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Eat. Sleep. Move. This was engraved in my mind this week after listening to motivational speaker, Dr. Joanne Nausler, or Dr. Jo, during our 4-H Program Rally for Extension Professionals. At age 70, Dr. Jo spoke to our group with the most energy, enthusiasm and charisma that I have ever seen.

To the surprise of the audience, we would be certified with a "MBA" at the end of the workshop-certified in Movement Based Academics, that is. Dr. Jo shared her passion for bringing energy into everyday life by reminding us that we need to "move to improve".

When our room full of 4-H professionals suddenly raced outside to run around a flag pole in under sixty seconds, I felt the exhilaration and power of simple movement. Conferences like the one I was attending normally involve participants sitting and taking in information for hours. Dr. Jo reminded us that in order for our minds to be engaged, we did not need to take a "tech break" to check e-mails or answer text messages, we needed to get up and move.

I am sure it was amusing to see a room full of adults march in place, do the Macarena and sing "Mary had a Little Lamb" all at once. While entertaining, it was very clear that the energy of the room was immediately lifted. A boost of energy meant that our minds were better able to focus and engage in the information being given to us.

It's the time of year again for youth to be out of school and spending time at home for the holidays. As temperatures drop and it becomes more tempting to cuddle up on the couch, I want to encourage you to incorporate movement into everything that you do.