

## Mayo Clinic Minute

### Make protecting yourself from injury child's play

Video	Audio
	As we age, most of us slow down a bit to protect ourselves from injury.
	Turns out, that may be the opposite of what we should be doing.
00:02:41 <b>Danielle Johnson</b> <b>Healthy Living Program</b> <b>Mayo Clinic</b>	"We lose the ability to stabilize our core in diagonal and rotational planes, which has big effects on our risk of injury, back injury, hip injury, neck injuries."
	Danielle Johnson is a wellness physical therapist with the Mayo Clinic Healthy Living Program.
	She tells patients to picture a baby who is just learning to crawl.
	Then asks how many of them are still able to get on the floor and crawl, even though their bodies were made for such movements.
	Johnson says reteaching our bodies to move like children can actually protect us from serious injuries.
	And one of the best ways to move like kids, she says, is to play.
00:03:23	"So things like hanging, jumping, crawling, running, playing actually can be a very fundamental way of move where we're really incorporating all different elements of movement, from balancing to efficiency of movement, to knowing how to sequence and time a jump."
	Johnson encourages people to make up games like tossing balls while balancing on beams and constantly moving.
	She says the fun and laughter, along with the movement, can improve your health just as much as trudging along on a treadmill.

For the Mayo Clinic News Network, I'm  
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