**PODCAST DR CHATTERJEE**

Dr Rangan Chatterjee is a GP, Author and broadcaster who takes a 360 degrees approach to health by focusing on the four pillars of health: Food, Movement, Sleep and Relaxation.

In this week’s podcast he speaks toKelly McGonigal a Stanford Psychologist about how moving and being physically active aids connections with ourselves and others.

**Outline excerpt from his e-newsletter**

One of the positives I’m seeing during the current lockdown is many people’s renewed appreciation for getting out and moving their bodies. Having to stay home is making us really value that small window in our days when we can step outside to exercise, interact with nature and say a (distanced) hello to people we pass on the street or in the park.

My guest on [this week’s](https://drchatterjee.us17.list-manage.com/track/click?u=355bfcff967abf63c8b9da888&id=34a997757c&e=f5b36b759f) episode of **Feel Better Live More.**Kelly McGonigal is a Stanford Psychologist, and a best-selling author. She also teaches dance, yoga and group exercise classes.

We begin by talking about music and movement, why some songs just put us in a good mood and make us want to get up and dance. Kelly explains how listening to music that you enjoy activates the motor system of the brain and becomes an ‘invitation to move’. We discuss how music can change your perception of the physical sensations of exercise – so if you’re someone who doesn’t like getting sweaty or breathless through movement, doing so to your favourite tunes can reframe that. And we talk about how moving with others aids social connection.

Regular listeners will know I’m a huge fan of parkrun – as I know many of you are. We discuss this as a great example of how movement facilitates an easy level of connection with others. It brings people together and creates communities. Kelly goes further to say that moving with others can be transcendental. She explains how that shared experience of running in stride with others or following the same dance routine encourages you to appreciate and support your own and each other’s strength and feel as one.

This is a wonderful example of science meeting spirituality. So often we find that when we challenge our bodies, the benefits are way more than just physical. Perhaps this explains the popularity of mass participation events like marathons.

Kelly explains that although all movement counts and even a few minutes a day makes a difference, intensity matters too. Doing something really hard and going beyond what you think you’re capable of – whether that’s an endurance event, lifting heavy weights or taking on an epic climb in nature – can provide a spiritual experience that changes the brain in positive ways.

So, what if you’re struggling to get movement into your life? Kelly suggests just putting on a song you love – having a movement playlist – and simply doing whatever movement feels accessible to you. It could be stretching, walking, dancing or just moving your arms. Movement provides an immediate reset for your mood and brain chemistry, so work out when in the day you most need that – perhaps after waking, or at the end of a tough day at work. From here you can innovate your own workout, then go out and find a community that supports it.

Finally, if you’ve ever experienced the ‘runner’s high’ – or wondered if it exists, Kelly has some mind-blowing insights into what’s really going on in the brain when you run or jog, or keep up any persistent movement pattern. And she shares ground-breaking new research that shows how repeatedly contracting any muscles, through continuous exercise, releases antidepressant substances called myokines that scientists have dubbed ‘hope molecules’! After listening to this episode, I guarantee you’ll want to get moving. [Click here](https://drchatterjee.us17.list-manage.com/track/click?u=355bfcff967abf63c8b9da888&id=751975d51b&e=f5b36b759f) to listen.

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