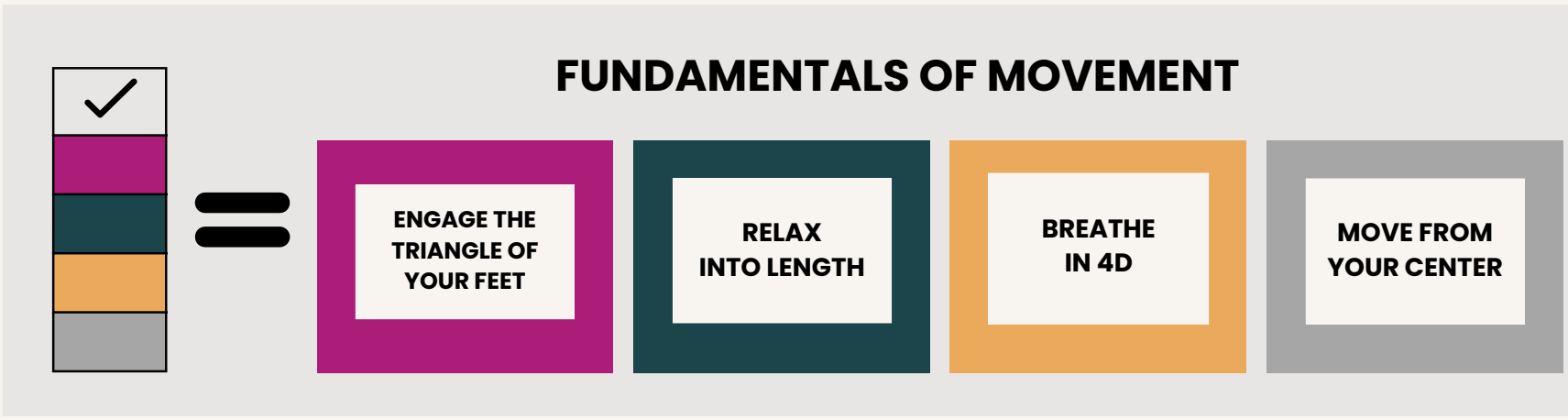
HOW TO USE + RESULTS

1. screen shot the checklist on the next page so you can easily mark it up on your phone.

2. put a ✓ if you notice yourself doing that movement pattern.

3. the color group with the most ✓ shows the fundamental of movement you will benefit most from.

4. follow the corresponding link to seeing how that fundamental can help + start moving how you were designed to!



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YARD WORK EDITION

1. PUT A ✓ FOR THE MOVEMENT PATTERNS YOU NOTICE WHEN YOU'RE DOING YARDWORK. IF YOU DON'T KNOW, LEAVE IT BLANK + PAY ATTENTION TO THAT THE NEXT TIME YOU'RE OUT DIGGING IN THE DIRT!

✓	MOVEMENT PATTERNS
	knee pain when getting up from seated or kneeling
	off balance when shoveling or carrying things
	gardening in flip flops or shoes without backs
	knees go towards each other when bending down
	unstable or loose balance on uneven surfaces
	back rounds when bending over to pick things up
	hard to stand up straight after mulching or weeding
	back or hip pain when shoveling or lifting buckets
	hips are twisted when sitting down to weed or trowel
	squeezing butt cheeks to feel more stable
	low back feels tweaky with lightweight effort
	getting light headed when standing from sitting
	breathing thru mouth more than nose
	holding breath when reaching or moving things
	difficulty breathing or stopping to catch breath
	elbows flare wide when pulling weeds
	shoulders towards your ears when wheelbarrowing or lifting heavy things
	wrist or elbow pain after being on all fours
	'flinging' your whole body to move heavy things
	neck or back pain when reaching above head

2. EACH ✓ SIGNALS A HABIT OF BORROWING MOVEMENT. THE MORE MARKS IN A COLOR GROUP, THE MORE BENEFIT YOU'LL GET FROM FOCUSING ON THAT FUNDAMENTAL OF MOVEMENT. SEE BELOW FOR MORE DETAILS ON THE FUNDAMENTALS.

ENGAGE THE TRIANGLE OF YOUR FEET

our feet + how we use them directly effect everything above them; knees, leg muscles, hips, breath, shoulders + neck.

TELL ME MORE...

RELAX INTO LENGTH

our spine is a flexible, dynamic system that craves space and movement. when we ease tension our spine naturally settles into it's ideal position and length.

TELL ME MORE...

BREATHE IN 4D

how we breathe directly affects our muscular, skeletal, and nervous systems, all regulating the internal system that holds us upright.

TELL ME MORE...

MOVE FROM YOUR CENTER

our core has a top, bottom, front and back, it includes muscles + bones and it's vital to just about every move we make.

TELL ME MORE...

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