



BNMC

HEALTH & WELL-BEING

LIVE WELL

THRIVE WELL

Join Us On Your Lifestyle Journey to Wellness



Live Well, Thrive Well

January Program

Movement & Physical Activity

Explore how regular, intentional movement supports metabolic health, mobility, balance, and longevity using evidence-based strategies to build strength and resilience at every stage of life.

Tuesday, January 27, 6:30PM



 **REGISTER NOW**



 www.BNMC.org



Jared Byer, HFC is a Corporate Wellness Educator focused on helping high stress sedentary staff toward a healthier lifestyle. His wellness seminars provide fact-based information to promote well-being and longevity. He has over 30 years' experience working in the health & wellness industry along with many honors and awards for his service. To date he has presented over 300 seminars to small to large companies in diverse fields both in-person and virtually.



MADE2MOVEFITNESS.COM

“MOVEMENT IS MEDICINE”

FOR YOUR MIND & BODY...

BY JARED BYER, HFC



MADE2MOVEFITNESS.COM

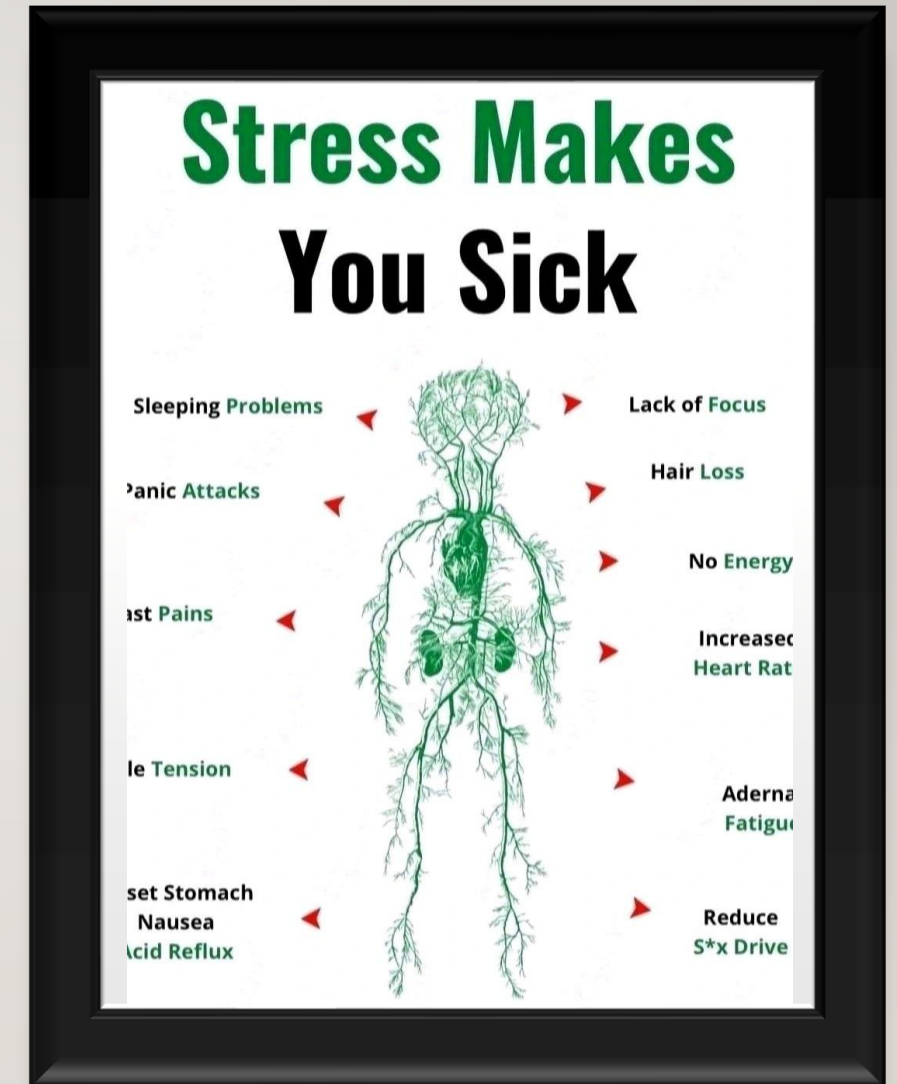
MODERN PROBLEM:

Sedentary Career + Chronic Stress

= **“Poor Quality of Life”**

Mental + Physical Health Impacts:

- Low Energy
- Accelerated Aging
- Poor Sleep
- Reduced Focus
- Unmotivated



STRESS MANAGEMENT:

Response:

“Fight or Flight” – Activate Body

“FREEZE” – Lack of Action



FREEZE:

Watch TV
Doom Scroll...

TYPES OF STRESS:

DISTRESS:

- “BAD”
 - Overwhelming
 - Compounding



EUSTRESS:

- “GOOD”
 - Activity
 - Exercise

“MADE 2 MOVE”



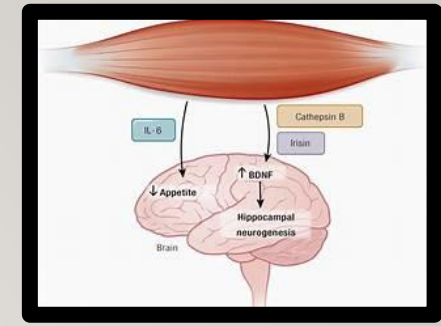
ACTIVITY:

- 7-10K steps per day
- 5-7 days per week
- “Maintains” Health
- Low - Moderate Intensity
 - Breathe through your “NOSE”

EXERCISE:

- 2-4 days per week
- “Longevity” Key
- Moderate - High Intensity
 - Breathe through your “MOUTH”

FEEL-GOOD HORMONES:



MYOKINES:

- Produced by working muscles
- “Mood Boost”
- *Always feel better afterwards!*

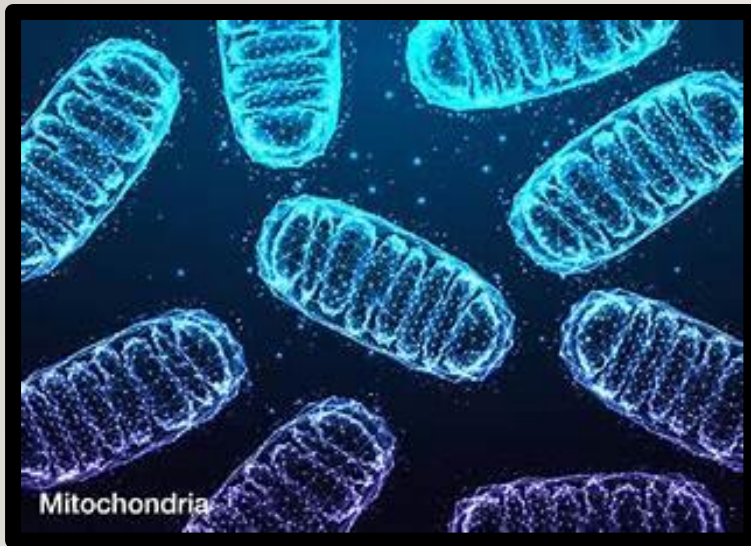
BDNF:

- “Fertilizer for the Brain”
- Neuroplasticity:
 - Hippocampus
 - (Memory)
 - Pre-Frontal Cortex
 - (Executive Functions, Personality)

“YOUR POWERHOUSE”

- **Mitochondria:**

- “Powerhouse of the cell”
- TRUE Energy production (ATP)



- **Mitogenesis:**

- Activity + Exercise Stimulus
- Increase in Size & Number
- More Efficient

- **Sarcopenia (Atrophy)**

- Reduces size and number
- Lowers Metabolism

RELATIONSHIP:



- **NEGATIVE:**

- Disliked Gym Class
- Not involved in Sports
- Painful
- Do not like to sweat

- **POSITIVE:**

- Former Athlete
- Enjoy Outdoors
- Military background
- Enjoy Feeling :)

OVERCOMING BARRIERS:

1. Time:

- Schedule it in (Priority)

2. Money:

- At home Body Weight
-

3. Motivation:

- Compliance Partner

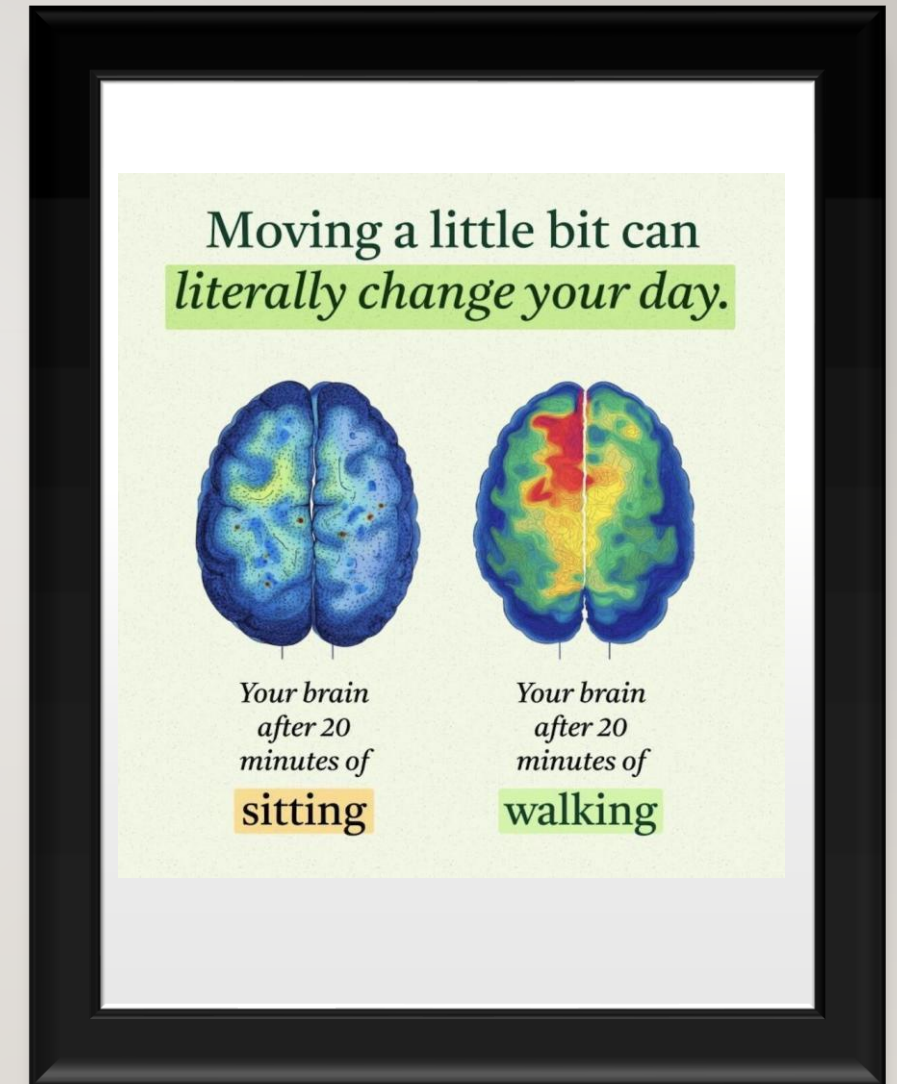
4. Knowledge:

- Credible Resources



“FITTING IT IN”

- Start where you are at
 - All Movement Matters!
-
- CONSISTENCY is key!
 - Prioritize hourly “Movement”
 - 5-10 minutes per hour



RESOURCES:

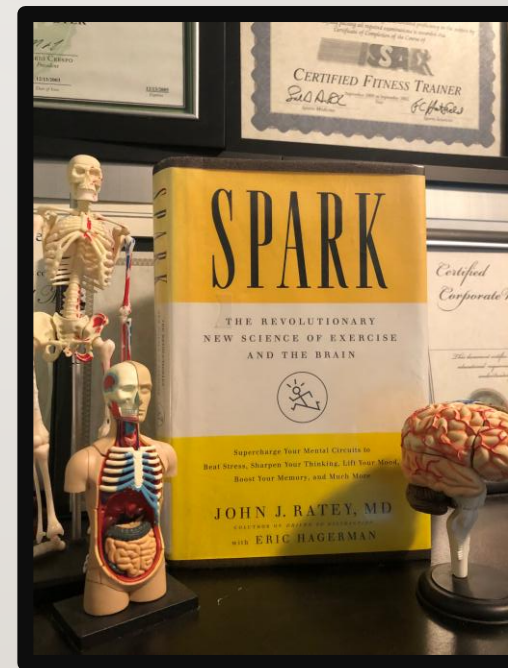
“SPARK”: BY JOHN RATEY, MD

- Science behind the Mental Health benefits of movement

Local Meet-Up Groups:

- In-person social interaction

BLOG @ Made2MoveFitness.com



“MOVEMENT IS NOT IMPORTANT, IT IS ESSENTIAL”

Jared Byer, HFC

Health Educator | Health Coach



MADE2MOVEFITNESS.COM

Chris Muldoon is the founder of [Strideful](#), a Buffalo-based company helping organizations and individuals use movement as a practical tool for stress recovery and mental well-being. A former NCAA Division I athlete and Boston Marathon qualifier, he now coaches cross country at SUNY Erie and works with youth athletes through the Snyder Track and Field program.



BUILDING A SUSTAINABLE MOVEMENT PRACTICE

Presented by: Chris Muldoon



WHY MOVEMENT FOR MENTAL WELL-BEING?

- Brain boost: serotonin, dopamine, endorphins, BDNF, myokines, and more
- Bilateral stimulation: calms the amygdala
- Promotes recovery from stress (acute and chronic)
- Enhances mood, memory, and focus
- Improve self-efficacy and confidence



THE BENEFITS ARE CLOSER THAN YOU MAY THINK

JAMA STUDY (2022)

People who got half the recommended activity had an 18% lower risk of depression

Those who met the guidelines saw a 25% lower risk

ASICS STATE OF MIND STUDY (2024)

Just 15 minutes and 9 seconds of movement led to a measurable mental uplift

LANCET STUDY (2025)

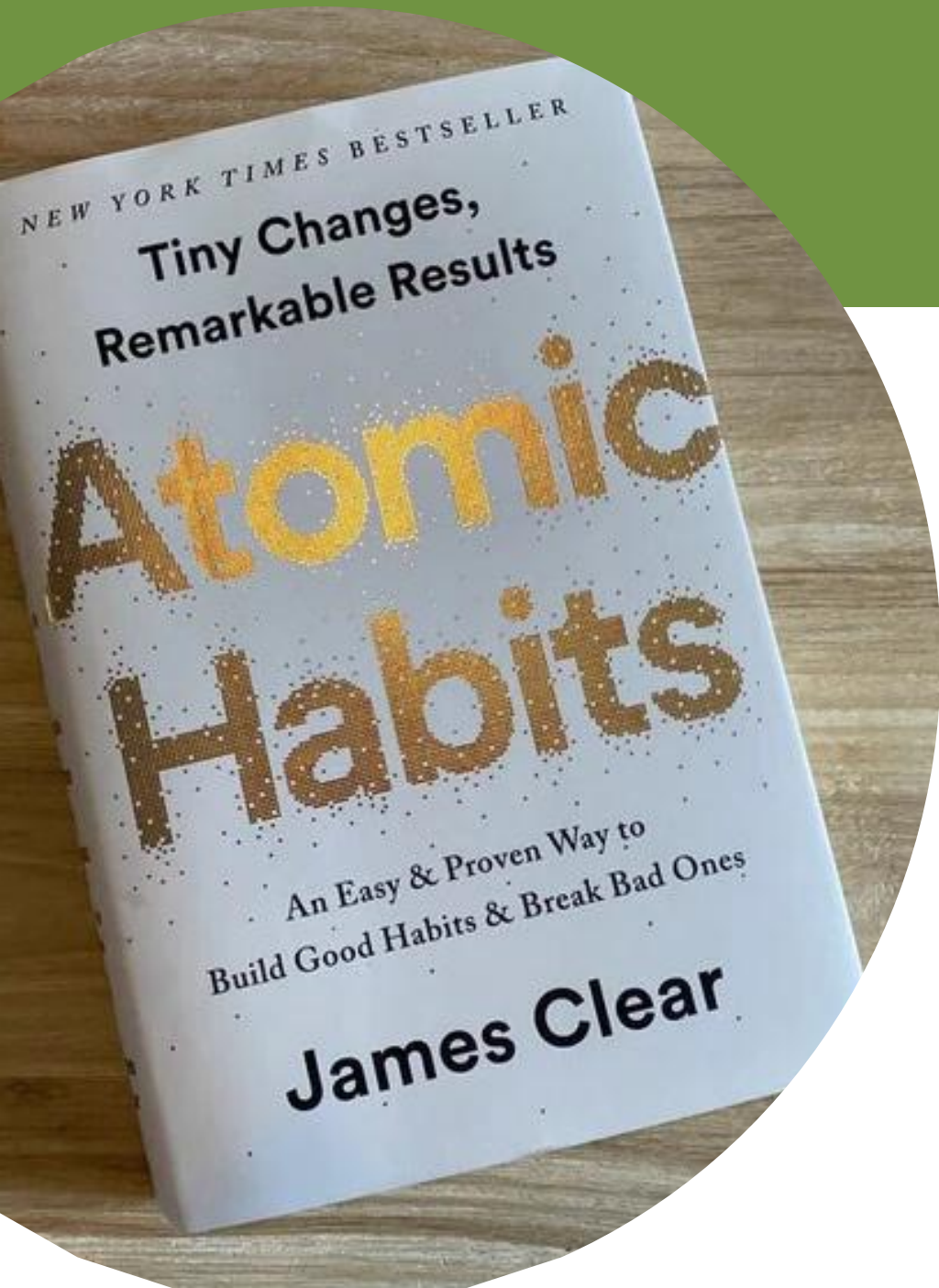
7,000 steps/day linked to:

- 47% lower risk of early death
- 38% lower risk of dementia
- 37% lower risk of cancer mortality
- 25% lower risk of heart disease
- 22% lower risk of depressive symptoms

THE BIG MINDSET SHIFT



- Turn exercise from a chore you “have to” do, to something you “get to” do
- Growth Mindset
 - “I'm not a runner...yet”
- Find your ‘why’
 - Intrinsic motivation vs. extrinsic motivation
- Movement is a tool for feeling your best and supporting your values
- All-or-something thinking: some movement is better than nothing



THE FOUR LAWS OF BEHAVIOR CHANGE

To build a stronger habit, make movement:

Obvious: Set cues (e.g., lay out shoes) or reminders (schedule in your calendar)

Attractive: Pair it with something you enjoy (music, nature, friends)

Easy: Start with a few minutes and lower intensity to build momentum

Satisfying: Track progress or reward yourself

MAKING IT A SUSTAINABLE PRACTICE



- **Start small and realistic:** 1-10 minutes is enough to begin
- Remember, **motivation follows action** (behavioral activation)
- Try **temptation bundling** (e.g., walk while listening to a podcast)
- **Celebrate when you start** (BJ Fogg): smile, fist pump, internal “yes!”
- Use the **Peak-End Rule**: end the activity on a high note
- **Positive self-talk**: talk to yourself like you would to a friend
- Find a **movement buddy**

MOVEMENT BREAKS DURING THE WORK DAY

- Exercise snacks = short bursts of activity
- Experts agree, they count!
- Boosts mood, focus & creativity
- Easy to fit into a busy day
- Don't require gym clothes or equipment

June 20, 2023 / Diet, Food & Fitness / Exercise & Fitness

How To Work 'Exercise Snacks' Into Your Day

The quick and easy way to get moving doesn't require equipment or going to a gym



"Exercise Snacks" to Improve & Maintain Fitness | Dr. Andrew Huberman

WHAT DO EXERCISE SNACKS LOOK LIKE?

1-5 minutes, a few times a day

Mix things up

Use your space

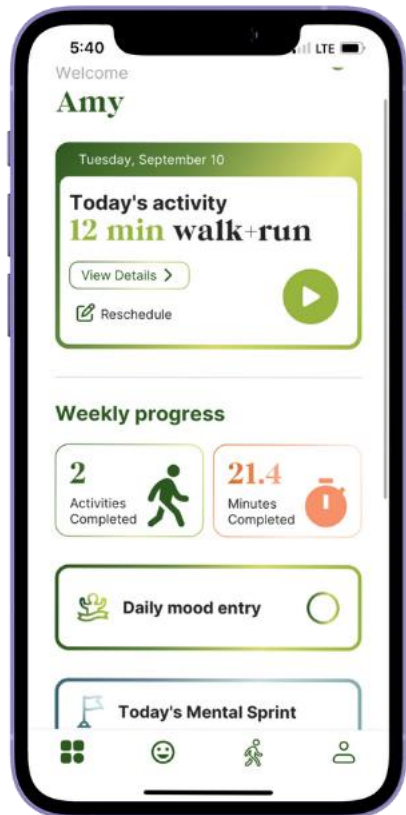
Stack with existing habits

- Walk after lunch or between meetings
- Shoulder/neck rolls and arm circles
- Chair or air squats
- Box breathing w/ overhead arm reaches
- Calf raises
- Stair climbing
- Marching in place or side steps
- Wall or floor pushups
- Seated leg lifts
- Wrist and hand stretches
- Balancing on one leg

RESOURCES

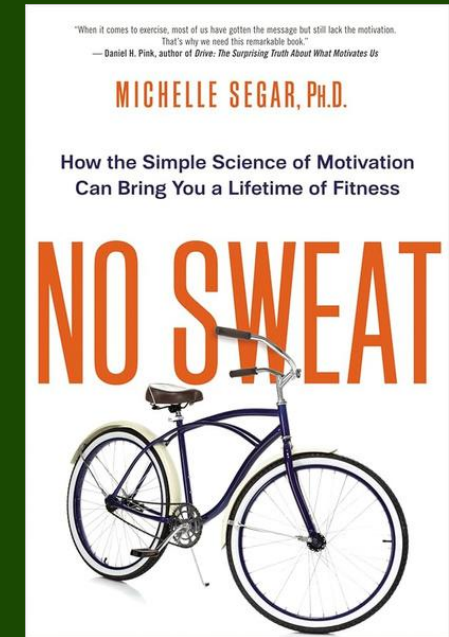
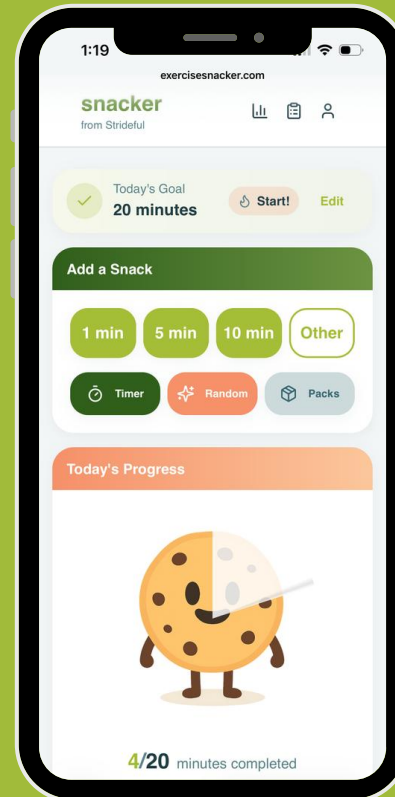
STRIDEFUL

Walking and running plans
focused on mental wellness.
StridefulApp.com



SNACKER

Track exercise snacks and
movement breaks.
ExerciseSnacker.com



Joe Fox is the President of TrainSMART Personal Fitness and the author of **OUTPACE AGE: The Safe Strength Training Guide to Moving Well & Living Strong**. He specializes in longevity-focused strength and movement training that integrates safe, customized exercise with physical therapy principles. His work helps adults move without limitations, stay strong for life, and continue the sports and activities they love.



One **Habit** at a Time

Your Chances of Success



Change 1 Habit

85%
Success



Change 2 Habits

35%
Success



Change 3 Habits

15%
Success

Focus on ***one habit at a time*** for the best chance of success.

Walking is a
profound miraculous

GAME CHANGER!

THE 3-7'S

7 HOURS OF SLEEP

7K STEPS

7 GLASSES OF WATER

OUTPACE AGE

The Safe Strength Training Guide to
Moving Well & Living Strong



JOE FOX

Strength Coach &
Corrective Exercise Specialist

**“Real Change Can Only Occur
Through Multiple Inputs Over Time!”**

“Frequency beats Intensity!”

CONSISTENCY
is the KEY

**“I ALWAYS
RECOMMEND
THAT MY CLIENTS
DO THE 2 W'S**

WALKING & WEIGHTS



TrainSMART

PERSONAL FITNESS

Move without
LIMITATIONS.

Stay ***STRONG*** for ***LIFE.***

Continue the
ACTIVITIES & SPORTS
you love.

By ***JOE FOX***





prezi.com



WSJ Video

WSJ Time for...

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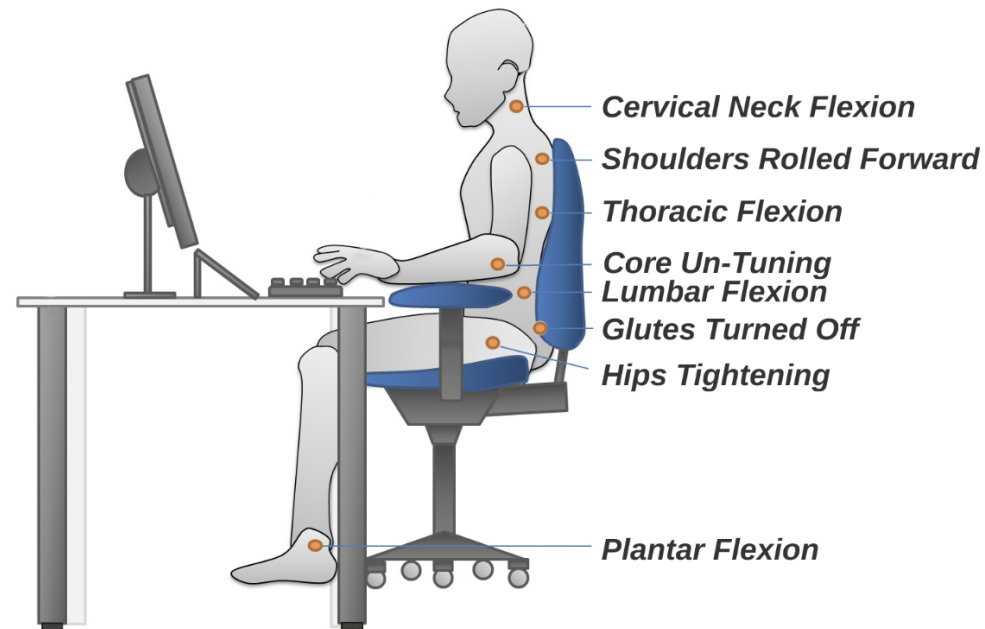
X Copy of...

Copy of Copy of What Happens When We Sit & What We Can Do About It 5.20.19

Edit

WHAT HAPPENS WHEN WE SIT - PART 1

WHAT IS GOOD POSTURE?





MOVEMENT SNACKS

5 mins / day → 35 mins / week → 1,820 mins / yr. or 30+ hrs. / yr.

10 mins / day → 70 mins / week → 3,640 mins / yr. or 60+ hrs. / yr.

15 mins / day → 105 mins / week → 5,640 mins / yr. or 91 hrs. / yr.

THE FUTURE OF FITNESS!

