**Exercise or MOVEMENT?**

**Exercise and Movement** are not the same thing.

Wait…what?!? You might be thinking that’s a bold statement but let me explain.

We were born in during an era where humans have become more sedentary than our ancestors.

We no longer have to hunt and gather our food or wash our clothes against rocks or walk a mile to gather water and carry it back. Our bodies are being reconditioned to the modern conveniences of running water, flushing toilets, and cars.

We are no longer required to move on a daily basis to meet our basic living requirements.

As a result, modern day gym owners have done an overwhelmingly great job at brainwashing you to think that exercise is the only way to be healthy. If you don’t go to the gym you will suffer a miserable unhealthy life…blah, blah, blah…exercise has been constantly bombarded into your brain that you must join a gym and workout in a box, sweat, and feel pain or soreness post workout in order to be healthy. The reality of it is exercise is simply too hard to become a sustainable way for humans to move their bodies. The good news is there is an alternative called **Functional Sustainable Fitness**.

How you learn(ed) to explore your environment as a child was through movement. When you were a baby you learned to roll over, press or pull yourself up, crawl, bend, squat and eventually walk. These are your primal movements - these movements are how you explored your world. Forget exercise for a minute and think about just playing like you did before you were 6. The movements you did as a child were what we call **FUN**ctional movements. That’s what your body was born to do and that is what I have spent the last 20 years coaching clients to incorporate into their lives.

To find out more check out [www.fitomize.ca](http://www.fitomize.ca/)

Julie Thom