



# Tips to keep you airborne!



This one will move you  
February 2021

Did you know that according to Daniel Wolpert, British doctor, neuroscientist, engineer and world leader in the field of sensorimotor control, the only reason we have a brain is to move?

His fascinating theory is supported by his studies of the sea squirt, a tiny jellyfish with a primitive spinal cord and 300-neuron brain, which once born has 12 hours to swim around in the shallows to find a suitable rock to permanently cement itself or it will perish!

Once affixed...it eats its brain...as it no longer needs to move and the brain is no longer of use.

Yes, it eats its brain.

So where does that leave us?



We sure as heck don't tuck into our complex grey matter once we get cemented to the couch with a gripping Netflix series.



**Caroline Crosbie**  
**CONSULTING**  
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting  
[www.carolinecrosbie.com.au](http://www.carolinecrosbie.com.au)  
[info@carolinecrosbie.com.au](mailto:info@carolinecrosbie.com.au)  
0416 154 259

In the past, we had to hunt and forage to feed that super grey matter of ours that gobbles up about 20% of our body's energy supply. Now we've got Uber Eats.

So, why move?

Movement is as instinctive to us as breathing and is essential for our feel-good factor.

The Covid-19 pandemic has put paid to people's movements in a manner of speaking and caused an alarming spike in mental health concerns.

Alarmingly, Australia has the 3rd highest rate of anti-depressant use in the world.

So let's get back to that feel-good factor.

It's well known that exercise releases feel-good endorphins, serotonin and GABA and more.

But did you know that back in 2013, scientists discovered a bit more of that more?

When we perform muscular-skeletal movements, the movement releases proteins called myokines into the blood stream.

Irisin, one of these magical myokines, stimulates the body's reward centre and acts as a natural anti-depressant. Studies have shown that people with high levels of irisin have better cognitive functioning than those with lower levels who are also at increased risk of depression.

Others build muscle, reduce inflammation, regulate blood sugars and kill cancer cells.

And there are those that protect dopamine receptors in the brain, which when damaged lead to a large number of disorders, including Parkinson's and depression.

Given the relative super power of myokines, they've been dubbed hope molecules.

Now, if you're wondering how to give yourself an intramuscular shot of hope, the answer is simple...



MOVE!

You don't have to be a gym junkie to unleash their power. Do something of moderate intensity to get your heart rate up.

Get up off that couch and shake your booty for 5 seconds whilst that next Netflix episode is loading.

Till next month, here's to dancing in the shallows like a sea squirt on the move.

Permanently cement that thought...

*Caroline*

*PS - Whenever you're ready, work with me directly to see how you, and/or your team can benefit from diving deep into all things AIRBORNE, including moving your mood.*

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[info@carolinecrosbie.com.au](mailto:info@carolinecrosbie.com.au)  
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