



YOU ARE HOW YOU MOVE

Nutritious Movement is sustenance for your cells.

Nutritious Movement is a whole-body movement program that utilizes Movement Micronutrients, Movement Macronutrients, and habitat (lifestyle) changes to nourish all trillion of your body's parts.

About Nutritious Movement

It's clear that no one in our culture moves enough—there's even a new category of movement alongside "active" and "sedentary" called "actively sedentary" to describe the movers among us, who move on average only 4

percent of the time and spend the rest of their time as sedentary as the couch potatoes.

Because of our time spent sitting, and because of other ways we've immobilized ourselves—casted our bodies—with shoes, constrictive clothing, and cultural expectations, **our bodies have adapted by becoming stiff and unable to move all of our parts**, all of the way. This has created areas in our bodies that are cellularly sedentary *even when we are moving*.

For instance, we've been wearing shoes practically since birth. Shoes with a cushioned sole, limited space for the toes to move, and a heel—even if it's a short one. And so movements of your toe bones, ankle joints, arch-supporting muscles, and even of your foot-skin don't happen in the same way had you not always worn shoes. This means that even when your "whole body" is walking, not all of it is actively walking or receiving the right amount of "squish" your cells need to thrive.

Why does this matter?

For the same reason it matters what you eat. **When you eat food, the nutrients in that food communicate with your cells, and cause your cells to behave in a particular way. Movement is similar.**

The bending and squishing of your cells that happens when you're walking is an input—just like dietary nutrients. Cells respond directly to mechanical input through a process called

Your cells respond to nutritious movement the way they respond to a healthy diet.

mechanotransduction.

Your cells are just as affected by the movements you do and do not feed them as they are by the foods you do and do not feed them.

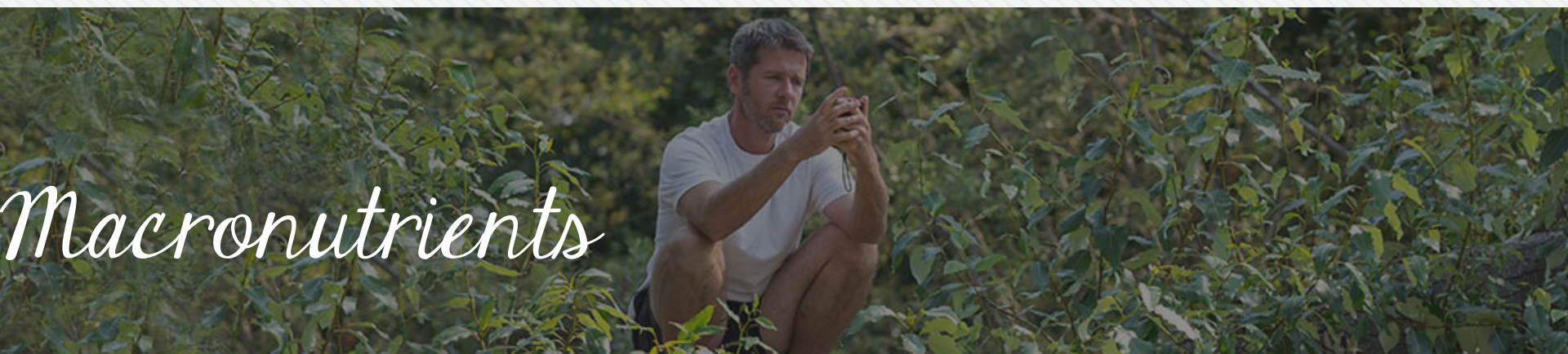
We're not just missing movement—we're missing nutritious movement; movement that includes all of the right bends and squishes at the right amount for all your parts to work optimally.

Nutritious Movement is a program that offers:



Micronutrients

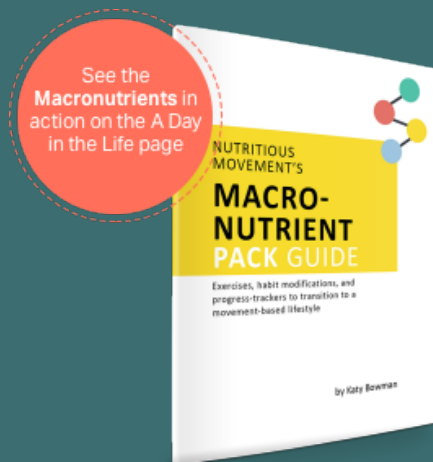
Corrective exercises, to help mobilize any sedentary spots brought about by years of being cased by modern habitats.



Macronutrients

These are larger categories of movement—like walking, squatting, climbing, carrying, and even getting off the floor with ease.

These macronutrients nourish many parts of the body at once, especially when done throughout the day.



Download our
free
Macronutrient
Pack Guide
here!

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Nutritious Movement helps you move better.

We show you how to create a more balanced and healthy movement diet by teaching you how to figure out which micro- and macronutrients you need, which you're currently overdosing on, and how to recognize Junk Food Movement.

We also provide **education** on biomechanics, kinesiology, and physiology, as well as information on how to build a supportive movement **community**, and create a natural habitat that supports the best performance of your body parts—all trillion of them.

Explore our online communities:



About Katy Bowman, M.S.

With radical, science-based health directives, Katy has taken the health-and-wellness world by storm with her bold “exercise is not movement” platform. A biomechanist by training and a problem-solver at heart, she has helped thousands reduce chronic pain, increase bone density, and improve metabolic health through better movement.

The founder of Nutritious Movement, Katy is the bestselling author of multiple books. *Whole Body Barefoot*

(2015), *Move Your DNA* (2014), *Alignment Matters* (2013), and *Every Woman's Guide to Foot Pain Relief* (2011) have been sold and translated worldwide. Two more books, *Don't Just Sit There* and *Diastasis Recti*, are forthcoming in Fall 2015 and Spring 2016.

Katy is a regular source for national health publications like *Prevention* and *Self*, and is regularly featured on radio, television talk shows, and news segments. Creator of the *Aligned and Well™* DVD series, Katy's groundbreaking work in pelvic floor restoration has made her particularly popular with midwives, OBGYNs, and others concerned with pelvic mobility, strength, and health.

Katy's ability to blend a scientific approach with straight talk about sensible solutions and an unwavering sense of humor has earned her legions of followers. Her award-winning blog and podcast, *Katy Says*, reach hundreds of thousands of people every month, and thousands have taken her live classes.

In between her book-writing efforts, Katy travels the globe to teach the Nutritious Movement courses in person, and spends as much time outside as possible with her husband and two young children.

Check out a day in Katy's movement-based lifestyle!

*Looking for
your next steps?*

LEARN TO MOVE

Explore the site to find out more about what can help you feel the best in your body.

JOIN THE MOVEMENT Get educated, stay connected. It's free!

✉ Email *

GET UPDATES

Spam isn't good for you; we don't serve it. Promise.

OUR MISSION

Nutritious Movement is a portal to an idea—that you are how you move and that you can move differently for a different, better outcome, once you have more information regarding how movement works.



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