



# Movement as Medicine

---

## Why Over-Training Hurts & How to Move for Healing

Just Breathe ❤️ – Lifestyle Medicine with Julie

---

### The Inflammation Trap: Why Less is More

We are often told that to get healthy, we need to “sweat it out” with high-intensity cardio or grueling boot camps. But for women over 40, especially those dealing with chronic inflammation or adrenal fatigue, over-training can actually make things worse.

Excessive high-intensity exercise spikes cortisol (the stress hormone).

If your body is already inflamed, this added stress prevents healing, disrupts sleep, and can even lead to weight gain around the midsection. The goal is not to punish your body, but to nourish it with movement.

---

### The 3 Pillars of Anti-Inflammatory Movement

#### 1. Daily Walking (Zone 2 Cardio)

Walking is the ultimate anti-inflammatory exercise. It improves circulation, lowers cortisol, and regulates blood sugar without stressing the body.

- **The Goal:** Aim for 30 minutes of continuous walking daily.
- **The Vibe:** A brisk pace where you can still hold a conversation, but you feel slightly warm.

- **Nature Bonus:** Walking outside (green exercise) further lowers stress markers compared to walking on a treadmill.

## 2. Resistance Training (Strength)

Muscle is your metabolic currency. Building lean muscle helps dispose of blood sugar and fights “sarcopenia” (age-related muscle loss).

- **The Goal:** 2-3 sessions per week, 20-30 minutes each.
- **Focus:** Slow, controlled movements. Think squats, lunges, push-ups (knees are fine!), and light weights.
- **Why it Helps:** Resistance training releases myokines—anti-inflammatory signaling molecules—from your muscles.

## 3. Mobility & Stretching

Stiffness is often just “dried out” connective tissue. Mobility work hydrates your fascia and keeps your joints lubricated.

- **The Goal:** 5-10 minutes daily, or a longer yoga session once a week.
- **Try This:** “Cat-Cow” stretches for your spine, gentle hip openers, and thoracic twists to undo the damage of sitting.

---

## Signs You Are Over-Training

Listen to your body. You might be doing too much if you feel:

- Exhausted after a workout (instead of energized).
- “Wired but tired” at night.
- Persistent joint pain or stiffness.
- Increased sugar cravings.

---

## Your Weekly “Movement Menu”

- **Monday:** 30 min Walk + 15 min Strength (Lower Body)
- **Tuesday:** 30 min Walk + Gentle Stretching
- **Wednesday:** 30 min Walk + 15 min Strength (Upper Body)

- **Thursday:** 30 min Walk + Restorative Yoga
- **Friday:** 30 min Walk + 15 min Strength (Full Body)
- **Saturday:** Long Nature Walk or Hike
- **Sunday:** Rest & “Just Breathe”

**Movement should feel like a gift to your body, not a punishment.**

---

Disclaimer: This guide is for educational purposes and does not constitute medical advice. Always consult your healthcare provider before starting new health practices.

**Just Breathe** ❤️