

My Top 5 Must-Have Resources For

LIVING WITH MORE RESILIENCE

(Hint: You already have at least 3 of them.)

LAUNCHYOURRESILIENTLIFE.COM/JOIN

There isn't a lot of "stuff" you really need when it comes to restoring your body. After all, you're moving closer to what nature intended. Just as often, body resilience is about letting go of things. Some of these tools reflect that. Others are well worth adding into your daily routine.

1. Squat Toilet

No, you don't need to remove your commode and just start squatting over the hole in your bathroom floor. You can create a squat toilet by putting two stacks of books or plastic containers next to your toilet. Or you could build a platform or purchase a Squatty Potty. But no matter how you get there, it just might change your life. Squatting to poop (and pee, for us females) helps get all your organs in a more optimal place and uses gravity to get things where they need to go.

PRICE: \$0 - \$70

2. Bare Feet

Most of the time, our feet function best when they are unshod and on natural surfaces. That's not always feasible or wise (think: snow, cement or your favorite restaurant that's not on the beach). But as often as you can, as long as it doesn't cause pain, I recommend you free the feet and use them on natural and/or uneven surfaces. Walking around the house is good, too, and you can increase the benefit by walking on your kids' Legos (Just kidding! Why do those things hurt so much?!). What happens at the feet impacts everything all the way up, and by freeing your feet, you are likely to notice that your pelvic floor function improves and your hips and knees and low back start lowering their voices.

PRICE: \$0

3. Foam Dome

For some things, a rolled yoga mat or towel will work just as well. But foam domes (or half foam rollers) are unbelievably useful. I use mine to calf stretch, to pelvic list, to loosen up the thoracic spine, to bolster my shoulders, to bolster my head, to help me sit with a neutral pelvis, to stretch my femoral internal rotators. Seriously, this little prop has changed my life.

PRICE: \$10 - \$12

4. The Floor

You know it's down there. You probably vacuum it from time to time (or, if you are like me, your partner does). But do you sit on it? That's the key. Bypassing the couch or the chair for the floor gives you an immediate health boost. It changes which muscles you use and in which configurations and loads you use them. It's like a workout without working out. Use cushions (or a foam dome - I am telling you that thing is useful!) to bolster you up a bit and change positions often to ensure you give more of your body floor love.

PRICE: \$0

5. Tissues

There's this little thing most people in the movement world forget to tell you: your emotional stuff shows up in your body. Those feelings of anxiety and fear and hopelessness and sadness...when they are stuck, the body also gets stuck. And vice versa. This means that body work can start to free up those feelings and that emotional work can begin to free up the body. Finding someone loving to support your emotional releases and being prepared to experience them while moving is a pretty useful plan. And no need for real tissues. Shirt sleeves can work well in a pinch.

PRICE: \$0 - \$3

Are you ready for a step-by-step guide to help you launch yourself out of pain, dysfunction and disconnection and into the daily movements that nourish your body?



Jennifer Gleeson Blue
Nutritious Movement™ Certified
Restorative Exercise Specialist