

# built to move book

**built to move book** offers a comprehensive exploration into the science, philosophy, and practical implications of human movement. This influential publication delves into the evolutionary basis of mobility, examining why humans are inherently designed to move and how modern lifestyles impact this fundamental aspect of health and wellbeing. Through detailed analysis, the book connects physical activity with broader themes of longevity, disease prevention, and mental health enhancement. Readers will gain insights into how movement influences the body's structure and function, supported by scientific research and expert commentary. The built to move book also discusses strategies for integrating more movement into daily routines, making it a valuable resource for health professionals, fitness enthusiasts, and anyone interested in optimizing physical performance. This article will provide an in-depth overview of the book's core themes, key takeaways, and actionable advice, structured to facilitate easy navigation through its main chapters.

- Overview of the Built to Move Book
- Core Concepts and Themes
- Scientific Foundations of Human Movement
- Practical Applications and Lifestyle Integration
- Impact on Health and Longevity

## Overview of the Built to Move Book

The built to move book serves as a pivotal work in understanding human biomechanics and movement patterns. It synthesizes current scientific knowledge with practical insights, emphasizing the natural design of the human body for movement. The authors explore the historical context and evolutionary drivers that have shaped human mobility, highlighting the contrast between ancestral activity levels and contemporary sedentary behavior. This section introduces readers to the structure of the book, outlining its key objectives and the interdisciplinary approach that combines biology, physiology, and behavioral science.

## Purpose and Audience

The book targets a diverse readership, including health professionals, educators, fitness experts, and individuals seeking to improve their physical health. Its purpose is to inform and inspire a return to more active lifestyles by explaining the necessity of movement for optimal health. It also aims to dispel common myths surrounding exercise and inactivity, providing evidence-based recommendations.

## **Structure and Content Layout**

The book is organized into thematic sections that progressively build understanding. Initial chapters focus on the evolutionary and anatomical basis of movement, followed by discussions on the physiological effects of activity. Later chapters address practical strategies for incorporating movement into daily life, supported by case studies and expert advice.

## **Core Concepts and Themes**

At the heart of the built to move book are several core concepts that define its message. Central among these is the idea that movement is not merely a lifestyle choice but a biological imperative. The book emphasizes the importance of functional movement patterns and the consequences of prolonged inactivity. It also explores the relationship between movement and mental health, underscoring how physical activity contributes to cognitive function and emotional wellbeing.

## **The Evolutionary Imperative**

The authors discuss how humans evolved as endurance-based movers, adapted for sustained physical activity such as walking, running, and foraging. This evolutionary perspective explains many aspects of human anatomy and physiology that support movement. Understanding this context helps clarify why modern sedentary habits are misaligned with our natural design.

## **Movement as Medicine**

The book presents movement as a form of medicine, capable of preventing and treating a range of chronic diseases. It highlights research linking regular physical activity with reduced risks of cardiovascular disease, diabetes, obesity, and certain cancers. This theme reinforces the idea that maintaining an active lifestyle is essential for health promotion and disease prevention.

## **Mind-Body Connection**

Another important theme is the impact of movement on mental health. The book details how exercise stimulates neurochemical processes that improve mood, reduce anxiety, and enhance cognitive performance. It advocates for integrating movement to support psychological resilience and overall wellbeing.

## **Scientific Foundations of Human Movement**

The built to move book grounds its analysis in robust scientific evidence, drawing from biomechanics, physiology, and neuroscience. This section elaborates on the biological

mechanisms that underpin movement and the effects of physical activity on body systems.

## **Biomechanics and Anatomy**

Detailed explanations of human anatomy illustrate how bones, muscles, joints, and connective tissues collaborate to facilitate movement. The book explains key biomechanical principles such as leverage, force generation, and movement efficiency. These insights clarify how the body moves naturally and how deviations can lead to injury.

## **Physiological Benefits**

Physical activity triggers multiple physiological responses, including improved cardiovascular function, enhanced metabolic regulation, and increased muscular strength and endurance. The book emphasizes how consistent movement improves organ function and supports systemic health.

## **Neuroscience of Movement**

The interaction between the nervous system and muscular system is explored to explain motor control and coordination. The book highlights the role of neuroplasticity in adapting to movement patterns and the importance of varied physical activity for brain health.

## **Practical Applications and Lifestyle Integration**

Recognizing the challenges of modern sedentary lifestyles, the built to move book offers actionable strategies for incorporating movement throughout the day. This section focuses on practical advice suitable for various settings, including work, home, and recreational environments.

## **Incorporating Movement in Daily Routines**

The book suggests simple adjustments to daily habits that increase overall activity levels. Examples include standing desks, walking meetings, and active commuting. It emphasizes that even small amounts of movement, accumulated consistently, yield significant health benefits.

## **Exercise Recommendations**

Based on current guidelines, the book outlines effective exercise modalities for different age groups and fitness levels. It stresses the importance of combining aerobic, strength, flexibility, and balance training to optimize physical function.

## **Overcoming Barriers**

The book addresses common obstacles to movement, such as time constraints, motivation, and physical limitations. It provides strategies for overcoming these barriers through goal setting, social support, and adaptive activities.

## **Impact on Health and Longevity**

The built to move book highlights the profound influence of movement on lifespan and quality of life. It presents evidence linking regular physical activity with increased longevity and reduced incidence of age-related diseases.

## **Chronic Disease Prevention**

Physical inactivity is identified as a major risk factor for chronic conditions. The book explains how movement improves insulin sensitivity, lowers blood pressure, and reduces inflammation, all contributing to disease prevention.

## **Enhancing Functional Independence**

Maintaining mobility is crucial for preserving independence in older adults. The book discusses how regular movement helps prevent falls, maintain muscle mass, and support cognitive function, enabling healthy aging.

## **Psychological and Social Benefits**

Beyond physical health, the book underscores the social and psychological advantages of an active lifestyle. Engaging in group exercise or outdoor activities fosters social connections and combats loneliness, further enhancing wellbeing.

- Movement improves cardiovascular and metabolic health
- Regular activity supports mental health and cognitive function
- Functional movement prevents injury and enhances quality of life
- Integration of movement into daily life is achievable and essential
- Scientific research consistently supports the health benefits of activity

# Frequently Asked Questions

## What is the main theme of the book 'Built to Move'?

The main theme of 'Built to Move' is the importance of movement in human health and how modern lifestyles have led to sedentary habits that negatively impact our bodies.

## Who are the authors of 'Built to Move'?

'Built to Move' is authored by Kelly Starrett and Juliet Starrett, who are well-known experts in mobility and movement training.

## What audience is 'Built to Move' intended for?

The book is intended for anyone interested in improving their physical health, including athletes, fitness enthusiasts, and individuals looking to overcome pain or mobility issues.

## Does 'Built to Move' include practical exercises?

Yes, the book includes a variety of practical exercises and movement techniques designed to improve mobility, reduce pain, and enhance overall physical function.

## How does 'Built to Move' address the issue of modern sedentary lifestyles?

It highlights the detrimental effects of prolonged sitting and inactivity, offering strategies and movement patterns to counteract these negative impacts.

## What makes 'Built to Move' different from other fitness books?

Unlike typical fitness books focused solely on strength or cardio, 'Built to Move' emphasizes restoring natural movement patterns and mobility as the foundation for health.

## Can 'Built to Move' help with chronic pain?

Yes, the book provides guidance on movement and mobility that can help alleviate chronic pain by addressing underlying movement dysfunctions.

## Is 'Built to Move' suitable for beginners?

Absolutely, the book is designed to be accessible, with clear explanations and step-by-step instructions suitable for beginners.

## What kind of lifestyle changes does 'Built to Move'

## recommend?

The book recommends incorporating regular movement breaks, practicing proper posture, and engaging in mobility exercises to promote a healthier, more active lifestyle.

## Are there any digital or supplementary resources available with 'Built to Move'?

Yes, the authors often provide supplementary resources such as online videos and tutorials to complement the exercises and concepts presented in the book.

## Additional Resources

### 1. *Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen*

This book by Christopher McDougall explores the incredible endurance running abilities of the Tarahumara Indians in Mexico. It delves into the science of human movement, the joy of running, and how our bodies are designed for long-distance running. The narrative combines adventure, anthropology, and fitness insights.

### 2. *Move Your DNA: Restore Your Health Through Natural Movement*

Written by Katy Bowman, this book emphasizes the importance of incorporating natural, varied movement into daily life to improve health. It challenges the sedentary lifestyle and explains how modern habits negatively impact our bodies. The author provides practical tips for enhancing mobility and reducing pain through simple changes.

### 3. *Deskbound: Standing Up to a Sitting World*

Kelly Starrett addresses the health risks associated with prolonged sitting and sedentary behavior. This book offers strategies to counteract the negative effects of desk work and encourages movement throughout the day. It includes practical advice on posture, stretching, and exercises to maintain physical well-being.

### 4. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*

Bessel van der Kolk explores the profound connection between movement, the body, and mental health. While primarily focused on trauma recovery, the book highlights how physical movement and body awareness contribute to healing and resilience. It underscores the holistic nature of health involving mind and body integration.

### 5. *Spark: The Revolutionary New Science of Exercise and the Brain*

John J. Ratey presents compelling evidence on how physical exercise enhances brain function, mood, and learning. The book reveals the critical role of movement in cognitive health and mental performance. It advocates for regular physical activity as a key to unlocking brain potential.

### 6. *Functional Training*

Michael Boyle's book focuses on exercises that improve everyday movement and physical function. It provides guidance on training that enhances strength, balance, and mobility in practical ways. The book is ideal for those looking to move better in daily activities and prevent injury.

### 7. *Move Your Body: Myths and Truths about Fitness and Health*

This book explores common misconceptions about exercise and presents evidence-based approaches to physical activity. It encourages readers to embrace movement as a natural and essential part of life. The author combines science and practical advice to promote sustainable fitness habits.

### 8. *Becoming a Supple Leopard: The Ultimate Guide to Resolving Pain, Preventing Injury, and Optimizing Athletic Performance*

Kelly Starrett offers an in-depth look at mobility, movement mechanics, and injury prevention. The book is designed to help readers move more efficiently and pain-free. It includes detailed instructions and illustrations for improving flexibility and functional movement.

### 9. *Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement*

Edited by Katy Bowman, this collection of essays explores the significance of movement from various scientific and ecological perspectives. It broadens the understanding of how movement influences health, environment, and human experience. The book encourages a deeper appreciation for the role of movement in life.

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**built to move book:** Built to Move Juliet Starrett, Kelly Starrett, 2023-04-06 THE SUNDAY TIMES & NEW YORK TIMES BESTSELLER The definitive guide for building an all-round healthy and high-performing body and mind. Andrew Huberman, professor of neuroscience, Stanford University, and host of the Huberman Lab podcast The sit-and-rise test that can predict your likely lifespan The one-leg balance that indicates your risk of being seriously injured in a fall The floor-sit and squat moves that could reduce your chance of arthritic hip pain by up to 90% Your body is built to move, but do you know how to give it what it needs for lifelong strength and mobility? After decades spent working with pro-athletes and Olympians, mobility pioneers Kelly and Juliet Starrett began thinking about the physical wellbeing of the rest of us. What makes a durable human at any age? How do we continue to feel great and function well as we grow older in a world of technology-dependence and sedentary living? The answers lie in a simple formula for basic mobility maintenance: 10 tests + 10 physical practices = 10 ways to make your body work better. These tests involve no cardio, no strength training and are achievable at any fitness level. Organised around ten assessments and ten physical practices that anyone can do, Built to Move is designed to improve the way your body feels - less stiffness! fewer aches and pains! - and boost the overall quality of your life, no matter how you spend your time. This book is your game plan for the long game. There is no body this book will not revolutionise. Melissa Urban, cofounder of Whole30 My dream come true - a way to get ahead of injuries before they happen. Christopher McDougall, bestselling author of Born to Run

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**built to move book:** *The Children's Book Business* Lissa Paul, 2010-12-14 By focusing on the children's book business of the long eighteenth-century, this book argues that the thinking, knowing children of the Enlightenment are models for the technologically-connected, socially-conscious children of the twenty-first. The increasingly obsolete images of Romantic innocent and ignorant children are bracketed between the two periods.

**built to move book: Ultimate Book of Card Games** Scott McNeely, 2012-01-06 Classic and comprehensive, this guide to over 350 games is sure to appeal to all ages. From Bridge to Poker and Solitaire to Hearts, card games are a beloved source of entertainment and competition (and they are recession proof!). This authoritative book is ideal for every household, college dorm, family cabin, or neighborhood bar that has a pack of cards. Designed in the style of the popular Ultimate Bar Book, this essential resource provides the rules to dozens of variations of your favorite games, and a few you've probably never heard of (Bezique, anyone?). With simple instructions and clear illustrations



to guide the way, this volume will be a welcome addition to any gamer's library.

**built to move book:** The Blue Book of Grammar and Punctuation Jane Straus, 2011-01-11 The Blue Book of Grammar and Punctuation is filled with easy-to-understand rules, real-world examples, dozens of reproducible exercises, and pre- and post-tests. This handy workbook is ideal for teachers, students in middle school through college, ESL students, homeschoolers, and professionals. Valuable for anyone who takes tests or writes reports, letters, Web pages, e-mails, or blogs, The Blue Book offers instant answers to everyday English usage questions.

**built to move book:** The Owner-Builder Book Mark A. Smith, Elaine M. Smith, 2007-05

**built to move book:** The Book of Knowledge Arthur Mee, 1911

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**built to move book:** The Book of Knowledge , 1911

**built to move book:** The Book of GIMP Olivier Lecarme, Karine Delvare, 2013 A two-in-one guidebook and reference manual to the free graphics-editing program provides a comprehensive introduction to GIMP's many features while offering step-by-step instructions for a series of projects that encompass photo retouching, logo animation and website visuals. Original.

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**built to move book:** *Play Jazz, Blues, & Rock Piano by Ear Book One* Andy Ostwald, 2003-12-23 This comprehensive introduction to jazz, blues, and rock piano will offer easy-to-understand explanations of music theory, and guide you step by step as you develop your skills. Above all, Piano by Ear will help you to explore and develop your ability to improvise. Rather than focus on written notation, you'll learn to express yourself at the piano by relying on your ear and on your own creative instincts. Book One is designed for students who are brand-new to playing music by ear and improvising. Only basic piano technique and basic music-reading skills are needed.

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history-taking, and health assessment with a unique emphasis on differential diagnosis and variations across the lifespan. The book conveys a uniquely compassionate, patient-centered approach to physical examination with a strong evidence-based foundation. Clinical Pearls boxes give brief clinical insights with expert tips on techniques, findings, and patient teaching. Mnemonic boxes deliver engaging auditory, visual, and other memory cues to help you remember series of assessment or exam steps. Physical Variations boxes detail multicultural considerations for assessing patients from diverse ethnic and cultural groups. Staying Well boxes describe holistic approaches to health promotion and patient teaching. Risk Factors boxes highlight modifiable and nonmodifiable risk factors for a variety of conditions. Differential Diagnosis boxes give comparisons of expected findings for similar conditions and explain how disease presentations vary. Physical Examination boxes provide current data on the most effective techniques for delivering quality patient care. Functional Assessment boxes focus on the patient's functional abilities and present a holistic approach to patient care. Downloadable text and PDA summaries allow for quick review of the key steps in each system exam. Dynamic learning exercises on the companion website test your knowledge and provide instant feedback on your progress. Updates throughout reflect the latest research findings and evidence-based practice for techniques, normal and abnormal findings, genetics, and assessment. 60 video clips demonstrate exam techniques for each system and are downloadable for use on Video iPod devices. 25 new anatomy and physiology animations provide narrated explanations of processes beneath the skin. New audio chapter summaries, downloadable for use on MP3 players, offer a convenient way to review key content on the go. New 3-column tables featuring Pathophysiology, Subjective Data, and Objective Data provide an illustrated reference that allows for quick and accurate comparisons. 75 new illustrations and dozens of new photos of normal and abnormal findings help to clarify anatomic concepts and exam techniques.

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**Summary: Built to Move: The Ten Essential Habits to Help You Move** The book is a guide for improving the way your body feels and functions by adopting ten essential habits that promote mobility, health, and longevity. The authors are mobility

**Built to Move - Penguin Random House Higher Education** "Built to Move is a long overdue compilation of essential practices we all need to feel vital and functional. This simple guide is the body's operational manual that we were not given

**Built to Move by Kelly Starrett | Summary, Quotes, FAQ, Audio** Built to Move offers practical advice on maintaining mobility and health as we age. Readers appreciate the 10 essential habits, clear explanations, and actionable tips

**Built to Move - Signed Copy - The Ready State** Organized around ten assessments and ten physical practices that anyone can do, Built to Move is designed to improve the quality of your life

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