



Movement Matters: Essays on Movement Science, Movement Ecology, and the Nature of Movement

Katy Bowman

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What if we can make ourselves, our communities, and our planet healthier all at the same time by moving our bodies more?

Movement Matters is a collection of essays in which biomechanist Katy Bowman continues her groundbreaking investigation of the mechanics of our sedentary culture and the profound potential of human movement. Here she widens her *You are how you move* message and invites us to consider our personal relationship with sedentarism, privilege, and nature. Bowman explores:

how convenience often means less movement, not more time

the missing movement nutrients in our food

how to include more nature in education

the impact of adding movement to permaculture and ecological models

our need for vitamin Community and group movement

Unapologetically direct, often hilarious, and always compassionate, *Movement Matters* demonstrates that human movement is powerful and important, and that living a movement-filled life is perhaps the most joyful and efficient way to transform your body, community, and world.

Praise

Movement Matters is not only a delight to read but also will help every family, and has implications that extend far beyond our individual lives.

Richard Louv, author of *Last Child in the Woods* and *Vitamin N*

Every so often a thinker comes along who is able to teach complicated ideas with so much ease and clarity, you have the liberating feeling of remembering something as you are learning it. This book holds up a mirror: this is who you are. This is your body. This is nature. You are one and the same it is only your habits and thinking that have tricked you into believing that you are separate. In Bowman's essays, the comparison of a growing tree and a growing body is not conceptual. It is real. Your body follows the rules of nature, just like everything does. Bowman shows us where science meets metaphor, and that we ignore this connection at our own peril.

Sarah Selecky, author of *This Cake is For the Party*

Everyone should read this book.

Paleo Magazine

One of the unfortunate side effects of living in complex, modern societies is the distance we create from the natural world, leading us to forget how to live better with less and by keeping active. In her quest to resurrect this lost knowledge, Katy Bowman provides us with a survival roadmap to reclaim personal quality of life and a sustainable future for all. A must-read for anyone interested in living a happy, productive life on a habitable planet.

Jason Lewis, author of *The Expedition*

Katy Bowman is one of the world's leading experts on the ecology of human movement. She offers a timely and fascinating collection of essays that are designed to inspire a movement-based lifestyle essential for our long-term survival as adaptive humans. A must-read for anyone who cares about their health.

Angela Hanscom, founder of TimberNook and author of *Balanced and Barefoot*. In a civilization that strives to reduce movement to its barest minimum, and a culture that celebrates the leisure of the chair over the immersive experiences that truly nourish our bodies and souls, there is the voice of Katy Bowman. Her scientific approach, coupled with her deep understanding of the ancestral roots of our physiological needs, bridges the longstanding gap between the world of healthy movement and the advice of the medical and exercise science communities. Finally, we learn why movement matters, and that the answer lies not in the monotony of pointless exercise for its own sake, but rather in the exhilaration of movement as an expression of our very humanity.

Daniel Vitalis, host of the ReWild Yourself podcast, founder of Surthrival.com and FindASpring.com

This gorgeous book opens the door to

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Robert Young:

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Irene Weinstein:

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Christopher Hardnett:

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