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## Movement Tips *To Boost & Optimize* Your Reproductive Health

By: Kim & Amy Sedgwick



## We believe that movement matters.

It wasn't until we met [Marie Wittman](#), of *Movement for Fertility™*, that we came to realize the immense connection between our reproductive health and movement - not just exercise. As long-time dancers and avid walkers, we were thrilled to start making the **connections** between how we move and the health of our wombs.



Increased blood flow, nutrient delivery, lymphatic drainage and better alignment of the pelvic organs are just a few of the many benefits of engaging in a diverse range of movement throughout the day! Here are five of our favourite tips for optimizing reproductive health by changing a few simple habits.



## 1. Ditch the Heels

Wearing heels (which we all do – even our so-called “flats” tend to have a slightly raised heel) is akin to walking downhill every day. This changes the angle of force of every single joint in our body. Over time this changes the alignment of our musculoskeletal system, including our pelvis. This has implications for the correct alignment and innervation of our pelvic organs, including the uterus.

## 2. Ditch the Comfortable Furniture

Comfortable furniture, including “ergonomic” chairs, actually encourage us to remain in the same position for prolonged periods of time. This leads to “movement deprivation.” By adopting hard surfaces to sit on (including the floor) you will find yourself shifting positions more often and thus providing a broader range of movement for your body. Think of this as your daily movement “multivitamin.”



### 3. Practice Your Squats

We're designed to squat multiple times per day for elimination. Doing so helps maintain health of all the muscles of the pelvic floor, which improves orgasms, reduces the risk of incontinence and uterine prolapse, and contributes to a better labour experience for those who plan on having babies.

### 4. Jump!

Toxins are moved out of the body through the activity of the lymph. Unlike blood, which has a heart to pump it, lymph gets circulated through the body through our own muscle movement. With limited movement comes limited

excretion of toxins from the body. You can change this by using a home rebounder or a simple skip rope for as little as five minutes per day.



## 5. Reclaim Your Inner Domestic Goddess!

Just like we know it takes a range of nutrients and foods to be healthy, it takes a range of movements to keep our joints and organs healthy. Unfortunately we have outsourced our range of movement to machines and other people (who pick, kill, chop, and prepare our food for us). Instead of focusing on “exercise” try increasing the “nutritional diversity” of your movement by growing, picking, cleaning, chopping and cooking your own food. This will do double-duty by ensuring your food is fresh and nutrient-dense too!

### Interested in learning more?

Here are some further resources to help you on your journey to better reproductive health.

**Note:** we’re using affiliate links here, which means if you purchase one of these amazing books, we will receive a small commission. Please know that at Red Tent Sisters, we would never promote something we don’t believe in wholeheartedly.

#### Books

- [Move Your DNA: Restore Your Health Through Natural Movement](#) by Katy Bowman
- [Whole Body Barefoot: Transitioning Well to Minimal Footwear](#) by Katy Bowman

- [Diastasis Recti: The Whole Body Solution to Abdominal Weakness and Separation](#) by Katy Bowman
- [Sweat Your Prayers: Movement as Spiritual Practice](#) by Gabrielle Roth
- [How You Stand, How You Move, How You Live: Learning the Alexander Technique to Explore Your Mind-Body Connection and Achieve Self-Mastery](#) by Missy Vineyard

## Modalities

- [Arvigo Techniques of Maya Abdominal Therapy™](#)
- [Mercier Therapy™](#)
- [Nutritious Movement™](#)
- [Movement for Fertility™](#)
- [Alexander Technique™](#)

**Note:** many of these modalities are available through select Red Tent Sisters programs.

If you'd like to learn more about how Red Tent Sisters can help you with your reproductive health, read our [blog posts](#) on the topic, check out [our programs](#), or email us at [thesisters@redtentsisters.com!](mailto:thesisters@redtentsisters.com)

Love,

Kim & Amy