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.

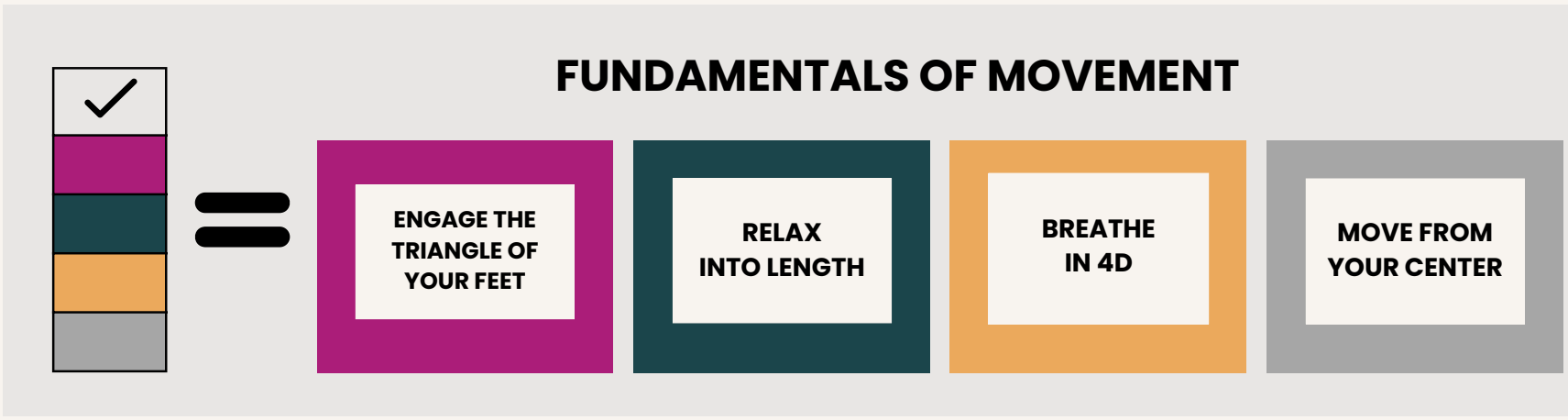
HOW TO USE + RESULTS

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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BREATHING EDITION

1. PUT A ✓ FOR THE MOVEMENT PATTERNS YOU NOTICE WHEN IT COMES TO YOUR BREATHING. IF YOU DON'T KNOW, LEAVE IT BLANK + PAY ATTENTION TO THAT THE NEXT TIME YOU'RE BREATHING 😉

✓	MOVEMENT PATTERNS
	shoulders move towards ears on inhale
	stomach sucks in on inhale
	chest is the first/biggest/most moving part of body
	breathing thru mouth instead of nose
	inhale or exhale only takes 1-4 seconds
	dizziness thru out the day or when going from sit to stand
	habitually clenching your jaw or grinding your teeth
	snoring or sleep apnea most nights
	persistent tightness in back directly on both sides of spine
	persistent pain "up and behind" a shoulder blade
	persistent neck pain, tightness or limited range of motion
	forward head posture or ears in front of shoulders
	lack of movement in side ribs or back ribs when breathing
	stomach is the first/biggest/most moving part of the body
	feeling like you can't catch your breath
	stomach/belly pushes out on exhale
	have a rib flare or chest forward pattern more often than not
	have a butt out or hips forward pattern more often than not
	habitually flexing or squeezing butt cheeks thru out the day
	have a rounded shoulders pattern more often than not

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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