

# CREATE YOUR OWN MOVEMENT

## (to combat overwhelm and boost productivity)

### Introducing the Power of Movement

When life gets busy, we often sacrifice physical activity in a bid to “save time.” However, contemporary research demonstrates that incorporating movement into your day can actually increase efficiency and mental clarity. Light exercise—like a walk or a midday stretch—stimulates blood flow and releases endorphins, helping you stay focused, reduce stress, and maintain a more balanced state of mind. In essence, moving more can help you do more, by keeping you both energized and resilient.

#### Walk-and-Talk Meetings

- **How It Works:** Instead of sitting in a conference room or at your desk, take your meeting on the move. Invite your colleague(s) or client(s) to join you for a moderate-paced walk while you discuss agenda items.
- **Why It Helps:** Research suggests that walking meetings can spark creativity and encourage more engaged conversation. The act of walking increases blood flow and oxygen to the brain, potentially boosting problem-solving capabilities. Walking-and-talking also offers a welcome break from screen time, reducing mental fatigue and countering the “slump” that can set in from too much sedentary work.

#### Seize the Midday

- **How It Works:** Rather than working straight through your lunch break, deliberately plan time for physical movement during the midday lull. This could include a short walk outside, gentle stretching, or a quick workout session.
- **Why It Helps:** Studies in occupational health show that taking purposeful breaks can enhance productivity, job satisfaction, and mental well-being. Stepping away from your workspace, especially in combination with a bit of exercise, helps reset your focus. It can also combat the afternoon energy dip by improving circulation and releasing mood-boosting endorphins.

#### Task Transition (Movement Between Work Zones)

- **How It Works:** Between major tasks or projects, incorporate a brief movement ritual—such as walking to a different room or desk area, doing a few squats, or taking the stairs rather than the elevator.
- **Why It Helps:** Research on cognitive flexibility highlights that changing physical location or posture can help the brain adapt more quickly to new tasks. Physically moving during transitions can also reduce mental clutter, prevent burnout, and encourage a sense of momentum and freshness. By using movement to punctuate your workday, you break monotony and stay engaged, ultimately improving both focus and output quality.