

11- PSY- 02

NON LOCOMOTOR REFLECTION PAPER

For my physical and emotional health, learning non-locomotor movement exercises like pushing, bending, twisting, stretching, and rocking has been a life-changing experience. My knowledge of body mechanics, balance, and mindfulness has significantly increased as a result of these exercises, which emphasize movement while being still.

I've come to understand that core bracing, the bird dog series, push-ups, scapular protraction and retraction, the plank series, and squats are more than just fitness exercises as I think back on my road to becoming proficient in them. They serve as living examples of discipline, resiliency, and holistic wellness, all of which will have a significant influence on my future personal and professional pursuits.

Exercises like squats, planks, and push-ups are frequently featured in fitness challenges or group workouts. I've understood the importance of teamwork, support, and mutual goals from taking part in these activities. This experience will help me improve my leadership and teamwork abilities in my future profession. These group exercise experiences helped me develop the skills I need to succeed in team-oriented settings, including the capacity to collaborate with others, inspire teammates, and contribute to a shared objective.

The foundation for a stronger, more stable body has been established by core bracing. My general posture and balance have significantly improved as a result of intentionally using my core muscles. By keeping my spine neutral during different motions, this type of workout has helped me lower my risk of back pain and injury. I've performed better in other physical activities because of my improved stability, which has given me greater confidence and control over my movements.

Improving my general strength and flexibility is one of the most obvious advantages of non-locomotor workouts. In order to develop strength and endurance without the heavy impact of a typical aerobic workout, these exercises call for controlled movements that focus on various muscle groups. For instance, stretching has improved my range of motion, soothed tense muscles, and decreased my chance of getting hurt while engaging in other physical activities. My posture and general well-being have improved as a result of my increased flexibility, which has also made daily duties seem easier.

Learning non-locomotor movements has improved my mental and emotional health in addition to its physical advantages. These exercises' intentionality and focus encourage mindfulness, which

strengthens the bond between the mind and body. Beyond the training regimen, each movement fosters a sense of presence and awareness that calls for deliberate effort and focus.

These exercises provide a peaceful diversion from the pressures of daily life and have developed into a form of moving meditation. Movements like swinging and thrusting provide a regular flow which encourages mental clarity, eases anxiety, and calms the mind. This mindful exercise has grown to be a useful strategy for stress reduction and mental balance.

A feeling of belonging and social connection has also been facilitated by taking part in group lessons that emphasize non-locomotor movements. It has been tremendously fulfilling to travel this path with people who share my objectives and experiences. The other participants' enthusiasm and support have inspired me to push myself and acknowledge any minor victories.

In conclusion, learning non-locomotor movement activities was a comprehensive process of personal growth and self-discovery. The mental and emotional advantages of stress management and mindfulness have been enhanced by the physiological benefits of greater strength, flexibility, and balance. Additionally, the experience has been improved and turned into a really transforming practice due to the sense of belonging and social connection. I am pleased of the positive impact that these activities have had on my general wellbeing as I continue to investigate and improve them. I have acquired skills and knowledge that I can use in every aspect of my life. I gained discipline, resilience, overall well-being, teamwork, flexibility, and confidence from these exercises, all of which will be very helpful in future endeavors. I can deal with opportunities and challenges with confidence, commitment, and a balanced perspective by developing on these foundations moving forward, paving the door to a meaningful and successful future.