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# Your Daily Practice

## Episode 20

How to Move Your Body More Nutritiously With Katy Bowman

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Are you interested in exploring adding more movement into your life? Physical movement of our bodies is foundational to our personal, our family, and our community well-being. Nutritious movement means moving your body in a variety of ways across different containers of our lives. In today's daily practice, break out of your container of typical movement and bring out flexibility in physical ways.

1. Break a cultural rule about movement (e.g., hang from a tree, balance on a curb).
2. Add some flexibility to your wardrobe (e.g., keep shoes you can walk/run in; clothing you can move in).
3. Move with your food culture (e.g., walking with food, walking to food, growing food).
4. Set up your physical environment to foster movement (e.g., fun tables, no furniture in front of screens).
5. Incorporate movement into an upcoming celebration (e.g, walking party).