

Keep It Moving (Stay Connected)

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If you've been to a public park recently, you've likely seen a sign that says something along the lines of "keep it moving - keep it distanced" (or perhaps that's just Seattle?). As we move into Fall, and the final quarter of this year, it is important to take a moment and decide how you want to finish 2020. We are about six months into this pandemic, with four more months of 2020 - "*the year of staying home*" - to go.

Zoom calls are up and step counts down. With the rise in video calls, and meetings, we have been at our desks and/or on a computer more than ever. How is that working for you? *Me? - not so much.* Even at a standing desk, I'm not a big fan of staying put AND there doesn't appear to be an end in sight.

With that in mind, it's time to check in.

Reflect on the past few months: your meetings, your schedule, your movement (or lack thereof). What worked and what didn't? Be honest. 2020 may be the longest year on record, but we're headed into the last 100ish days. Let's finish with a little grace, ease and some physical movement (*it'll reduce stress, I promise!*).

As you move into Fall: PQM.

Plan. Question. Move.

Plan. Whether it's week by week, or a month at a time, look at what you have going on and what you want to accomplish. What do you want to say at the end of the week/month? *How do you want to feel?* What would your future self be happy with (even if that future self is a only week away)? Make a plan that includes daily movement. Assess your plan each week or each month. What worked and what didn't? Movement is meant to be a practice - something we continually do, not something you get "right" and then you're done.

Question. Question the plan you just created. Many people have this notion of "*returning to normal*", or a set way in which things "should" be done. Loads of us want structure, or a "hack" - some easy way to get where we want to be. My friends, let that go. Returning to "normal" isn't happening, and it's important to honor the loss of many things (gathering for weddings/funerals/concerts, meeting friends/family at a restaurant, hugging!, or even going to the gym regularly, etc). This is also an opportunity to question the way in which you do things. The way things have "always been done" no longer matters. The "rules" can effectively be thrown out the window - from the way we educate our kids, to what the workday looks like. **The real question is: What works for you?** Do you have to be on video for every call and meeting, or can you take a few while walking? Question every little thing and make your plan work for you (and your loved ones). **The goal: to feel good (and move your body!).**

Move. This is the fun part! Get out there and move. You don't have to go on a three-mile run or attend an hour long class. Simply get up and move your body. Take the dog for a walk. Do 10 air squats or a couple sets

of stairs. Take five minutes, lie on the floor and stretch! Increase your step count. Get outside and breathe fresh air!!! Some days, you'll want to plan longer movement sessions - other days, five minutes here and there will do. No matter, schedule it in your day and move (big bonus if you can work and move at the same time!)

Hot tip: KNOW yourself. and build in accountability if you can. For myself, I LOVE yoga, but doing it in my living room via my computer does nothing for me. I would much rather have an instructor guiding me, and people working right alongside me, even though I know what to do. Knowing this, I look for ways to connect with others and participate in a live and in person class (outdoors, small groups, etc).

Again, as we transition into Fall: Plan. Question. Move. *And practice, practice, practice.* Move, with intention and give yourself a ton of grace. There is no such thing as getting it "right" - and, though the signs at the park may tell you to keep your distance, it's important to stay connected - and this includes your body.

For more information and further reading on Health and Wellness, visit our [online library](#).



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Beth Cline is a movement coach specializing in the body and the mind. Her clients are people of all shapes, sizes, and skill levels. Some come for athletic movement, others come for movement in life (career, health, future, etc.). Either way, it starts with energy. Energy flow leads to ease, and life can be easy! Beth teaches people to pay attention, to listen and learn, instead of moving through pain. Move, *with intention*. Follow her blog on her website at www.bethcline.com; connect on social media:

