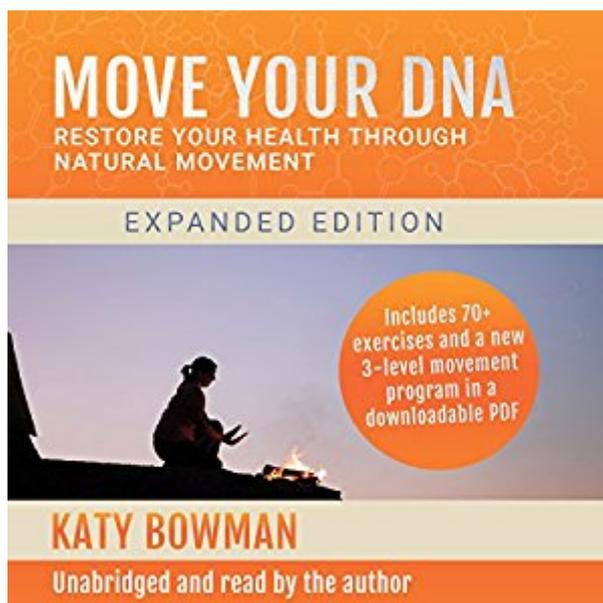


The book was found

Move Your DNA: Restore Your Health Through Natural Movement



Synopsis

"Move Your DNA is a landmark in explaining biomechanics." - Dr. Joan Vernikos former director of NASA's Life Sciences Division and author of *Sitting Kills, Moving Heals*. This new expanded edition of the bestselling *Move Your DNA* features an exercise glossary and three-level exercise program, accessible to audiobook listeners in the [FREE EXERCISE PROGRAM PDF DOWNLOAD!](#)

Accessible and fascinating, *Move Your DNA* is a game-changer in the world of health, fitness, and movement science. Hailed as offering a pioneering and paradigm-shifting perspective on exercise, this book: *Move Your DNA* explains how movement works right down to the cellular level *Move Your DNA* examines the differences between the movements in a typical hunter-gatherer's life and the movements in a convenience-riddled lifestyle *Move Your DNA* discusses the issues with using exercise like movement vitamins instead of addressing the deeper issue of a poor movement diet *Move Your DNA* contains a three-level movement program to help those of all strengths and fitness levels transition to a movement-rich lifestyle *Move Your DNA* contains corrective exercises, habit modifications, and simple lifestyle changes to free ourselves from the diseases of affluence and discover our naturally healthy, reflex-driven selves. The "movement is not optional" argument is so convincing, this audiobook was designed to be listened to while walking - each chapter listing the mileage for that section. An average walker will complete 20 miles while listening!

Book Information

Audible Audio Edition

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Customer Reviews

As a polemic, Katy Bowman's *Move Your DNA* rates 5 stars. As a work of popular science writing and an exercise manual, ratings drop to 2 stars. As an Alexander Technique Teacher, I can't help but cheer at Katy's thesis that the

mechanical forces created from our daily hours of sitting, wearing shoes and staring at screens shape our bodies. Even an admirable daily exercise habit cannot combat the other 23 hours of our day. It's F.M. Alexander's thesis: "Use affects function." reformatted for a modern audience with a scientific and paleo twist. After reading Bowman's book, you may find yourself squatting to go the potty, running barefoot and sleeping on the floor or at least throwing away your pillows. She opens with the dramatic example of "Floppy fin syndrome." The mechanical forces created when a killer whale swims in the ocean at variable depths, speeds and direction load the fin tissues in ways that stimulate the fin to stiffen and stay upright. Whales in captivity don't get these natural mechanical loads and the top fin flops. Every modern convenience from heat, to cars, to your fluffy mattress, protects the body from the mechanical loads necessary for health. Our bodies are the whale's floppy fin. Bowman does not shy away from strong analogies like "casting." The adaptations our bodies make when we have to wear a cast, such as muscle wasting, stiffening and bone loss occur in response to our environmental "casts" of smooth sidewalks, chairs, and even indoor time. From our eyes to our feet, our tissues conform to the limitations of our daily positions. Bowman has a firm handle on the reality that our bodies function as a whole, and the added benefit of a scientist's perspective on the effects of force on tissue development. I can't help cheering when she states that the invocation to tighten your tummy to protect your low-back is hopelessly outdated. And her assertion that the endless regimen of crunches (that occur even in some of my favorite yoga classes) may have limited value and may even damage the spine. The book is less wonderful as an exercise manual.

It's poorly organized and hard to search. This problem may be worse in the Kindle version, where the index lacks hyperlinks and location references. The illustrative photographs are often pages away from the text instructions. If it was hard for me, as a movement specialist, to decipher all of her exercises, I can imagine it would be quite frustrating for a lay person. Although the book is not intended as a technical study in bio-mechanical sciences, I would have appreciated a little bit more evidence. For example, she devotes a large section to her thesis that Kegel exercises (isolated contractions of the pelvic floor muscles) may cause more harm than good. I completely agree that Kegels do not address the overall use patterns of the pelvis and torso, and ideally, it's best to let those muscles function automatically. However she does not present evidence that her approach works better. Although something seems intuitively true, it may not be. There's no way that such a small book can be comprehensive, and I

believe Bowman's attempt is not to get us to adopt a fully paleo lifestyle, but to rethink our current one. By bettering our daily movement habits, we have a better quality of life.

Life changing book!! I love how easy it is to understand and the exercises included! I've made life changing decisions based on this book!

Very interesting easy to read book. Keeps you thinking about how much sense this makes. Has tips and just walking by it laying there on my coffee table reminds me to keep moving.

"Move Your DNA presents a new paradigm of movement. Because DNA can be expressed differently depending upon how external factors impinge upon the cells within which the DNA resides, and because movement is one of these factors, the way we move has a direct bearing upon how our bodies are shaped for good and ill. It is not enough for me to tell you just to move more. You also need to move better if you are to enjoy a more sustainable state of well-being. Most people have very little idea about how movement works in our bodies, or how much movement is required for natural biological function. It is not my intention to make you freak out about your health, although I am aware that I might. My highlighting the essentialness of movement should be used to create opportunity for healing (a positive response) rather than fear of illness (a negative response). Many people are shocked when they realize just how easy it is to move more (note: I said move, and not exercise) and how radically better they feel by making tiny skeletal adjustments throughout the day. Are you ready?

Let's do this! ~ Katy Bowman from Move Your DNA This is our second Note on Katy Bowman's work. Katy is one of the world's leading biomechanists helping us integrate proper body movement to optimize our well-being. She has a great podcast + blog you might enjoy as well. This book is packed with a ton of exercises and plenty of info on the science of biomechanics to help us pay more attention to the loads we're putting on our bodies throughout the day so we can get in harmony with how our bodies were designed to move. Here are some of my favorite Big Ideas: 1. Move Your DNA - The missing link is epigenetics. 2. Movement vs. Exercise - M > E. 3. Walking - The secret sauce. (Do it often.) 4. Doing Less Physically - But almost never doing nothing. 5. Forest-Baths - Taken one lately? And, let's make sure moving our DNA is an essential part of that process! :) More goodness including Philosophers' Notes on 300+ books in our

OPTIMIZE membership program. Find out more at brianjohnson . me.

This is a fabulous book and I have begun to put into practice several of the recommendations made. Excellent information!

This is a thought-provoking approach to movement which breaks down the distinction between work vs exercise and advocates natural movement. As a personal trainer, I find that gyms in the standard way are an aberration of nature. Our modern life has us far removed from the way our bodies were designed, and the increase in problems brought on both by inactivity but also by exercise is the logical outcome. I recommend this book to the couch potato and the fitness fanatic alike.

This book doesn't just show/tell us ways to "exercise," but, more significantly, gives us ways to think about our bodies, the loads we put on them, and how we can engage movement to replenish and revitalize ourselves. A great, very conversational work that, as an aging bodyworker looking for ways to better support both myself and my clients, has come my way at just the right time!

Love this woman!

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