



ElevatED Bodies, Empowered Minds:

Ascend Through Movement and Transform **Your** World with *Strong bodies and Sharper Minds*

<https://www.youtube.com/watch?v=OPf0YbXqDm0>

June 16, 2026 – Dr. Cynthia Olivarez Rooker



**Why should you care
and who am I to
present this
message?**



- My personal story:
 - Before turning 50 years old – setting goals – Weight Training class – Someone believed in me -- World Champion Powerlifter (since 2011)
 - 20+ years faculty
 - Doctorate journey while maintaining physical discipline
 - **Movement helped me sustain focus, resilience, and success**



The Science: Why Movement Matters

- Reduces risk of heart disease, stroke, diabetes, and some cancer
- Helps control weight, blood pressure, and cholesterol
- Can delay or prevent **40+** chronic diseases
- Exercise increases cognitive function and memory
- Physical activity supports mental health and reduces burnout
- **Movement improves attention and classroom engagement**



Application: Movement in Action (FUN + ENGAGING)

<https://www.youtube.com/watch?v=mrV8kK5t0V8>



We're Moving Less Than EVER!

- Global physical inactivity has risen from 23.4% (2000) → 31.3% (2022)
- 31% of adults and 80% of adolescents don't meet activity recommendations
- U.S. adults spend about 6+ hours per day **sedentary**
- **Our daily environments (technology, desk jobs, transportation) are reducing natural movement.**



**“How many of you
feel more alert after
moving—even a
little?”**



Why This Matters Now?

- Physical activity remains one of the most powerful determinants of health across the lifespan.
- Regular movement helps prevent, manage, and even reverse chronic diseases
- People who are inactive have a 20–30% higher risk of death than those who are active
- **Movement isn't optional—it's foundational to survival and to improve the quality of our lives!!**



Key Message:

“We cannot expect energized learning from exhausted bodies.”



“What drains your energy most during the week?”



Connect Movement to teaching

- Micro-movement breaks in class
- Walking discussions
- Active learning strategies
- Standing/stretch breaks



Remember this:

“The key isn’t just **what you think**—but **how you move** and **THAT you move**”



Personal Power + Leadership

*“When you elevate your energy, you
elevate your impact.”*



“What is one habit that helps you stay at your best to keep moving?”



4–5 Simple Takeaways:

- Move 5–10 minutes daily
- Be the leader and add micro-movement in meetings or class
- Connect movement to focus + learning
- Prioritize your energy like your workload
- Model wellness for students and family



Remember This!

“You don’t need more time... you need more energy.

And energy starts with movement.”



“How do you feel
right now compared
to 25 minutes ago?”



Think About This!

“What is ONE thing you will do differently starting tomorrow?”

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References:

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