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even just a little throughout the day harvard health May 13 2024 in more than 5 600 women followed for five years reducing sedentary time by one hour per day was linked to a 26 lower risk of heart disease again the hour of non sedentary time didn t have to occur all at once short light intensity interruptions to sitting were just as effective *the importance of movement mayo clinic health system* Apr 12 2024 moving forward defeating the sedentary life isn t as simple as a few tips and tricks but there are a few things anyone can do to move in the right direction here are a few ways to incorporate movement into your day use a standing desk when possible set a reminder to stand and move at least once per hour

25 benefits of movement how daily movement benefits your Mar 11 2024 when you re spending more time moving you re supporting your body and mind just like regular exercise you can find smaller increments of time like 10 30 minutes slots through the day to build up this bank of weekly total movement and improve your health and wellbeing

how simply moving benefits your mental health Feb 10 2024 movement therapies are often used as adjunctive treatments for depression and anxiety when mental effort psychotherapy or medication is not enough when you are too exhausted to use thought control strategies such as focusing on the positive or looking at the situation from another angle movement can come to the rescue

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feelings or sympathies he gave a truly moving graduation speech that had some graduates in tears synonyms similar words relevance emotional impressive touching exciting stirring passionate excitable affecting poignant inspirational

types of movements in the human body kenhub Dec 08 2023 this article will shed some light on the various types of movements in the human body they will be grouped in pairs of antagonistic actions actions that oppose one another just like certain muscle groups in order to understand fellow medical students and physicians you need to have an excellent grasp of the anatomical language

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