

**Mind Body Skills Group Didactics**  
**From the Center for Mind-Body Medicine ([www.cmbm.org](http://www.cmbm.org))**

**Movement/Exercise:**

- Exercise is as natural as breathing. We did it first in the womb. It has a powerful effect in preventing and treating many illnesses (heart disease, obesity, diabetes, osteoporosis, cancer).
- Exercise improves mood, sleep, energy, reduces anxiety, improves immune functioning, and improves mental functioning.
- Aerobic exercise: oxygen consuming. Goal is to raise the heartbeat to 10 to 80% of its maximum for 20 minutes at a time.
- Non-aerobic: eastern healing traditions like Chinese Tai Qi (moving meditation), Qi Gong (short form of meditation) and Indian Hatha Yoga that promote flexibility.
- Recommend exercise 4-5 times weekly for 30-40 minutes.
- Shaking/movement helps break up the stuck patterns in the body (thoughts, postures, tightness). It helps create some open space, to see and feel things in a new way.