MINDFUL MOVEMENT

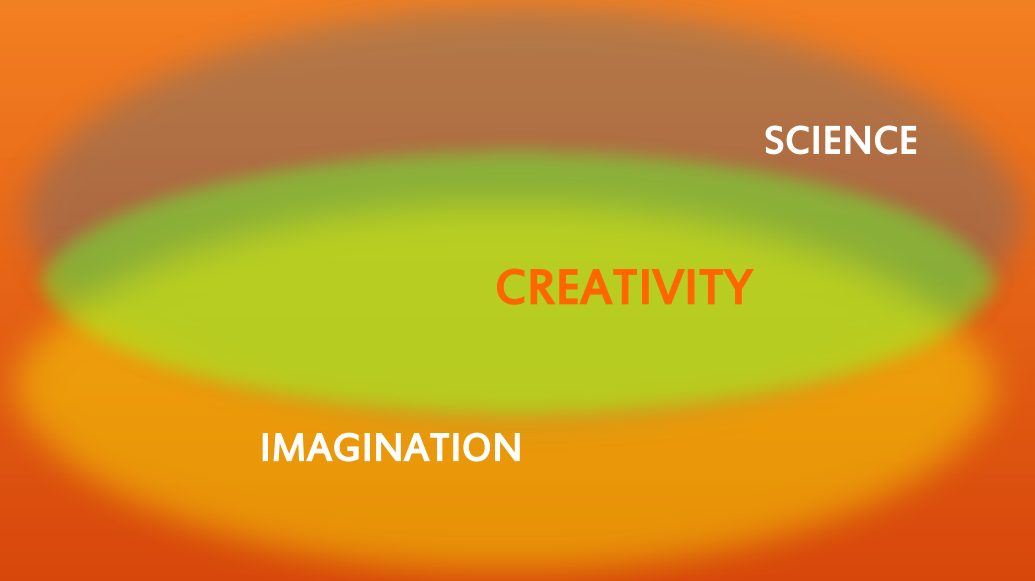
Physical Activity that Facilitates The Realization of the Mind



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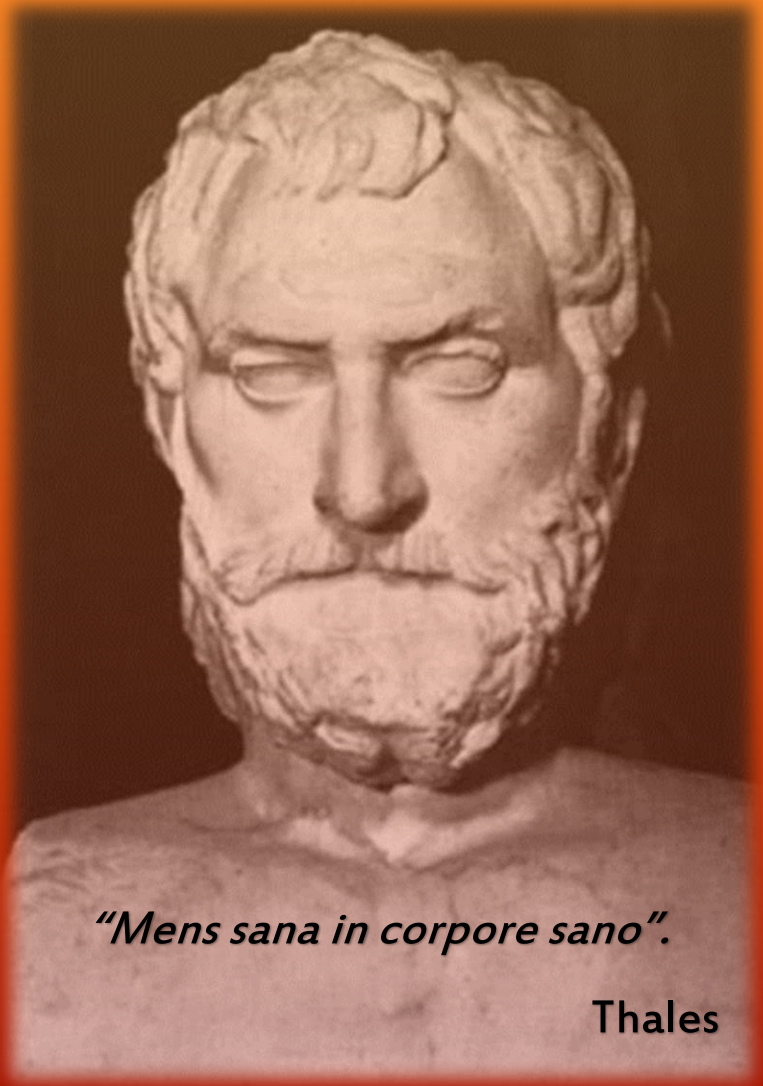




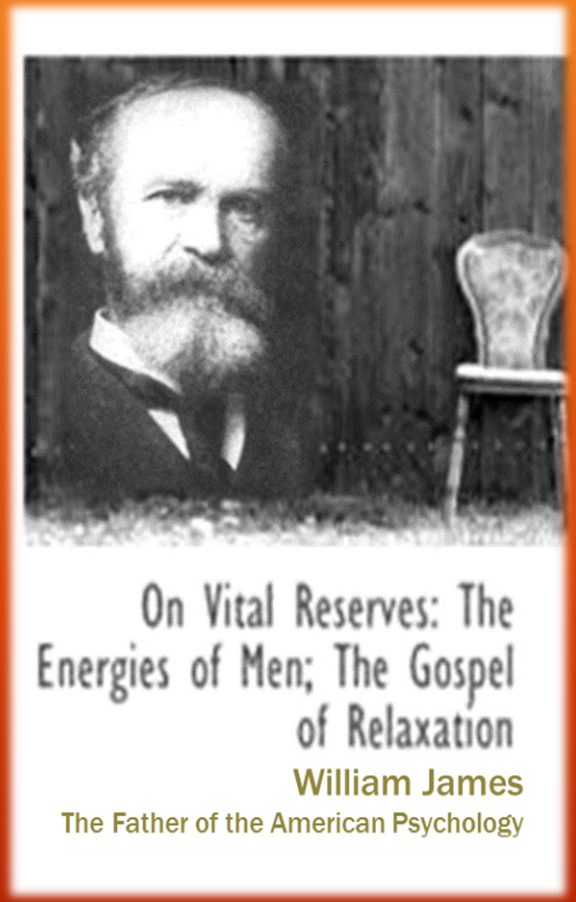
- Ideas
- Hypotheses
- Findings
- Eureka!
- Knowledge-base
- Progressive thinking policy makers
- Public health recommendations


Reduced Health Costs
Increased Productivity

600BC



1911



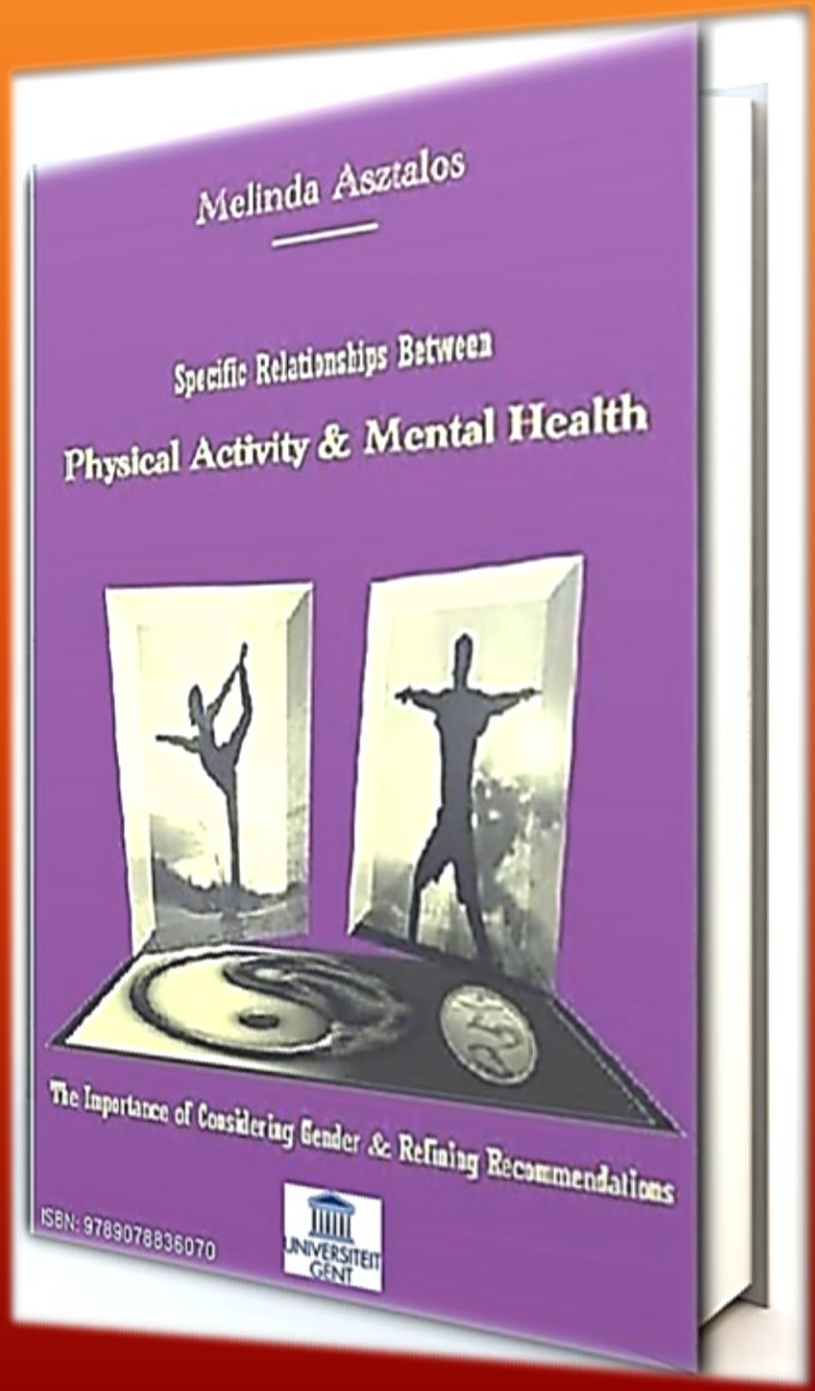
- ✓ brings on a blessed internal peace & confidence that soaks the soul
- ✓ furnishes the background of sanity, serenity & cheerfulness to life
- ✓ gives moral elasticity to our disposition
- ✓ rounds off the wiry edge of our fretfulness
- ✓ & makes us good-humored & easy of approach

Specific relationships between

Physical Activity & Mental Health

The importance of considering gender & refining recommendations

Ghent University, ISBN: 9789078836070



Physical Activity

+

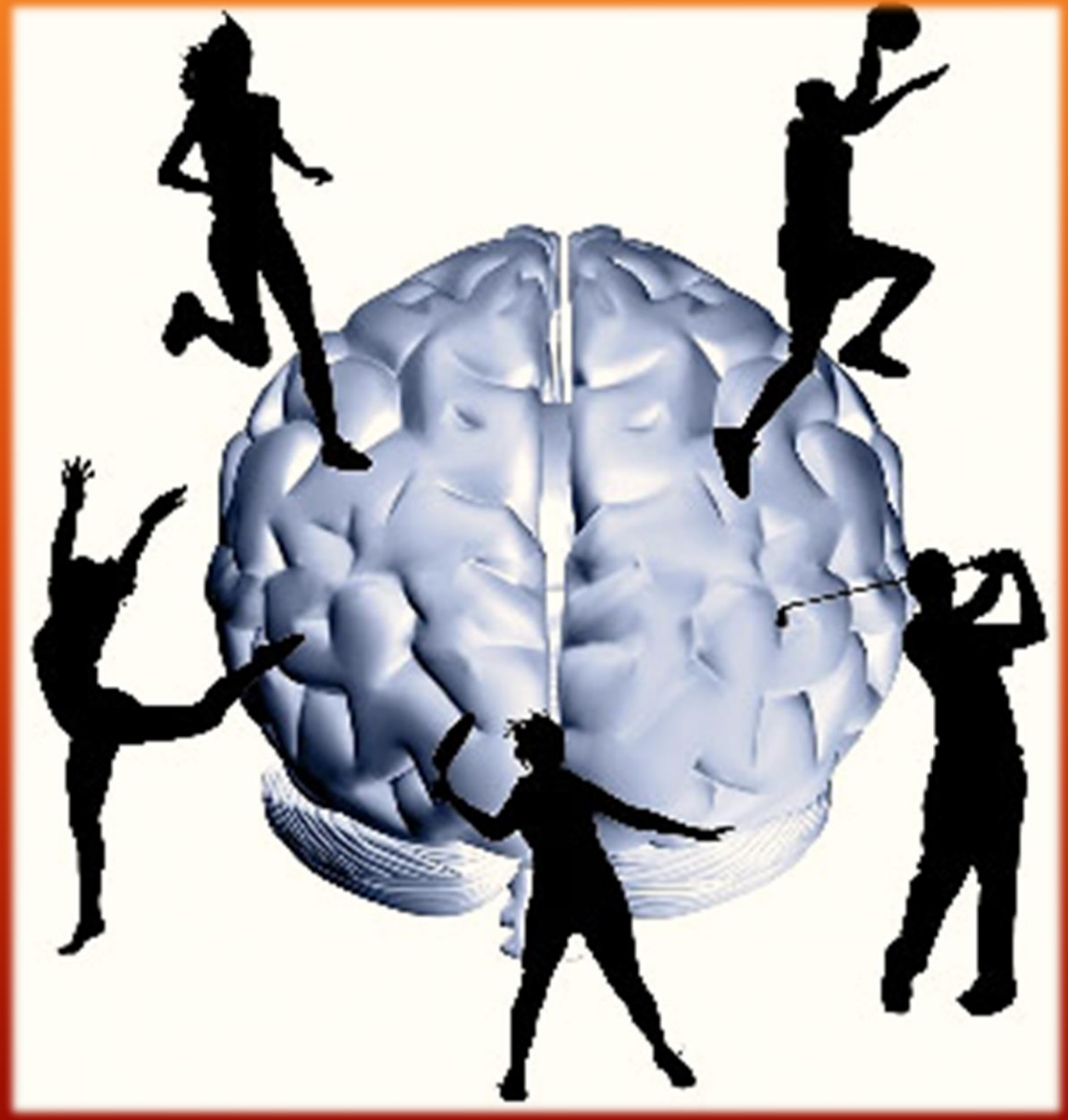
Mental Health

=

Real & Powerful Connection

+

Complex Relationship







ENJOYMENT

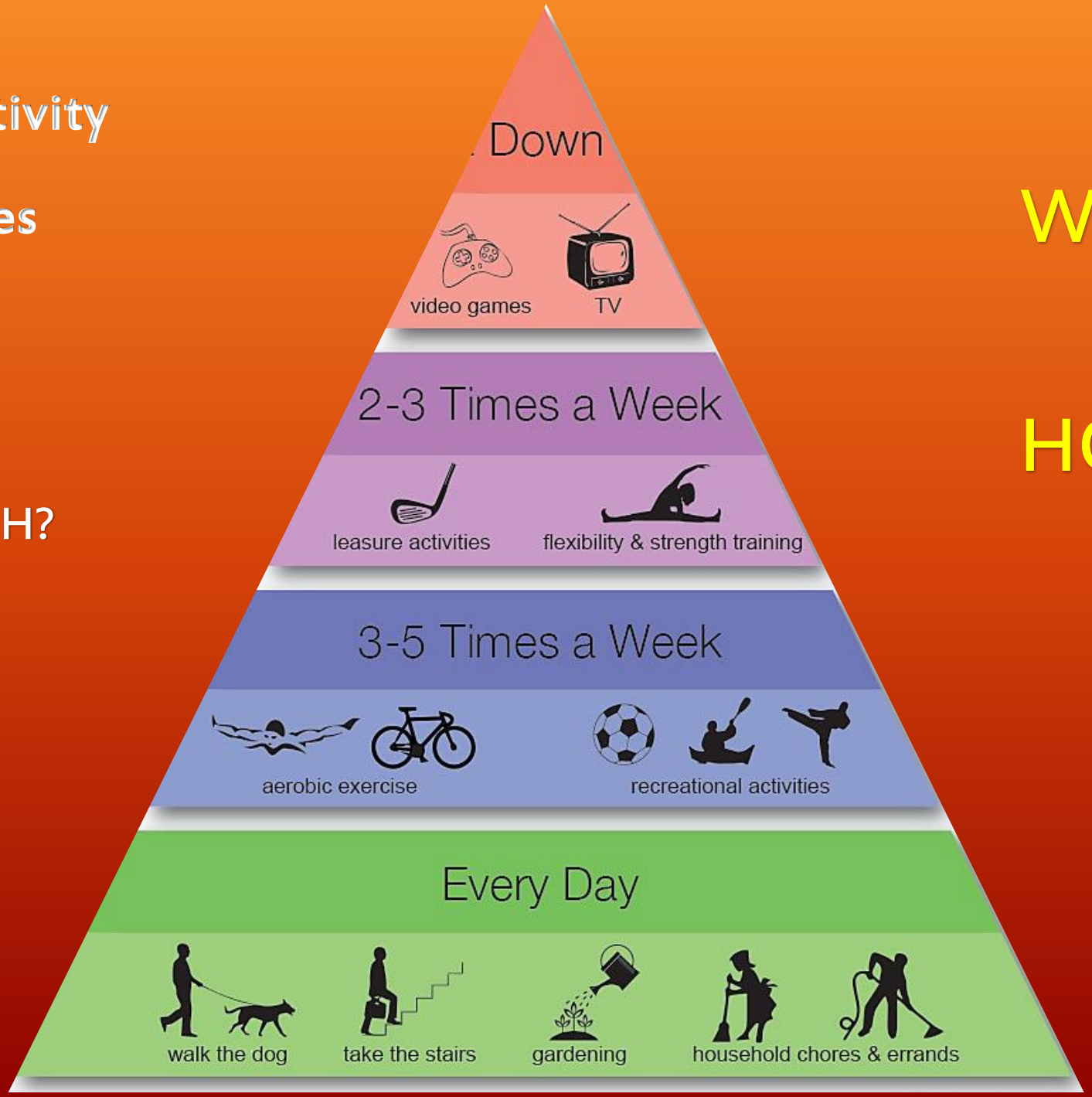


Physical Activity Guidelines

WHAT?

HOW MUCH?

WHEN?



WHY?

HOW?


WHY?
HOW?

Research Findings WHY?

Good old-fashioned FUN

No "must" & utilitarian purposes









Research Findings HOW?

Individualized formula (type, intensity, etc.)



Presence in the moment of the movement



Public health policy

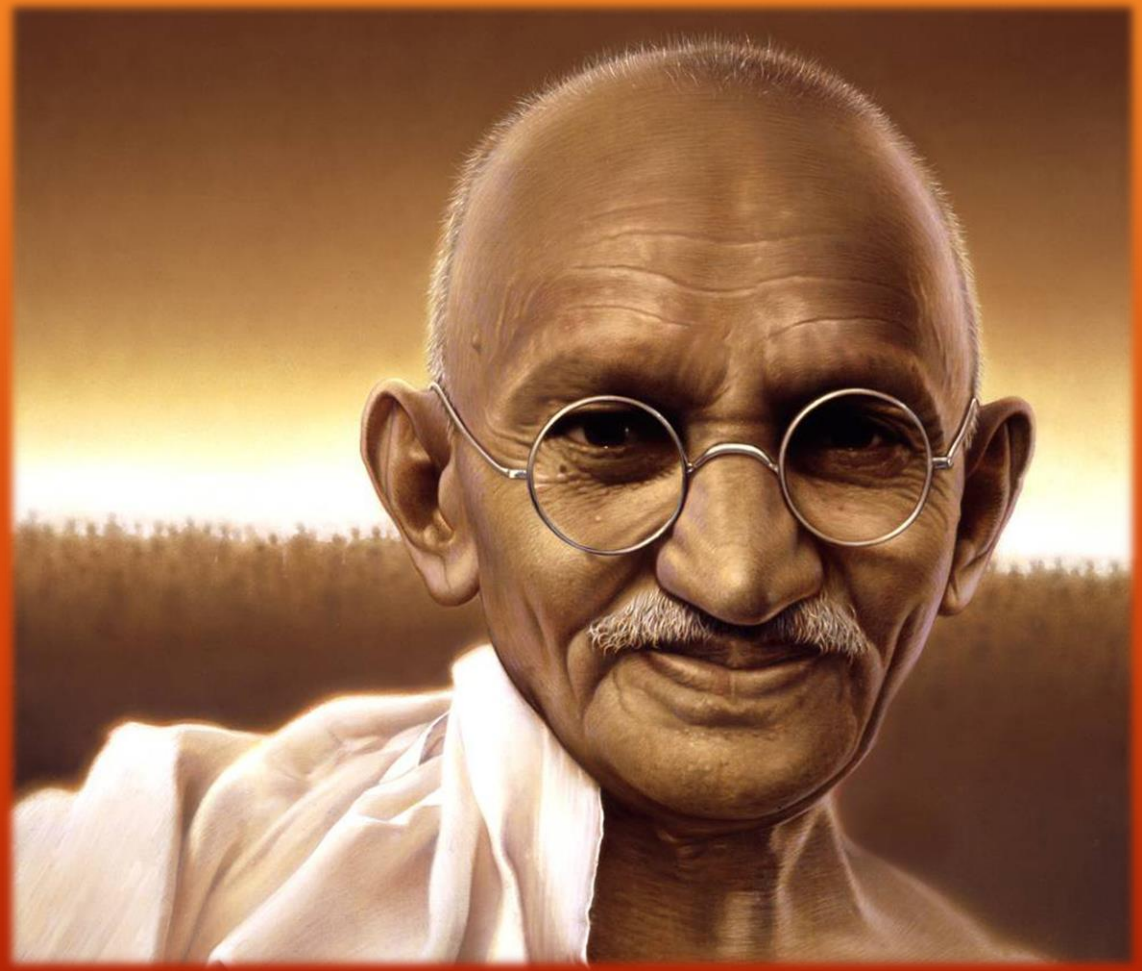
which respects individuality?

Change

that actually changes the status quo?

Really???





“Be the change you want to see in the world”.

Mahatma Gandhi



BE in all that you DO

www.3MSystem.be



Abraham Maslow's Hierarchy of Needs

"A theory of human motivation"



The Chakra System

The Subtle Energetic Body

Mental Health

"a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively & fruitfully, and is able to make a contribution to his or her community"

(WHO, 2007)

"a positive sense of well-being & an underlying belief in our own & others' dignity & worth, which reflects the emotional & spiritual resilience that enables us to enjoy life& to survive pain, disappointment & sadness"

(DoH, 2001)

- ✓ More than no disease
- ✓ More than brain function



3M Mindful Movement

Experiencing the body-mind connection

- ✓ Neutralizing biomechanical deficiencies
- ✓ Improving kinesthetic- & body awareness



Conscious presence in action & at rest

- ✓ No "automatic pilot" existence
- ✓ Noticing the Observer self

Being grounded & centered

- ✓ Healthy distance between an individual's true self & his or her disturbing feelings & thoughts, stiff ideas, limiting beliefs & his or her problems
- ✓ The realization of the mind = the raise of the human consciousness (*i.e.,* the essential aspect of humanity which allows for greater contentedness & more meaningfulness in life)







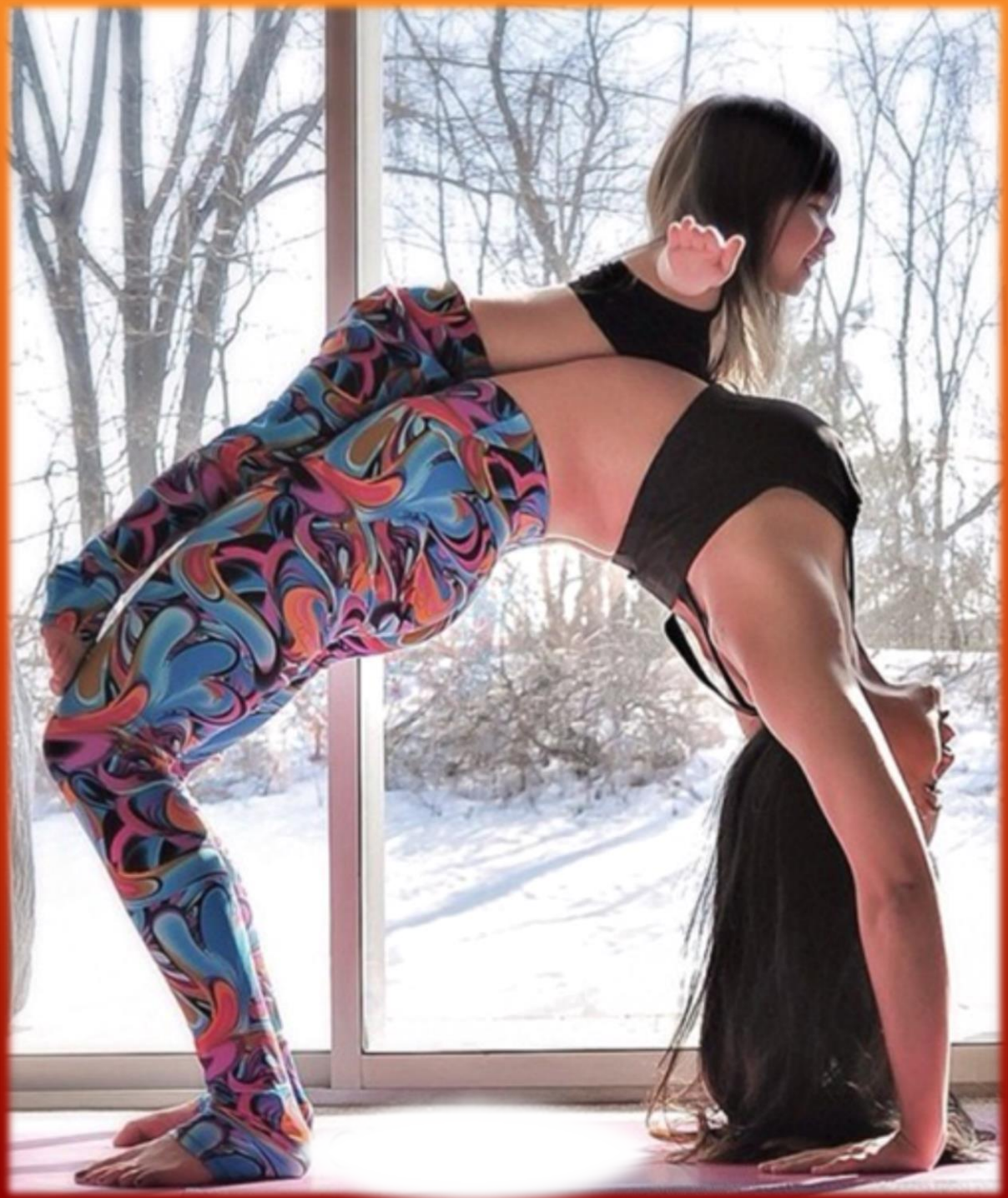


3M Mindful Movement is Power & Grace



3M Mindful Movement is

Safety & Efficiency



3M Mindful Movement is Harmony & Balance



3M Mindful Movement is Expansiveness & Growth



Author's personal copy

Dr. Melinda Asztalos



Thank you for listening!

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Sport participation and stress among women and men

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