

MOVEMENT

CIRCULATION

MOOD

Your Body Was *Built to Move*

Why movement isn't a chore, it's how the body was designed to run.

WHAT'S INSIDE

In this guide

A short, evidence-based look at why the body needs regular movement, what happens when it doesn't get it, and simple ways to build it back in.

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01

PART ONE — The Problem

THE REFRAME

The Misconception

“Exercise is a debt you pay for what you ate.”

The Truth

Movement is maintenance your body needs to keep running, not a punishment for existing.

THE NUMBERS

What the data shows

1 in 4

U.S. adults meet basic
physical activity
guidelines

CDC, Physical Activity Data

1 in 10

premature deaths linked
to physical inactivity

CDC, Physical Activity Basics

\$117B

in annual healthcare costs
tied to inadequate activity

CDC, Active People Healthy Nation

150 min

of weekly moderate
activity recommended for
adults

*CDC / HHS Physical Activity
Guidelines*

02

PART TWO — The Science

THE SCIENCE

Circulation and Repair

Every organ keeps its strength through use and loses it through disuse. Immobilize an arm for a few weeks and the muscle underneath weakens on its own, no injury required, just from sitting still.

Movement quickens circulation, which is how the body clears waste that builds up in idle tissue. In idleness, blood does not circulate freely, and the changes it needs to make for health simply don't happen.

Key Facts

Inactivity slows blood flow and waste clearance in tissue.

Muscles measurably weaken within weeks of disuse.

Circulation carries oxygen and nutrients to every organ.

THE SCIENCE

The Brain on Movement

Movement doesn't just work on muscles. It reaches the brain. Exercise triggers the release of brain-derived neurotrophic factor (BDNF), a protein that helps neurons grow and repair themselves.

It also prompts a release of endorphins, natural chemicals that blunt anxiety and lift mood. Regular movement is now a well-studied tool for easing symptoms of depression and anxiety, not just a mood boost after the fact.

Key Facts

BDNF supports neuron growth and repair in the brain.

Endorphins act as natural mood regulators.

Reviewed across 100+ studies for depression and anxiety.

“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body.”

1 CORINTHIANS 6:19–20, KJV

03

**PART THREE — The Original Plan's
Answer**

PRACTICAL STEPS

Build it back in

1

Walk after dinner, most days of the week.

2

Take the stairs, park farther out, stand more during the day.

3

Aim for 150 minutes of movement spread throughout the week.

A NATURAL REMEDY

Movement is one of the natural remedies, alongside fresh air, sunlight, rest, proper diet, water, and trust, that keep the body running the way it was made to.

A brisk 20-minute walk outdoors.

Stretching or light strength work most mornings.

Standing and moving every hour during long stretches of sitting.

“Exercise quickens and equalizes the circulation of the blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place.”

ELLEN G. WHITE, THE MINISTRY OF HEALING, PP. 237–238

THE TAKEAWAY

The body wasn't made to sit still and wait for illness to arrive.

“Move it, and it holds.”

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Mayo Clinic. Exercise and Chronic Disease: Get the Facts. **Slide 7**

SCRIPTURE & SPIRIT OF PROPHECY

1 Corinthians 6:19–20, KJV. **Slide 9**

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ORIGINAL PLAN

LIFESTYLE MEDICINE
HEALTH COACHING