

Nancy Schwartz

Transforming Executives to Create a Healthy Retirement

MORE MOVEMENT, LESS GYM TIME: The Art of Staying Healthy During Retirement

At a gala celebration at a theater recently, I was surrounded by gorgeously dressed people; however, many seemed out of breath from simply walking up steps. It dawned on me how many Americans are unfit, and how many of us are aging poorly. This truly affects our ability to really enjoy our lives.

Last summer, the Wall Street Journal published the statistic that 88% of Americans, from adults to school age children, are metabolically unfit. I'm guessing the number could be even higher this year. What are we to do?

Last month, I wrote about Empowering Lessons, a Tribute to Queen Elizabeth II. This month, I'm advocating a new way of thinking about movement in healthy retirement.

Do you realize that movement is life? The universe and humans are in constant motion. However, many of us miss out on the value of movement and how much it affects us.

Fall is a very busy time and it will only get busier as we progress into the holidays. I'd like to propose the idea of a thoughtful change from "going to the gym" to using movement as part of your everyday life.



In my educational tool that I use with clients, You Planning™, I introduce a concept called Move YOU. This involves finding multiple times during the day for movement that will speak to your entire body, mind and soul.

While I am a big proponent of integrating and building practices such as yoga, strength training, breath work, walking or swimming habits throughout the day, each person has to find what kinds of movements are sustainable. Most importantly, movement must be enjoyable for you.

REFRAMING MOVEMENT:

In a public service message, the CDC recently announced, "Only half of all US adults get the exercise they need. Approximately, 50% of the entire US population lives with a chronic illness, half of them suffer from two conditions or more." Additionally, 40% of Americans ignore major health changes in and around retirement and those changes may negatively impact their future health.

It's time to reframe movement as a tool to promote creativity, and ease a busy brain to relax and lessen stress. Even during sleep, movement promotes idea generation. In order to be the best version of you, you can utilize movement in order to improve every area of your life.

Most physical trainers advise business experts to find movement you will do, and to be sustainable in the lifestyle you live. Further, they may advise cross training with different modalities such as stretching and balance work, strength training, or an aerobic or anaerobic workout. If you are needing rest, you may be advised to drink high quality fluids and eat nutrient dense food. In and around retirement, with the focus on sarcopenia (loss of muscle tissue), strength training is also encouraged.

That can seem like a tall order for people who haven't been athletic or too focused on a healthy lifestyle, but as you age, it becomes imperative to embrace new ways of moving so that you can maintain a high quality life, unencumbered by limited mobility or chronic health issues.

It isn't that you have had a sporadic relationship to movement, it's simply that this relationship is an accumulation of decades of unmet physical, mental and spiritual movement. We all make promises to ourselves to improve our beings, however, life gets in the way. Here's the good news – it just got a whole lot simpler!

USE A SCIENCE-BASED TOOL:

Science now points to new thinking: Move away from daily gym sessions to **continual movement throughout the day**. What if you could spread out this movement session throughout the day instead of packing it to one short blip of time and energy expenditure?

"The more you sit, the more your large muscles are not using glucose, the body's main energy source. Uninterrupted sitting can cause blood sugar levels to rise, triggering the release of insulin, the hormone that regulates blood sugar," says Dr. Hicham Skali, a cardiologist with Harvard-affiliated Brigham and Women's Hospital. "Over time, sedentary habits cause the body to become less sensitive to insulin. The resulting insulin resistance promotes

inflammation, a key player in the buildup of fatty plaque inside arteries," he explains.

In the modern age, we've forgotten about a non-exercise activity: thermogenesis, which is your body's ability to generate heat by burning calories. Only in recent history have we separated the two: daily activity and fitness. Daily activity is the source of up to 70% of your metabolic output – your calorie requirements – per day. When you move, meaning any type of movement, you're burning calories. So, by all means, keep moving!

From the Washington St. Louis University Press: "The body contributes far more to our lives than just physical attributes such as strength and endurance – it plays a major role in emotions, learning, and relationships."

Sometimes our best laid out plans result in moments we didn't expect. Capture these priceless moments as a gift of movement potential. Families, employees, and employers are embracing movement, and according to several of my clients, "This just makes exercise easier to do every day."

BENEFITS:

What are some of the benefits to **Moving Throughout the Day**? It turns out, quite a bit!

- Improves resting heart rate, and increases Heart Rate Variability. Better scores help to deal with stress and fatigue.
- Increases your lung capacity and circulation of oxygen into the blood system.
- Builds muscle mass.
- Increases bone mass density.
- Sets your metabolic rate to a desired rate.
- Supports energy levels throughout the day.

What are some ways we can incorporate movement into our work life today?

For those who work from home or those who must report to work, ask for support from your managers to encourage better overall employee

health and productivity. You can start today with tiny habits to support your behaviors, so that we encourage movement throughout the day.

TOP 10 TIPS FOR WORKING AND HOME ENVIRONMENTS:

Top 5 Working Tips:

- Take the stairs. That includes in your home or office setting. It's usually faster than the elevators and gets you to move more frequently.
- Stop Zoom calls 5 minutes early. This way, you can get up from your desk and move, such as taking the long way to get more water, or picking up a printed document.
- Request walking meetings to build personal relationships and move you both!
- Use wearables to gamify daily movement. Many name brands and apps include timers to encourage hourly movement, and gamify with monthly awards. Why not have some fun while moving!
- Take phone calls walking either indoors or outdoors. This will increase your creativity and productivity.

Top 5 Home Tips:

- Move with your family after dinner. Take a short walk to help reduce blood sugar levels after a meal. Include a 10-minute dance party. Put on your favorite music and all ages can join in!
- Set a timer for watching streaming shows. Every 20 minutes get up and stretch and walk to add to your daily step count.
- Spread out your weekly chores and tackle one each day. Cleaning counts towards movement!
- Adopt a dog! Walk your dog multiple times during the day. You and your dog will reap many benefits. Dogs are also known to help us humans lessen stress.

- Pick up an outdoor volunteer activity such as gardening, or environmental cleanup and support our parks. Not only will this habit count toward movement, you are also stacking up relationships, nature and community habits as well!

What is one movement you can add to your calendar today?

I encourage you to think about what matters most for your healthy retirement in terms of daily tiny habits for movement. Then calendar **Moving Throughout the Day** with yourself. Don't be discouraged if your first planned movements don't go as planned. Keep going! You will find the right movements for you that fit into your lifestyle, and give you the results you seek.

What you do today, supports your longevity tomorrow. Your body, mind and soul will thank you too!

~~~~~

Nancy guides business experts, like you, in and around retirement, from chaos to clarity envisioning, and then actualizing, a purposeful and healthy retirement life. She is dedicated to her client's success and growth, as they transform into a life they envision and own.

You can learn more about and connect with Nancy via email, web or LinkedIn:

[nancy.schwartz@envisionhealthyretirement.com](mailto:nancy.schwartz@envisionhealthyretirement.com)  
[www.envisionhealthyretirement.com](http://www.envisionhealthyretirement.com)  
[www.linkedin.com/in/nancy-schwartz-envisionhealthyretirement/](https://www.linkedin.com/in/nancy-schwartz-envisionhealthyretirement/)



**"The quality of your healthy retirement starts with the quality of your 37 trillion cells."**

**Nancy Schwartz**

**Envision  
Healthy  
Retirement**  
We Envision.....You Soar!

Are you feeling anxious and struggling to figure out your healthy retirement?

Are you retired, haven't found meaning in life, and your health is on a decline?

**What if you could envision and then actualize a healthy retirement you so deserve?**

I am Nancy Schwartz. As a former executive who struggled with chronic stress, I fought to take control of my health and life. Since then, I've transformed through a science-based proprietary journey. Today, I guide business experts from chaos to clarity envisioning, and then actualizing, a purposeful and healthy retirement!



***My clients transform through a 12-week journey utilizing a proprietary science-based system created for their healthy retirement.***

***Schedule a complimentary  
Healthy Retirement Call with Nancy (\$500 value)  
<https://p.bttr.to/3ok3lpg>***

***We Envision and You Soar!***