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The Wisdom of Movement Behavior versus Cognitive Processing: Primitive, Safe, Unbroken and Promising

Eleni I. Kavazidou, Panayiotis Fachantidis

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Movement behavior is a primitive building block of socialization abilities and survival reactivity, the main vehicle of reproduction. Her integrity is inherited and her adjustment properties are evident across the history of human evolution. She is changing according to environmental and endogenous emotional stimuli and mirrors mainly mental health and emotional dynamics. Muscle-machinery refinements, the basic element for moving the self and important component for boosting longevity, arise by keeping physically fit and conditioned. The epidemic of motor clumsiness and immobility highlight blanks, miss-points and relapses of physical health, and brings under consideration the effectiveness of physical fitness prevention programs that are applied and promoted. There is suggested movement behavior harmony as another component that shall be considered for practice. Practicing the dynamic elements of movement behavior, which imply to interconnection and interaction processes through self and environment, a stronger body-mind module could be developed. Cognition-motion-emotion links are highlightened and common cardiac and biochemical biomarkers of body-mind-emotion connections are suggested.

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