



Abstract Title: Natural movement can predict all cause mortality: Learn, discuss & play

Cheryl Karthaus
East Coast Naturopathic Clinic

Introduction/Background

Research has shown that full range natural movement (sit and rise from the floor) can be used as a predictor of all cause mortality (Brito et al., 2014). Factors that contribute to sit and rise movements and daily movement include flexibility (Brio, De Araújo, De Araújo, 2013) strength, overall physical fitness (Blair et al., 1995), and inflammation (Elbaz et al., 2013) among others. In our current society, many people have decreased ranges of movement in their daily lives which contributes to the decreased ability to engage in full range movements. The purpose of this workshop is to engage in discussion and practice of how we can incorporate full range natural movement into our daily lives which in turn will improve overall health of individuals, decrease the risk of falls in the elderly, improve overall quality of life, and decrease risk of all-cause mortality.

Purpose

To present this research and promote healthy movement, and overall health which has been shown to improve overall risk of mortality.

Approach or Action

Facilitators will demonstrate and provide an opportunity for all attendees to engage in the sit and rise from the floor test. A presentation of factors that contribute to the ability to effectively perform these actions will follow. Discussion will be facilitated of how to improve overall movement in daily life e.g., How can we engage in full range movement around the home? What are the best ways to promote healthy tissue in our body that contribute to healthy movement? Facilitators will then demonstrate and ask attendees to participate in learning controlled articular rotations which will help to

Outcomes

An improved understanding of healthy movement and factors that contribute to healthy movement all which can decrease risk of mortality. Knowledge and guided practice on engaging in tasks such as the sit and rise from the floor movements and controlled articular rotations which

Conclusion

Incorporating natural full range movement into everyday life can improve overall joint and tissue health, leading to improved quality of life and longer life span. This session will provide an understanding of simple ways of incorporating full range natural movements and easy to do joint range exercises. Facilitators will provide information, demonstration and feedback to each participant on performing a full-range motion test and exercises. Each attendee will leave with knowledge and tools of how to achieve improved functional movement and overall health from this perspective.

References

- Blair, S.N., Kohl, H., Barlow, C.E., Paffenbarger, R.S., Gibbons, L.W., Macera, C.A. (1995). Changes in Physical Fitness and all-cause mortality. *JAMA*, 273(14):1093-8.
- Brito, L.B., De Araújo, D.S., De Araújo, C.G. (2013). Does flexibility influence the ability to sit and rise from the floor? *Am J Phys Med Rehabil*, 92(3):241-7. doi: 10.1097/PHM. 0b013e3182744203.
- Brito, L.B., Ricardo, D.R., Araújo, D.S., Ramos, P.S., Myers, J., Araújo, C.G. (2014). Ability to sit and rise from the floor as a predictor of all-cause mortality. *Eur J Prev Cardiol*, 21(7):892-8. doi: 10.1177/2047487312471759
- Elbaz, A., Sabia, S., Brunner, E., Shipley, M., Marmot, M., Kivimaki, M., Singh-Manoux, A. (2013). Association of walking speed in late midlife with mortality: results from the Whitehall II cohort. *AGE*, 35 :943-952. doi: 10.1007/s11357-012-9387-9.

Cite this document in APA:

Karthaus, C. (2018, September). *Natural movement can predict all cause mortality: Learn, discuss & play*. Paper presented at the Healthy Living, Healthy Life: Collaborative Health Conference on Research, Practice and Community Innovations Conference, Dalhousie University, Halifax, NS. Retrieved from <https://ojs.library.dal.ca/HLHL/>

CC BY-NC-SA