

# 3 Moves for Success in 2017



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I don't care if you are an athlete, a desk worker, a mom, a doctor, or a grandparent! We are all human and we are all designed to eat, move, sleep, and socialize. As a physical therapist, I can speak the most strongly towards movement. I am going to challenge each of you to MOVE towards a healthier YOU in 2017! Today, I am going to share with you three, 3D movement patterns can make you more successful in 2017!

Did you realize moving could make you more successful? Movement and exercise increases flexibility, improves cardiovascular health, improves strength, controls weight, decreases risk for type 2 diabetes, decreases risk for certain cancers, and improves your mental health and mood. In short, healthy movement improves your ability to perform your daily activities and helps you live longer! That is strong evidence to support the fact that movement will help you reach your desired goals and achieve success.

In real life, our bodies move three dimensionally. We should train the same way. The exercises I am going to share with you today are multi-jointed movement patterns that will move your body in all three planes of motion, creating healthy motion at most joints in your body. These exercises are simple and easy to implement. You will need no equipment and can do these three exercise anywhere.

## **1<sup>st</sup> Move**

Step forward lunge with overhead reach



## **2nd Move**

Lateral lunge with single arm overhead reach



## **3rd Move**

Step forward lunge with rotation



Start by trying these three exercises three times a day. I would suggest doing a set of 5-10 with each leg and on each side. It will take you less than two minutes to complete a full set. You will feel energized, mobilized, and ready to take on the rest of your day.

**Share these simple exercises with your friends and family to help them be more successful in 2017!**