



# Moving With Purpose

March 6, 2023

Dr. Kim Kilby, Dr. Benita Zahn and the Fleet Feet Dream Team



# WELCOME!



Let's start with a brief reflection activity.

Type your thoughts/responses into the chat.

Share your thoughts  
into the chat...

- When I say the word **EXERCISE**, what adjectives or descriptors immediately pop into your mind?
- When I say the word **WORKOUT**, what adjectives or descriptors come up for you?
- When I say the word **MOVEMENT**, what adjectives or descriptors come to mind?



## Today's Topics

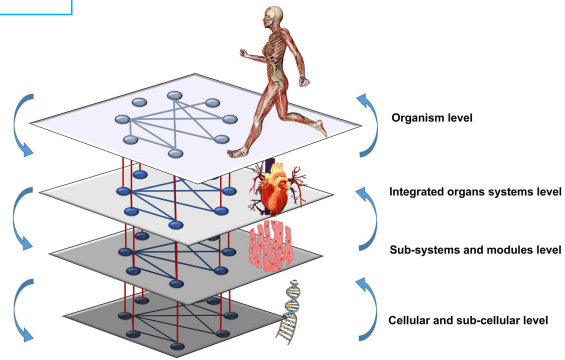
- Physiology of Moving
- Health Benefits & Disease Prevention
- Moving with Purpose
- Building Your Village
- Fleet Feet Walking Program



## Physiology of Movement

Moving our bodies has an impact from the cellular levels to the system levels to the organism level

We tend to focus primarily on the organism level and disregard the benefits that are not seen with the naked eye...



Source: Frontiers in Physiology

## What's Happening In The Body When We Move with Purpose?

Improved cognition and mental functioning	Improved sleep and mood	Increased bone mineral density/bone health
Improved balance, reduce risk of falls	Improved blood sugar control and insulin sensitivity	Improved contractility, blood vessel diameter, capillary density, and improved vasodilation
Improved immune response	Improved flexibility & mobility	Increased strength due to muscle hypertrophy
Increased endurance due to increased muscular mitochondrial content		

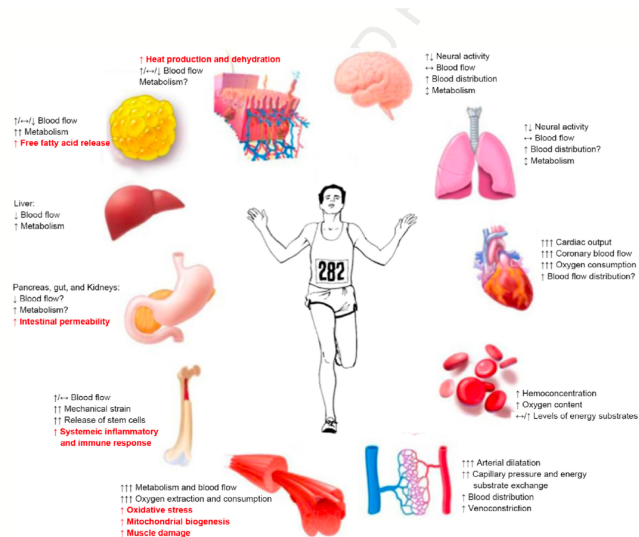
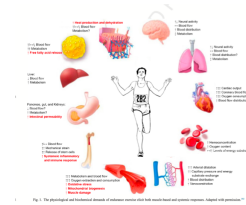


Fig. 1. The physiological and biochemical demands of endurance exercise elicit both muscle-based and systemic responses. Adapted with permission.<sup>100</sup>



# Impact on Health & Disease States



PHYSIOLOGIC CHANGE IN BODY	IMPACT ON SPECIFIC DISEASE STATES
Improved cognition and mental functioning	Reduced risk of dementia in older adults
Improved sleep and mood	Reduced anxiety and depression
Increased bone mineral density/bone health	Prevent and treat osteoporosis
Improved balance, reduce risk of falls	Prevent fall-related injuries
Improved blood sugar control and insulin sensitivity	Prevent and treat diabetes and metabolic syndrome
Improved contractility, blood vessel diameter, capillary density, and improved vasodilation	Prevent and treat heart disease, high blood pressure
Improved immune response	Reduced viral illnesses

## Movement and Major Life Events

### Cancer Survivors

Physical activity can improve health and wellbeing after cancer and may reduce cancer recurrence and mortality.

### Cancer Prevention

Lower risk of cancers of the bladder, breast, colon, uterus, esophagus, kidney, lung, and stomach



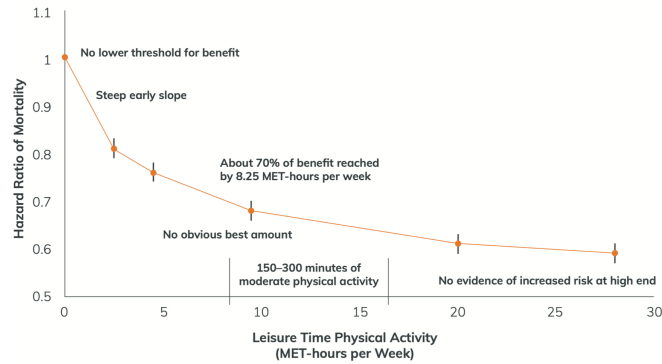
## Movement and Major Life Events

Strong scientific evidence shows that **physical activity delays death** from all causes.

It is **not necessary to do large amounts of activity** or vigorous-intensity activity to reduce the risk of all-cause mortality.

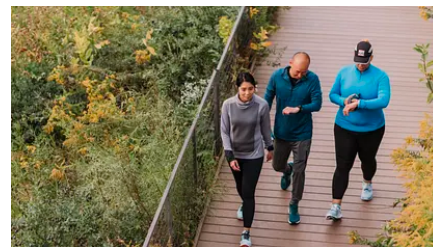
**Benefits start to accumulate** with any amount of moderate- or vigorous-intensity physical activity.

Figure 2-1. Relationship of Moderate-to-Vigorous Physical Activity to All-Cause Mortality



Source: Adapted from data found in Moore SC, Patel AV, Matthews CE. Leisure time physical activity of moderate to vigorous intensity and mortality: a large pooled cohort analysis. PLoS Med. 2012;9(11):e1001335. doi:10.1371/journal.pmed.1001335.

## Moving with Purpose



Simple

Achievable

Tied to what you value

FUN

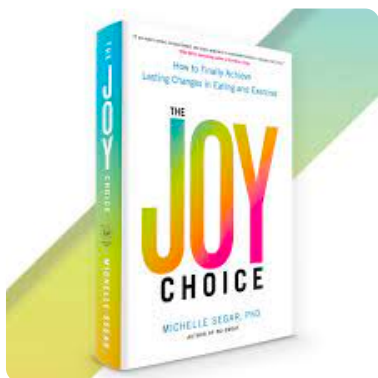
Consistent

It All Counts

JOYFUL

Goal-Directed

Feels Right for YOU!



## Finding the Best Type of Movement for YOU!

Find your **Joy Choice**!

Examples:

~45 min casual walk with family

VS.

~30 min gym after work

VS.

~7 min dance in kitchen while cooking

## Building Your Village



People you have yet to meet but will become your "tribe"

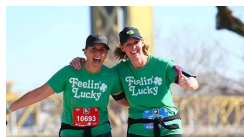


People who you will likely never meet but their story inspires you

"Perhaps equally as powerful....is identifying as a member of a team or community ...because the **community or social aspect** of sports or exercise can be an important motivating factor."  
-sports psychologist Matt Cuccaro



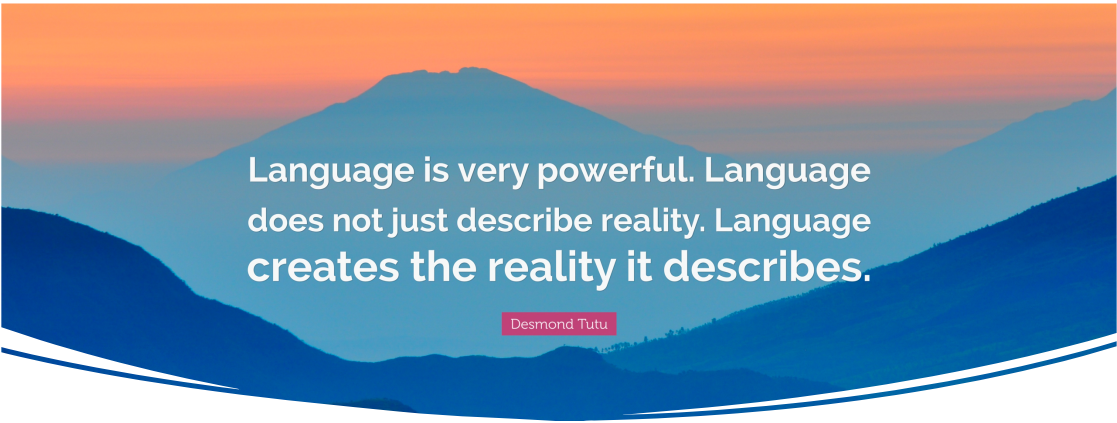
People you love and care for



People you trust to keep you accountable



People who lift you up and have your back



Revisiting our  
opening reflection

EXERCISE  
WORKOUT  
MOVEMENT

## Our Self-Talk Also Needs Attention

I have to exercise	→	I'm choosing to move my body	I'm saying yes to me
I don't have time			
I'm too busy	→	My life is abundant and full	I am nervous and I still belong here
I feel out of place			
I'm a mess	→	I strive to take good care of myself, physically and mentally	I am a person living with diabetes
I'm a diabetic			

# Moving with Purpose Walking Program

- Begins Monday April 10<sup>th</sup> at 6pm
- Based at the Albany Fleet Feet location
- Meets weekly on Monday nights through June 12<sup>th</sup>
- \$100 for 10 weeks
- Each meeting will include new learning about Movement led by Dr. Kim Kilby AND a Mindfulness topic led by Dr. Benita Zahn
- Weekly coach-led purposeful walking activity
- Optional choice to train for Freihofer's Run for Women and/or Firecracker 4 as a walker
- Get supported with vision-setting, finding your WHY, self-care, injury prevention, and much more!

Registration Link: <https://www.fitvil.com/group/6728-movingwithpurposewalkingprogram/>



## Thank you!

"It's not that I finished. It's that I had the courage to start."

## Resources to go deeper

- Changing negative self-talk/self-criticism
  - <https://www.rachelturow.com> (website)
  - Happiness Lab PODCAST: [https://www.youtube.com/watch?v=oOonJAZ\\_Vg4](https://www.youtube.com/watch?v=oOonJAZ_Vg4)
- Tommy Rivs
  - <https://www.nytimes.com/2021/11/08/sports/tommy-rivers-puzey-marathon.html>
- Athletic mindset
  - <https://www.washingtonpost.com/wellness/2022/02/22/athlete-definition-exerciser-difference/>
- The Joy Choice
  - <https://michellesegar.com/the-joy-choice/>