

A T I M E T O T H R I V I N G

# Successful Student Transitions

**Fundamentals for Well-being**  
*Dynamics for THRIVING*  
*through change*

**Episode 25 Movement**  
**Why Movement Matters**

# Welcome to Successful Student Transitions – A Time to Thrive

**This podcast series is for you if you are:**

- A student leaving full-time education and moving into the world of work.
- A student moving to university or some form of higher education.
- An educator, parent or counsellor supporting students as they take the next steps in their journey from school/college/sixth form into the world of further education or work.

**For many students this represents the first big life transition. It can be an exciting and challenging time.**

This podcast series provides strategies to develop self-awareness, understanding and the ability to thrive through times of transition.

**This episode is part of Series Three: Fundamentals for Well-being – Dynamics for thriving through change and transition.**

This is the full transcript with links to associated episodes.

You can also access the show notes, resources and worksheets mentioned in the podcasts by registering [HERE](#).

## About Your Hosts

### Elizabeth Gillies

**Elizabeth is an Education Psychologist based in London who has worked in schools as a psychologist at the individual, group and systems level for over 30 years.**

She has been fortunate to live, work and raise her family in America, Japan, and Australia so, unsurprisingly, she is interested in the challenges and opportunities of transitions.



Elizabeth is a CBT (Cognitive Behaviour Therapy) and ACT (Acceptance and Commitment Therapy) specialist. She works in schools, on-line and, near her home base in South London, incorporating walking with talking therapy in green spaces.

At the crunch points at the beginning and end of the school year, Elizabeth runs workshops for young people, teachers, and parents to help them understand common patterns of transition and how to use this knowledge to help themselves during this time and future changes.

Together with a great group of professionals in London, Elizabeth is growing a multi professional support service called Special Networks and can be found [HERE](#)

Elizabeth is a member of FIGT (Families in Global Transition) and with Louise and another FIGT member, is a co-chair of the FIGT UK affiliate. Link to FIGT. Connect via LinkedIn [HERE](#)

## About Louise Wiles

**Louise Wiles is a well-being, change and transition consultant, trainer and coach and the parent of two teens.**

Alarmed by the recent explosion of well-being challenges amongst children and teens, especially during exam years and through times of change and transition. Louise believes we should be better preparing young people for life beyond school and university so that they can thrive through the natural highs and lows of life.



Louise combines her professional background in organisational psychology (MSc) and coaching, with her expertise as a wellbeing, positive change and strengths practitioner and her personal experience of life on the move, to develop training courses and coaching programmes that help her clients prepare for, and thrive, through the challenge of change and transition.

You can connect with Louise on LinkedIn [HERE](#)

Website [HERE](#) and contact Louise [HERE](#)

Louise is also the author of *Thriving Abroad: The Definitive Guide to Professional and Personal Relocation Success*

## Introduction

*“And I love this little quote here. ‘Inactive Brits spend two times longer sitting on the toilet per week than they do exercising’..... So here, I’m going to make eight suggestions for thinking about movement, and how to build more movement into your day and lifestyle in a really enjoyable, purposeful way. Because remember, we’re talking about making these sort of well-being activities, meaningful and purposeful for us so that we’re more likely to do them, it’s not supposed to be another task, horrible task to add your list, it’s supposed to be enjoyable.” Louise Wiles*

Welcome to Successful Student Transitions.

Perhaps you’re facing a big life change, moving to university, a year abroad, a work placement or out into the world of work. Times of change like these can be both exciting and challenging. Our aim is to support you as you step out and find your new gear.

Using the latest from research in this field we will be suggesting ideas from evidence-based practice to help you enhance your well-being in times of change. Our mission - to help you settle well and thrive in this next stage of your life.

Welcome to this episode on the Fundamentals for Well-being, where today we are talking about movement.

If you’d like to access the full transcript and learn more about our other podcast episodes click on the link shown the podcast description given on your podcast app. That will take you our website where you can download the full transcript for free, and while you’re there why not register for our newsletter, so we can keep in touch and send you other goodies as well.

So, on to today’s episode:

To begin with we share the voices of three students from our student voices series as they talk about the value of movement, exercise in their settling in process. You will hear from Raphie, Ben and Toby.

### **Elizabeth & Raphie 02:11**

*“So, thinking about those early days into that first term then, were there things that you were glad you did, or things that you wished you’d done differently? I think a really big thing is exercise and it’s the kind of thing that you know your Mum or your Dad always tell you to do, you know, go and join a sports team and it does sound cliché, but it’s so true, because not only then do you automatically have, in for example a netball team you have eight other people you can be friends with, but also just like keeping your body moving in that phase is so important because it’s so easy, and I didn’t, so it’s really easy to not move your body enough and become sedentary. So I think joining a netball team or netball, hockey or football whatever suits you, is – you know you’ve got a ready-made group of people you can be friends with and just keeping your body moving is so important for your happiness, because if you’re not having a great time, then just having at least once a week, intense activity is just going to be good for you.” Raphie*

**Ben 03:28**

*"I think the second thing is knowing what makes you happy, what keeps you physically and mentally fit. For me, I really enjoy running at the gym, that's something that is really a really important outlet for me when I'm feeling stressed and things, so when I got here, it was one of my priorities was you know, finding a gym and getting enrolled there and just knowing that I have that place to you know, go just, to you know, help myself, you know, and maintain that mental stability. So, I think just knowing you know what is important to you and what makes you happy, and finding that is the second thing that I recommend." Ben*

**Elizabeth & Toby 04:05**

*"Something that I try and do a little bit about when people are going to university say let's plan for a difficult day because like you said you're going to have them. Um, do you know what you do in a difficult day when you'll be having a kind of hard day?" (Elizabeth)*

*"To be very honest, I've had very little difficult days but it's been it's been very, very good so far, but on the days where I was seeing that, this isn't going so well, then I just, like I said earlier, just keep on doing the things you love. And make sure you've got a chance to keep on doing things like, so for me that's going to the gym, that's playing football, that's surfing, things like that, because I still had those sort of things, I could always go back to then, you know, I always had a chance to go and do something I loved.' Toby*

For the students then, exercise was about stress release, mental well-being, social connection and doing what you know you enjoy – both Ben and Toby highlighted that. So, how does exercise, physical activity feature in your life? How can you use it in the early days of your new life experience to help ease the transition? How important is movement for you in terms of supporting your well-being do you think?

In this podcast we will discuss movement, the perhaps surprising benefits of various forms of movement and then suggest eight ways you can enhance the level of movement in your life.

**Louise Wiles 05:35**

Hello, and welcome to Episode 25. So today, we are going to be talking about the benefits of movements. And how moving more frequently can benefit our well-being in a surprising number of ways. A Spoiler alert, though, it's not all about physical fitness, which I guess those of you who are anti gym, and I know there's some of you out there, will probably appreciate. So, I want to start with a quick exercise. So, if you can, you're not driving or doing something that requires you to use your hands. I'd like you to grab a piece of paper. And on that post that piece of paper, draw a circle, just one circle, then inside, draw a much smaller circle. Now the bigger circle represents your physical activity. And the smaller circle, exercise. So, exercise might be going to the gym, or going for a run, those things that you mentally class, as 'I'm going to do my exercise for the day'. Physical activity will be the things that you do that are physical activities. So, you're perhaps going for a walk to the shops, you're walking the dog, you're doing a bit of gardening, shopping, and it means that you have to be physically active. Now I'd like you to draw a much bigger circle around both circles. Now this represents movement. And that is all the micro and macro movements that we make in a day. And so, what we're focusing on today in this conversation is this big, broad picture of movement. And it's interesting, I think, when we think

about movement, we often automatically flip to 'oh, how much exercise have I done today? Did I go to the gym? Did I lift my weights? Did I do my conditioning session? Session? Did I do a Hitt session? And yet that is just actually quite a small part of what we call overall movement, as this exercise and diagram shows your circles show you. So, I'm here with Elizabeth today, Elizabeth, I'm really interested to know what did your movement profile look like yesterday?

**Elizabeth Gillies 07:55**

Well, I don't know if I should say this or not. But I had quite a good day yesterday. I'm not always like that. So, I go to a class on a Thursday morning. And yesterday, I decided, the class isn't that far away, it's about 10 minute's walk away, I just decided to run there to get a little bit of warm up before my hours class. And then run back again. So, I had weights, with a group weights and different kind of exercises all about strength and conditioning. And then I ran there and back. And then. And then of course I had the rest of the day in front of my computer more or less, maybe walking up and down stairs a little bit. And then early evening, I went to meet some friends and it was maybe I decided again, it was a very nice evening. I walked there and I walked back. So maybe another hour and a bit's walk. So, I think that was quite a good day. Although I did have the sitting down bit in the middle. Maybe it was the best day I've had this week. What about yours Louise?

**Louise Wiles 09:08**

Yeah, no, well mine was a bit similar in the sense that I went to the gym in the morning, then I did a long dog walk. But then I sat down for most of the afternoon doing work. And then I was online for a four-hour training course in the evening, and so far, too much sitting at that point. In fact, that would have made me sedentary for the day. So, I want everyone to hold that thought in their mind as we start talking about all of this, because we've both described exercise and physical activity, and then we've also described a lot of quite sedentary behaviour and the whole point about thinking about movement is where can we inject movement into our day, particularly those moments when we're sitting being quite sedentary. We'll come on to that a bit later. So just think about, as you're listening to this, perhaps pause for a minute, and just think about what your days the last few days have been like from a movement perspective for you.

**Elizabeth Gillies 10:12**

So, have we become a bit lazy, then Louise? Are we all kind of like not moving so much?

**Louise Wiles 10:20**

I think we have you know, we were all far less mobile, active than our ancestors. So just a mere 100,000 years ago, our cave ancestors were superior in one very important way to modern humans sapiens. What do you think that was?

**Elizabeth Gillies 10:40**

I guess it's a movement topic today isn't it?

**Louise Wiles 10:45**

It's movement. Yeah. Cave people moved on average for eight hours a day. In comparison, the average American is active for only 10 minutes a day. In Europe, we're a bit better, in the UK, the

average Brit spends 90 minutes per week taking moderate exercise. But 26% of us actually spend 30 minutes or less a week in moderate exercise. And I love this little quote here. "Inactive Brits spend two times longer sitting on the toilet per week than they do exercising". It seems we have all become a bit lazy.

**Elizabeth Gillies 11:30**

So, what do you think contributing to that, then?

**Louise Wiles 11:34**

Yeah, well, I think perhaps it is that perhaps it is a bit of an unfair slur on our characters to say that we've all become lazy, because I guess our reduced movement is a bit more complex than just being attributed to that character flaw of laziness. You know, when we think about the evolution of lifestyles over particularly the last few hundreds of years, we can see why modern advances have led us to move less, you know, agricultural development, that brought to the end the need for a nomadic life. The Industrial Revolution meant that we became even more inactive we're less on the land, more factories, the computer age, the age of information, browsers and the Internet, everything's so accessible, just as we're doing now, we can sit at our desks and look at a screen and get most of what we need. And even now, with our handheld devices, you know, we can find our mates from those, we can order all our food on those, we can find all our friends and communicate and connect with all our friends on those. And so, we don't have to go anywhere to do any of that, necessarily. And of course, then when we do decide, well, okay, perhaps I will move, and I will go and do some of this, in person, we've got modern transport, which eases the pain of having to finally move. You know, yesterday, when I went to the gym to do my exercise, took the car there. And as I was leaving, I reversed. And we've got a new Volvo, electric Volvo, and it has this amazing camera that I just need to glance to the left, and I can see what is behind me, all around me, I didn't have to move my head left or right, look over my shoulder. So, we're restricting even those very minute movements that we would have done naturally 10 years ago in any car, now we don't need to do in, in most cars. And that has long, you know, if we don't move our necks, that has really big implications for movement over time. So even little things like that are affecting us and our movement. I guess for students, as hopefully a lot of you listening our students, this applies to you as well. I was thinking the other day, I was somewhere and there were university students zooming around on the electric scooters. And I was just thinking in my day, I had a bike, I had to pedal power myself to lectures, or catch the bus and had to walk to the bus stop. And then of course lectures now, I mean, my daughters at university and she'll say 'well, I don't actually have to bother going to the lectures because I can watch them online.' I mean, she tends to go because she likes the social connection that comes with lectures, not so much the walk up the hill to get to them though. So, you know we can make that choice not to go and that means perhaps we watch online. It also means we don't move.

**Elizabeth Gillies 14:21**

This kind of less movement. This kind of what you were saying, this more sedentary life. What kind of impact is that having on us as human beings?

### **Louise Wiles 14:30**

Well, I think this is a really interesting sort of analogy to explain the kind of impact it's having. There's a scientist who supported the first US astronauts on their trip to the moon. And she noticed that when we lose the impact of gravity, we very quickly lose muscle mass, bone density declines, and so on. And over time, we would suffer severe physical implications. But apparently, we don't need to go to the moon to experience this. We can just choose not to take exercise and minimise all movement and we'll have the same impact over time. So, the impact of a lack of movement can be severe. And the reality is, the majority of us many of us sit at our desks or in chairs watching TV for about nine hours every day. And as we do that, you know, our chairs, our sofas, they're designed for us to slouch, so we're not even sitting up straight. You know, I suddenly just made myself sit up straight in my chair here. And as I did, my back muscle muscles engaged, my core engaged, but most of the time we're not, we're slouched, we're relying on the chair to support us. So, our back muscles don't need to work. And then once we sit down, the electrical activity in our legs shuts down, and then the calories that we burn, decrease, and the enzymes that help break fat down and our good cholesterol, both decline and horror of horror, sitting down does actually make our backsides bigger, the pressure on the cells and fat tissues cause them to expand. And I definitely don't need that, so that's motivation enough for me to stand up for most of the day. And we run the risk of developing sitting diseases such as obesity. The average adult is three times more likely to be obese than in 1975. And then there's the psychological mental effects, mental health effects of a sedentary lifestyle. It's linked to anxiety, depression, migraines, diabetes, cardiovascular issues, dementia, and some cancers. So, a lack of movement is really all pretty grim news. And I think there's a really good quote by a neuroscientist, Daniel Wolpert (2001) And he says, *'the entire purpose of the human brain is to produce movement. Movement is the only way we have of interacting with the world.'* So, I just want to investigate that little quote a little bit. This is why our biology, I think, this is why our biology includes so many ways to reward moving. And there's a brilliant book by Dr. Kelly McGonigal, it's called *The Joy of movement*. And I highly recommend reading it because it just explains so much about why movement is so much more than about physical fitness. She says that one of the most common explanations for why exercise makes us happy is this endorphin rush, which I'm sure everyone has heard of, if not experienced. But she said that's a simplistic explanation for why movement and physical exercise is so beneficial for us. Because the benefits of movement go so much further than that. So physical activity, influences many brain chemicals, it influences brain chemicals that give you energy, alleviate worry, help you bond with others. So, movement is often all about that bonding, and I'll come on to that later. It helps to reduce inflammation in the brain, which over time can protect against depression, anxiety, and loneliness. Note, I said protect, okay, I don't want to say that exercise is the way to cure all depression. I mean, there's some evidence that that's not perhaps the case for some people with depression, but it can help protect over the long term. It remodels the physical brain structures to make it more receptive to joy and social connection. We'll come on to that in a minute. And the mind-altering benefits are even embedded into our musculature. So, during exercise, our muscles secrete hormones into our blood. And that makes our brain more resilient to stress. And scientists have called these hope molecules, they make us feel more hopeful after exercise, and you might be able to relate to that. So, I think, you know, rewarding movements is how our body and brain encouraged us to participate in life. Yeah, so we take movement, we exercise, and we're rewarded for doing that. And then that makes us more energetic. It encourages us to seek out social connection and participate in life. And so more than the positive physical impacts on our bodies, movements is intertwined with some of the basic human joys such as



self-expression, you know, think of dance and sort of active sport, where you're expressing your abilities and your talents. Social connection. If you think of team sports, group dancing, outdoor activities, and then mastery, we learn to develop skills, we become highly skilled at various sporting activities. Just think about walking, we're all highly skilled at that, assuming we're able to walk, and we can set goals and achieve those, and that will have very positive impact on our mental health and well-being too.

**Elizabeth Gillies 20:09**

So, if we could bottle all of it, I often think after I exercise, exactly what you say, I feel so good about myself and those doubts I had, before even if it is going for a walk or doing something that might not be seen as kind of, you know, that gym exercise. Just being aware of how good you feel afterwards is really important, isn't it? It's more than just, it's more than just looking good. It's more than feeling physically fit. So, Louise, can you tell us a little bit about how we can start to think about movement differently, so that we can have more of it in our lives? Or think about how we can put more of it in their lives?

**Louise Wiles 20:50**

Yeah, yeah, absolutely. Okay, and I just want to before I do this, I wanted to just also recognise that some people, you may have limited capacity to move, if you have various disabilities, that inhibit that. So obviously, you know, listen to this, with that in mind, and some of it will still be very relevant to you as well. And so of course, we could join a gym, a sports club, that's often the first thing we think about when we're thinking about, 'Oh, needing to get fitter, doing more.' And yes, that is part of the story, but only part of it. If you're active at the gym for one hour, but then inactive for the rest of the day, you are classed as active sedentary. So, you know, okay, you've helped a little bit, but you still are in that category of a sedentary person. So here, I'm going to make eight suggestions for thinking about movement, and how to build more movement into your day and lifestyle in a really enjoyable, purposeful way. Because remember, we're talking about making these sort of well-being activities, meaningful and purposeful for us so that we're more likely to do them, it's not supposed to be another task, horrible task to add your list, it's supposed to be enjoyable.

So firstly, don't just think about the formal and official exercise. So, remember that circle at the beginning of the podcast, the little circle was exercise, that was what you might do if you go to the gym. But we have opportunities for movement, small and large, throughout the day, all the time. So, I'm sat at the desk at the moment, I have movement opportunity for movement. Now. In fact, one of the things that people suggest you can do is, apparently our calf muscles use up quite a lot of energy, given their size. So just going up on your toes and down up in your toes and jiggling your feet around, that can be really beneficial as you're sat at the desk. So just moving in that way can be beneficial.

**Elizabeth Gillies 22:53**

I'm going to try it now.

**Louise Wiles 22:58**

Jiggle your legs. Research has shown that movement has an impact at a cellular level. Yeah, so every single cell is impacted in our body by our movement. And movement is both a whole body and a local

phenomenon, depending on what we're moving. So just a minute ago, I was moving the calf muscle, but my back was staying pretty still. So, we could be doing some good exercise that's moving the body, but not moving all parts of the body. So, there would still be some sedentary cells going on in our body. Now as I sit here, there's a mix of the two, if I'm moving my legs. So, the message is not to only move more, but it's to move more parts of the body and to be conscious of doing that. And small movements matter as much as big one. So, when you're thinking exercise, I've got to go to the gym and do lots of weightlifting. Yeah, that's good. That's helpful. That's great. You get the muscle benefits of the release of all the molecules as we were talking earlier, the hope molecules, but also sitting at your desk working, rather than just sitting there still and static, or slouched against the back of your chair. Just make small movements and thinking well, I'll just stretch my hands. I'm just crunching up my hands and then opening up my hands. That's a good beneficial exercise. It's getting the cells in my hands moving, I could jiggle my shoulders and so just moving different parts of your body is really important too. So that's what I'm talking about when I'm talking about movement, consciously thinking about how you can build some movement into your day, minute by minute. So that's the first one.

The second one, we talked about hope molecules, movement creates these hope molecules, and the benefits are even better than enhancing physical fitness. So, our muscles are like an endocrine organ. So, when we contract our muscles, in any movement, they secrete chemicals into our blood. And these have a positive impact on our hearts, our immune systems, and myokines have a profound effect on our brain, crossing the blood brain barrier, they can act as an antidepressant, help us to be resilient to stress, enhance our motivation to learn from experience. So, movement can provide this kind of intravenous dose of hope. And I think there's quite a lot of studies and these are talked about in this book, *The Joy of movement*, about, you know, what happens when, they do a lot of experiments with mice, but when mice exercise a lot and are encouraged to exercise a lot, and then stopped from exercising, how anxious and depressed they can become when they don't get to that dose of exercise. So, there's a really positive benefit from exercise. And it doesn't have to be really harsh, heavy. I'm not talking about embarking on marathon training. I'm just talking about embarking on brisk walking, that's enough to generate these hope molecules.

Which brings me on to walking, walking is good for you. And I expect you've all heard about the need for 10,000 steps, there's been question marks over why 10,000 steps and actually studies have shown that the steps above which a tendency to depression reduces is an average of 5649 steps a day. So, write that down on a post it notes, and put that up on the wall. That equates apparently, to about three miles a day. So, walking three miles a day can have beneficial mental health benefits. And you don't have to do all in one go. You can break it up. In fact, there's a lot of evidence suggests that breaking it up into three one-mile walks might be better than one three miler. Because if you do three one miles, that means you're getting up three times during the day and being active for one mile worth of activity, rather than sitting for three hours, and then just doing a three, three mile walk. So worth thinking about walking to lectures, you know, that's only one mile is only what 10 - 15 minutes' worth walking. Yes. So, walking to your lectures, walking around campus, or walking to work if you're working and getting off the bus one step earlier, and walking that extra bit. This all adds up and makes a big difference to our health overall. Elizabeth, do you try and count your number of steps?

**Elizabeth Gillies 27:26**

At times. Sometimes, I'll be very conscious and I'll be thinking, I need to kind of get up and move a bit today. And it's usually when I've had a day sitting down before. So, I try and kind of balance it out. But I don't try and hold on to it too tightly. But I do want to make sure that I'm moving to a certain degree.

**Louise Wiles 27:51**

And, I have a dog so I have to walk most days, although not all the time if other family members around, and I do notice that when I don't walk, I do feel the impact. Definitely. Okay, so that's the first three things to think about. The fourth is about nature, and the benefit of being in nature and exercising, and I'm going to hand over to Elizabeth to talk about that.

**Elizabeth Gillies 28:14**

It's something that I'm really, very interested in, is about us getting outside in nature. And, you know, in terms of therapy, you know, you can find lots of different kinds of therapy in different kinds of nature. Like, there's, can you believe there's surfing therapy, or there's walking therapy, which is something I do, but running therapy, so I think that would be hard for me, but so it's really encouraging you to do movement in outside spaces. And there's been a growth of encouraging people to be outside for a number of reasons. You might have heard this thing called 'forest bathing'. It's something that originated in Japan, Shinrin-Yoku, and that's where people have these slow, purposeful walks through forests, and healing environments. And they find lots of big benefits of being like that. And even from just being outside for about 15 minutes, there are benefits being found there. And it's really I also think it's been encouraged a lot. Because we have got this drive there is this thing called the Biophilia Hypothesis, which says we are drawn to nature we, we are pulled in that way. And sort of there we are no more of us living in cities, more of a staying inside a bit like Louise said, more of us connected to screens. Children aren't playing outside as much as they used to. And even with the pandemic, people were in their houses. So, there is there's negative effects, as Louise was talking about that. So, we've got to think about how do we combat it? So, if you're doing your exercise, whatever you're doing, Elizabeth's going to say try and do it in green spaces, if you can. From the Japanese research, there's less stress in your body, you're more relaxed, you have less feelings of stress. But also, there'll be things like your blood pressure will be lowered or heightened, because that's what happens, there's this kind of homeostasis, that happens when you go into a green space. So be thinking about where the green spaces could be potentially for you. In your new settings for work or University, make sure they're safe ones you're going to be in, and think about how you can use them. And a couple of little tips about being in a green environment, is that if you are walking, sometimes we walk looking down, don't we, but there's some research around lifting your eyes up to the horizon, reducing stress hormones. So, look at look at tree lines up at the top. So, when you're walking, just lift your eyes up, you know, there's an easy thing to do. And something else that would be kind of an interesting thing to do. There was some research by a woman called Monica Parker, she's got a great book called The Power of Wonder. And she set people out on, to study, if people were looking for wonder in natural environments. And in a group, she set them off on a wonder walk. So, it was to start with that's what they decided that they were doing, to go places, look for wonder and then report back. The people who were set that task to go to wonder walk, they were less stressed, they were managing their anxiety better. And even in their photographs from the wonder walk, they had bigger smiles. So, it might be even when you're going on a walk, look at the things around about you, look up into the horizon. Look for things and wonder

because that could lift you in any kind of transition that you're going through. So, find safe potential green places for movement. And if you can do it alongside other people, it's a good thing to do.

**Louise Wiles 32:40**

Yeah, I'm going for a walk after this you've sold it to me there Elizabeth. So, number five, I kind of, this probably links partly to what Elizabeth is saying. Do what makes sense to you. So, you know, if it really appeals to be outside for your exercise, then yes, go and exercise outside. Because it's important to choose and participate in activities that make sense and appeal to us. Because then we're obviously more likely to repeat them. So, for some people, they'll choose to do the more extreme sports, the long hikes, the runs. And that's great for them. That doesn't mean we all have to do that. You know, people talk about the runner's high, and they've discovered that that does really exist. But it doesn't exist just as the adrenaline rush, and nothing more, that people have talked about. It has a powerful evolutionary history and purpose. And the reason behind it, anthropologists are suggesting, is that hunter gatherers needed something that would keep them motivated to get out and stay out for long periods of time. And the runner's high helped them to do this. This was all about perseverance. It was about staying out there and seeing it through to the end. So, they could bring back the kill to feed the tribe. And the gatherers could bring back their gathered fruits and all that they found to feed the community. So, it taught us about sticking at things. But that's not all. Hunter Gatherer's, as I said, are part of tribes and the purpose was to find food, to catch food, to supply food, but not just for themselves. It wasn't an individual activity. It was all being done for the tribe. And the tribes that were most successful at doing this, were the ones that survived. So, it helps to have that and feel a sense of belonging, a sense of cooperation. So, the runner's high, actually has that kind of evolutionary basis, and perhaps explains why when people are doing extreme sports and, or even long hikes that perhaps aren't too extreme, but just mean a lot of moderate exercise, but for lengthy periods of time, you can feel that high because it's about perseverance, you're feeling that achievement that you're wanting, and it's helping to get through and to finish. But if you're doing it with other people, it's about community too. So, get involved in group sports and enjoy that dual benefit of the runner's high, perseverance with connection and cooperation. That's number five.

Number six, thinking time, so this does link to a bit of this walking in nature. Because going back years, and hundreds and hundreds of years old philosophers talked about the importance of taking care of body and mind. So, Aristotle walked and taught, the basis of the word, peripatetic. And Darwin talked about his thinking path. Emerson had his famous daily walks. So, for them, it was important to give themselves space to think, to talk and to walk. So yeah, walk with others and talk, but also have time to go out and just reflect on life, and to think, that is powerful time, it's when your brain does a lot of work that you're not aware it's doing. And perhaps some very interesting thoughts will pop up to you.

Then I've kind of talked a bit about this. But point number seven is all about micro movements, opportunities to move, so we talked about the benefit of these small movements. Remind yourself to do this though, set an alarm. So, you know, we sit at our desks for hours, I'm really bad at doing this. Once I get into something unless I set myself a timer, I won't get up for a couple of hours and I kind of hobble out to my office. My knee gets really stiff, and it takes me about 10 minutes to get back to full mobility. But if I got up every 20 to 30 minutes, and just did a few little movements around it would really help. So, if you're sitting stop, stand up and stretch. And remember, these small movements really count.

When we're sedentary, our insulin levels go down. So that's one really powerful reason for regularly getting up doing perhaps 10 star jumps, if you're feeling really active, 10 burpees then get back, set yourself a burpee target for the day, 100 and mix it up through your studying periods.

Then number eight, consistency. When choosing your key forms of movement, think about what you're going to be happy to do consistently. You know, what is your WHY for doing this. You know, often it's about what connects with our interests, and maybe social connection. Dr. Kelly McGonigal in her book talks about how she's an exercise instructor she teaches exercises and has done for years. And she says she is just blown away every time she does a class and you get that kind of synchronised exercise. Everyone working together uniformly and the powerful psychological benefit that has on people and an interesting, useless fact. But an interesting one. Did you know that your body odour changes, so your sweat changes? If it's happy sweat, it's different from ordinary sweat. I didn't know that.

**Elizabeth Gillies 38:17**

I didn't know that.

**Louise Wiles 38:20**

So, when someone else smells your happy sweat, it can improve their mood too. I had no idea. So that's the reason for doing group activities, as well as smiling and laughing Yeah. So set yourself meaningful goals and be specific about what those are. And then work to pull towards achieving those recognising that there will be some bad days it won't be all great successful days, but at least have some goals that are moving towards.

So, in conclusion, movement encompasses all activity. So, all activity and exercise and we want to look to move multiple times per day. And one thing I didn't talk about was standing up working so as more and more written about the value of standing up, having a standing up desk. So, if you are able to do that some of the time, that's a real benefit too. We've developed as society to minimise the need for movement. But that doesn't mean that we shouldn't move. So, we need to look for opportunities to make different decisions that result in more movement all day. So, my suggestion is take that circle at the beginning that we drew and populate each section. So, what movement could you take, just write in lots of ideas about the movements that you could do. What physical exercise do you enjoy doing? When will you think about doing it? And what actual formal exercise will you do so a physical activity and then what formal exercise do you enjoy doing? And make a note of that and put it on the wall, add to it, delete, change it, it's an evolving thing, it doesn't have to stay the same.

And finally, in Episode 22 talked about the PERMA framework. So, what I suggest you do is think about the activities that you want to include in the three categories or three circles. So, your fitness, exercise, your physical activity and your movement, think about what activities you want to include in those. And then think about the impact they have on your positive emotions, your engagement, relationships, meaning and accomplishments, and you can just think about, so for example, positive emotions, if I am going to go for a dog walk, then often when I'm a dog walking out in nature, I feel really well, I enjoy it, there moment moments of wonder and or look at beautiful scenery. And that has a very positive effect on my emotions, as well as all the other positive effects on my body. So just think about how each of

those types of exercise can impact PERMA positively being you. So that's everything for today. Anything you'd like to add,

**Elizabeth Gillies 41:05**

I just like to say that, it's kind of opened my mind and my eyes a little bit, and my body, to kind of movement and to remember that this is one of our the kind of dynamics of the fundamentals and movement is a part of it. And there's you know, we've talked already about sleep. And we're going to be also talking about other things as well in the next episodes coming up. So, it's not movement on its own will be good. And it'll be greater in combination with other things. And I think it's like all these things. They're not silos on their own. They're all mixed in together, aren't they? Yeah,

**Louise Wiles 41:50**

Absolutely. Yeah. So have fun deciding how you're going to move to maximum benefit. And thank you for listening.

**Resources:**

We hope you have found this episode on movement helpful.

Why not take some time now to think about the key messages for you from this podcast. Does movement feed or drain your well-being bucket? What small changes could you make to enhance your movement, physical activity and exercise?

If you are listening to this podcast for the first time, you may be interested to link back to the three episodes that provide the background knowledge for Series Three.

**Episode 21:** – introduces you to the series – **Fundamentals for Well-being – The Dynamics for Thriving through change.**

**Episode 22:** – **Well-being Foundations:** describes the framework we have referred to in this session called PERMA based on the work of Professor Martin Seligman.

**Episode 23:** – **The Well-being Bucket,** introduces you to a fun way of thinking about your well-being inputs and leaks.

**Episode 24:** - **Fundamentals of Sleep – Why Sleep Matters,** A great introduction to the benefits of sleep and how to develop good sleep habits.

Also, the Student Voices referred to at the beginning of the episode can be found here:

**Episode 11** – Raphie, **Episode 12** – Ben, and **Episode 14** – Toby

**Books/Videos:**

The Joy of Movement – Kelly McGonigal, PhD

Why Movement Makes Us Human – Kelly McGonigal, PhD [HERE](#)

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