



December – Don't Forget



During this season, gift guides appear everywhere, featuring lists of the greatest gifts and practical gadgets for your loved ones. From remote control golf caddies to robot vacuums and power recliner chairs, the market is filled with convenient and time-saving options.

Yet, amidst these modern conveniences, it's crucial not to overlook their impact on our physical well-being. Each time we minimize activities like lifting, carrying, bending, or stretching, we inadvertently reduce our overall movement and capability.

"The bar set for health, fitness, and natural movement has been lowered so many times that, as a culture, we're beginning to forget what our true movement potential really is. Through the misuse and disuse of the body, many people have lost their natural ability to move in very basic ways." – MovNat

Recently, I encountered a woman in her late 60s struggling to stand from a chair, highlighting the consequences of diminished movement. As I approached her, I could hear her saying “This is ridiculous.” She continued to try without success. I asked her if she would like assistance. She did not reply. She just took my arm to stand. Then she walked away angry. Witnessing her frustration and difficulty reinforced the importance of basic movements.

I'm not advocating for flashy athleticism; I'm emphasizing the significance of fundamental movements. Our average fitness level has been declining, and some of the conveniences we embrace contribute to this decline.

Before selecting a gift this season, consider its recipient, functionality, and potential outcomes. While conveniences are valuable, it's essential to balance them with maintaining physical strength and capability. Imagine the inconvenience of being unable to carry a grocery bag or pick up something from the floor.

Opt for gifts that encourage movement, motivation to stay active, and strength-building. These gifts, promoting a healthier lifestyle, are truly the greatest gifts of all.

Look out for more ways to stay active on the 2024 Vitality for Vets schedule. Until then, enjoy the festivities of the season!

**Until Then,
Kerri**

Don't forget to join the private MVP+ Facebook Group!



Connect with Kerri!

Join the private MVP Facebook group for a fun, holiday daily movement challenge!

Starting Mon 11 Dec.

A Healthy Holiday Plan:

Renew, Review, Revive

Are you wondering how you are going to get everything done for the upcoming holidays? If so, you are not alone... [Read more](#)



Contest

Have you ever received a gift that has improved your health/movement ability/fitness level? Let me know what it was, and if/how it helped and you will be entered to win a prize!

[Begin](#)

****Contest only allows for those participating to win once each fiscal year.****

Congrats to last month's winner, R. MacNeil!!

MVP+

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