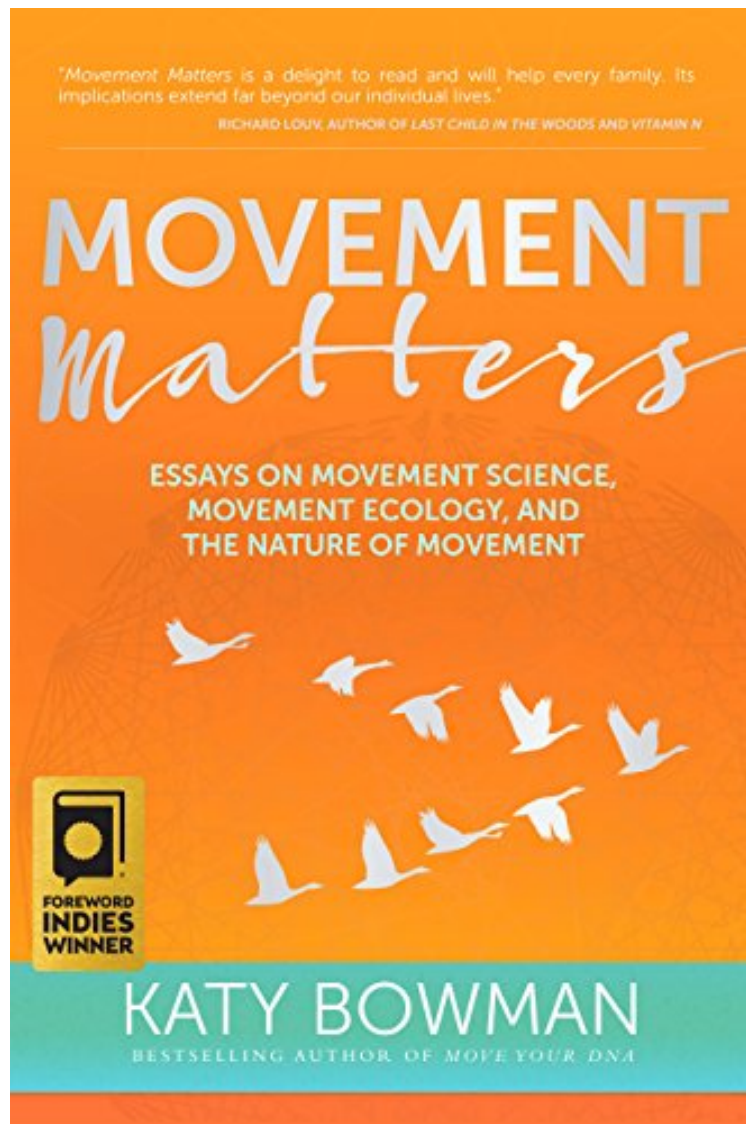


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Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement

Katy Bowman

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Katy Bowman : Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement before purchasing it in order to gage whether or not it would be worth my time, and all praised Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement:

11 of 11 people found the following review helpful. A must read for every human. By HeatherSA truly interesting. A thought provoking look at the ways movement or lack of movement in our lives impacts our bodies, our culture and even something we see as beyond influence: our science. A must read for every human. 3 of 3 people found the following review helpful. Five Stars By Mary Pillard Another great book by Katie Bowman. 1 of 1 people found the following review helpful. So far he is very happy with the book By Sharon Bought for my husband who is passionate about this subject and didn't know this author. He is only a few chapters in so I may post an update. So far he is very happy with the book.

What if we can make ourselves, our communities, and our planet healthier all at the same time by moving our bodies more? *Movement Matters* is a collection of essays in which biomechanist Katy Bowman continues her groundbreaking investigation of the mechanics of our sedentary culture and the profound potential of human movement. Here she widens her *You are how you move* message and invites us to consider our personal relationship with sedentarism, privilege, and nature. Bowman explores: how convenience often means less movement, not more time the missing movement nutrients in our food how to include more nature in education the impact of adding movement to permaculture and ecological models our need for vitamin Community and group movement Unapologetically direct, often hilarious, and always compassionate, *Movement Matters* demonstrates that human movement is powerful and important, and that living a movement-filled life is perhaps the most joyful and efficient way to transform your body, community, and world.

Tying together ecological sustainability and modern lifestyles, this book focuses on the science of moving in healthy ways as a means of healing both the earth and the individual. Its heavy emphasis on healthy living generates a necessary bridge between personal well-being and the well-being of the whole environment, and is yet another strong voice in the general call for more active, mindful lifestyle choices. Bowman, a biomechanist, does a fine job communicating the hidden significance of everyday acts, such as walking, sitting, and buying prepared food, in digestible sound bites. This is no dense academic treatise; it is written specifically to appeal to the average person, actively acknowledging commonly asked questions about activity and exercise. As in the case of walking overland versus walking on a treadmill, the author consistently calls for an entire way of life that incorporates movement and activity with being outdoors and interacting with nature. Exercise enthusiasts may find it especially interesting, but the advice seems tailored for the person whose gym membership and office job fail to inspire. It has potential broad reach and should not be ignored when building an alternate health collection. The book is organized as a series of essays and grouped thematically. The three appendices contain useful information for anyone who is inspired by the content. Two of these three are concerned specifically with child rearing. Parenthood is a consistent theme throughout the book, though secondary to movement and ecology. The author introduces several examples that are anecdotal, based on her own children. Citations appear at the conclusion of each essay. *Movement Matters* is a continuation in a popular trend toward a holistic approach to health and ecology. Ideal for nutritionists, fitness experts, and anyone seeking an all-around healthier lifestyle. --Foreword s Happily Katy does not get on a moral soapbox about this (or any of the subjects she goes into). She points out that movement outsourcing has been going on since the beginning of agriculture, and that it allows things we appreciate. She just points out the unwanted consequences, some of which have sneaked up on our culture. She suggests ways to identify the consequences, a perspective to see them and best of all a solution. You've probably guessed the solution she offers already. Yes, it's move more. --Edward Hines