

# What is Kinesiology?



Kinesiology is the study of human movement. More specifically, it examines the ways that physical activity affects the body and overall health and wellbeing. Therefore, a kinesiologist studies the factors that influence human movement and looks for ways to improve health outcomes. They focus on ways to help the body perform more efficiently.



A kinesiologist can help you with pain reduction, preventing or reducing risk factors for medical conditions such as heart disease or diabetes, recovery from an injury, or active rehabilitation. They can also help you improve your overall health, or work with you to increase your activity level if you are unsure of where to start.



From a performance-based perspective, you can benefit from seeing a kinesiologist to help you optimize your movements and performance, develop a training program, achieve health and fitness goals, or administer fitness testing to see where you might have any strength imbalances or discrepancies.

Kinesiology centers largely on preventative measures through physical activity. Physical activity is any movement produced by the muscles such as occupational, household, or sport and leisure activities. Exercise is a subset of physical activity that is planned and purposeful, with the goal of improving one's physical fitness. While structured exercise can aid with building muscular and aerobic strength, simply increasing physical activity level has significant benefits as well.



Benefits of regular physical activity include but are not limited to reducing symptoms of mild to moderate anxiety/depression, improved cognitive functioning (memory, attention, problem solving), reducing risks of medical conditions (diabetes, heart disease, cancer, osteoporosis, high blood pressure, high cholesterol, etc.), and improving everyday functioning (decreasing aches/pain, optimizing movement).

On the flip side, physical inactivity has been shown to increase the risks of chronic diseases such as coronary heart disease, type 2 diabetes, certain cancers such as breast and colon cancer, and can shorten life expectancy.

In summary, a kinesiologist analyses and uses movement with the goal of maintaining or improving their patient's overall health.

I look forward to meeting all of you and contributing to your Care Team here at APC!

- **Helena Ritchie, Kinesiologist**

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