

## Mayo Clinic Minute

### Movement: Back to basics

Video	Audio
<b>Dani Johnson</b> <b>Physical therapy</b> <b>Mayo Clinic Healthy Living Program</b>	“I think one of the most dangerous things we do everyday is sit. All day. Every day.”
<b>Vivien Williams</b>	Mayo Clinic Healthy Living Program’s Dani Johnson says inactivity makes your body forget how to move, making it harder to do things and increasing your risk of injury.
<b>Dani Johnson</b>	“If you drop something on the floor, can you get down and pick it up?” ...
<b>Vivien Williams</b>	without hurting yourself.  So Dani and her team developed a class called the Elements of Movement.
<b>Dani Johnson</b>	“It’s basically designed around what we refer to as natural movement, or fundamentals of movement” ...
<b>Vivien Williams</b> <b>Graphics (over images)</b> <ul style="list-style-type: none"><li>• <b>Balancing</b></li><li>• <b>Lifting</b></li><li>• <b>Squatting</b></li></ul>	movements such as balancing to prevent falls, lifting weighted balls so you can put your luggage in the overhead bin or squatting so you can reach your keys on the floor and get up again.
<b>Dani Johnson</b>	“Really managing your environment with confidence.”
<b>Vivien Williams</b>	Spend time getting down on the floor. Take the stairs two at a time, or do a squat in your office chair. It’s about getting back to basic movements we could do as kids, but movements we forget how to do as we age. For the Mayo Clinic News Network, I’m Vivien Williams.