THE BASICS OF MOVEMENT

AN EXERCISE GUIDE

@KANGAIKINETICS

ABOUT ME

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Damaris is a Biokineticist who uses scientific exercise prescription as her primary modality of treatment. Biokinetics involves individualised evidence based assessments and subsequent exercise prescription to **prevent, manage and treat various injuries** and **diseases** and to **improve human performance and function.**

She is an outdoor lover who aims to exist in natural spaces. She lives most in mountains, rivers and seas, forests and trails and while not there, she is probably plotting her next escape.

SERVICES OFFERED

Use of scientific exercise prescription for:

- Final phase orthopaedic rehabilitation
- Sports injury rehabilitation and return to play
- Sports conditioning
- Chronic disease management and treatment
- Neurological disease management
- Health and wellness

CONTACT ME!

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MOVEMENT WORKSHEET

PHYSICAL ACTIVITY RECOMMENDATIONS

ADULTS (18-64 YEARS), OLDER ADULTS (64+), ADULTS WITH CHRONIC CONDITIONS/DISABILITIES

150-300 minutes **MODERATE aerobic** physical activity **OR** 75-150 minutes **VIGOROUS aerobic** physical activity per week

RECOMMENDATIONS

Proposed **aerobic activity** (cardio) should be **spread throughout** the week. These activities are good for the cardiovascular and respiratory systems.

ACTIVITIES INCLUDE: Walking, swimming, cycling, dancing, running, different sports.

Strength strengthening activity of moderate to vigorous intensities on **2 or more days per week**.

ACTIVITITES INCLUDE: Lifting weights, lifting heavy loads, carrying groceries

Balance, proprioception and **flexibility** exercises should be incorporated especially for older adults .

ACTIVITIES INCLUDE: Tai chi, yoga, single leg movements

THE BASICS OF MOVEMENT

There are about 6 fundamental movement patterns. Most exercises will fall within one or more of these categories. Understanding the fundamentals will help you move your body in a balanced way. **To complete a full body workout, pick one exercise from each group.**

The 6 movement patterns include:

1. Squat
2. Hip hinge
3. Push
4. Pull
5. Carry
6. Core Work

1. SQUAT

Squats target the **quadriceps** (thigh) and **glutes**. Squats can be both hip dominant and knee dominant.

Examples include: Sit to stands, goblet squats, lunges, single leg squats, split squats, leg press etc.

2. HIP HINGE

The primary movers are the **hamstrings** and **glutes**. Hinge movements mostly work the posterior chain/section of your body.

Examples include: Glute bridge, deadlift, hip thrusts etc.

3. PUSH

These movements involve **pushing** a load or weight **away** from your body or from the floor. The muscles involved include the **shoulders** and their stabilisers, **chest, triceps, deltoids.**

Examples include: Push-up, shoulder press, chest press, bench press.

4. PULL

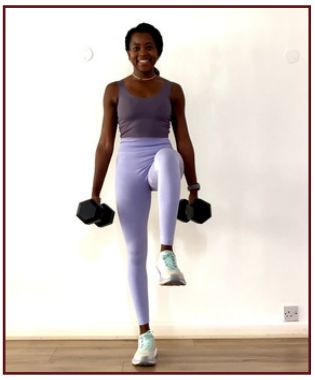
These movements involve moving a load/weight **towards** one's body. The muscles that are mostly involved are the **back** and **biceps**.

Examples include: All rowing variations, pull-ups, lat pull downs etc.

5. CARRY

Carries are simply carrying heavy objects. These movements are usually used for **core** training and to improve **grip strength**.

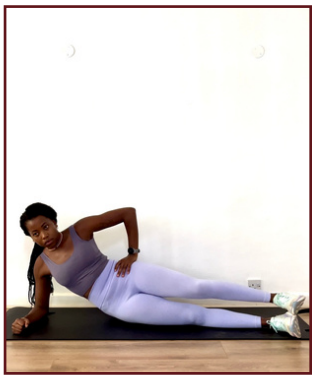
Examples include: Farmers carries, suitcase carries, etc.



6. CORE

The core consists of: **abdominal muscles, obliques, lower back and pelvic floor muscles**.

Examples include: cable rotations, pallof presses, planks, plank variations.



EXTRA POINTERS

- Train other muscle groups like:

Calves, shins and feet
Adductors
Forearms

- Train in multiple directions and planes

- Find activities you enjoy!

- Remember, 5 minutes of movement is better than zero minutes.

- Decrease your sedentary time as much as possible e.g. 3 minutes of walking after every 30 minutes of sitting time.