



## ALTERNATIVE CHALLENGE: JUST MOVE IT

The 'core curriculum' of challenges for The Kin Project focuses on what we can do for our planet and those we share it with. However, the alternative challenges focus on what we can do for ourselves. It's hard to do anything for anyone else if you are burned out. These alternative challenges are here to refuel our tanks.

This particular challenge is about the joy of movement. Adulthood usually sees us beginning to slide towards a form of physical hibernation. We play less and we sit more. Even after a full day sitting at a desk, sitting on the sofa somehow looks vastly more appealing than going for a run. But, to put it bluntly, being sedentary kills you. You've got a ridiculously powerful and amazing body. Get up and just move it.

### **PART 1: WHY SHOULD I?**

#### *OH, YOU KNOW WHY*

If you don't exercise, you're doing yourself a huge disservice. Sitting on your rear all day leads to a slew of health problems, all of which you've heard about from various health gurus a billion times. If you don't know by now that you need to get up and move your body, you are perhaps one can short of a six pack.

#### *IT STOPS YOUR CHATTER*

Getting physical, no matter how you do it, stops your manic brain from chattering away to you about your to-do list, your worries, your overdue bills, your work deadline, or that argument you had with your partner. It's difficult to think about anything when your body is being challenged.



## *IT FEELS GOOD*

This challenge isn't just about plodding over to the gym and grimly knocking out a couple of agonising miles on the treadmill. It's about the joy of movement. It's about cranking up your tune and shaking what your momma gave you, even if that's just in the safety of your own kitchen.

## **PART 2: HOW?**

This challenge is to just move your body. It doesn't matter how you move it, just MOVE it. Go to the gym, go dancing, go for a run, go for a hike, do cartwheels with your kids, go swimming, go paddleboarding, go for a bike ride, have acrobatic sex... whatever it takes.

The challenge is not to lose weight or get a 'bikini body' or to feel bad or guilty about your body. The challenge is to celebrate all the marvellous things your body can do.

Start with what you're comfortable with and then stretch yourself. Don't sign up for a freaking marathon if you've never gone for a jog, unless that marathon is a year from now. But if you're in a movement rut and just doing the same routine at the gym as if it were a chore, find a way to bring back the joy into movement.

Here are some ideas as to how you can do that:

1. Know some kids? Play tag with them. Maybe even adults.
2. Join in the games at the next BBQ - dodgeball, kickball, hide & seek, whatever.
3. Take a class at your local gym or community centre - there is always something for any level.
4. Try a different exercise from the one you normally do. Get outside your comfort zone.
5. Dance should be about pure joy, not embarrassment. Lock the doors if you have to, but dancing in the comfort of your own home for your own pleasure is one of the simplest joys in life.



6. Stretch. Get back in touch with your body.
7. Just walk! Explore a new neighbourhood, go for a hike - walking is remarkably good for you on so many levels.
8. If you've got a lot of joint aches and pains, try swimming.
9. Lift weights! Strength training is important for everyone.
10. Take a self-defence course - you'll feel braver for it.

### **PART 3: ROPE IN A FRIEND**

You're far more likely to stick with any exercise if you're doing it with a friend. For some reason, we find it far easier to bail on ourselves than to flake out on a friend. Use that reluctance to let others down for your own benefit.