

GRAB BAG

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BOOKMONGER

Changing how you move can change how you feel

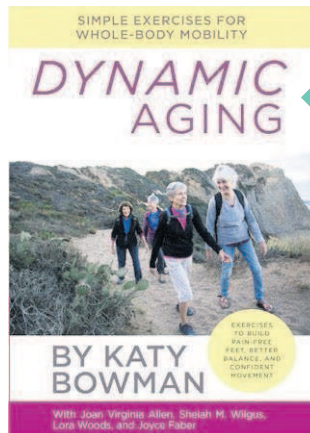
Let's face it: Technological advances have led most of us into a more sedentary lifestyle. With the world at our fingertips (and on the screen in front of us), why bother going to the grocery store, the library or museum when we can just type in our desires? The other day I saw an ad for a multipurpose, voice-activated gadget; now you don't even need to lift a finger, because you can simply tell a robot to do just about everything for you.

I fear that "WALL-E," that 2008 Pixar movie, may have gotten it right when it

envisioned a future in which humankind has evolved into super-obese blobs.

But that scenario isn't going to happen if Katy Bowman has her way. In fact, the Sequim-based biomechanist and entrepreneur is a dynamo when it comes to encouraging folks to get off their duffs and get moving. Her Nutritious Movement enterprise has gone global, and it includes movement classes, workshops, podcasts and retreats.

Meanwhile, her Proprio-metrics Press is publishing best-selling and award-win-



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ning books on movement and healthy lifestyle choices.

For this column, I'll focus on Bowman's latest book, "Dynamic Aging," which she wrote in conjunction with four of her clients who reside farther down the coast, in southern California.

These four ladies — Bow-

"Dynamic Aging"
By Katy Bowman
Propriometrics Press
262 pp
\$16.95

man calls them "the Goldeners" — all are older than 75. Joan Virginia Allen, Shelah M. Wilgus, Lora Woods and Joyce Faber give this book impressive credibility. Each of them originally came to Bowman with an assortment of complaints — a torn meniscus, back pain, chronic constipation and restless leg syndrome among them. Since enrolling in Bowman's program, all of them have moved significantly beyond those problems, even managing to avoid what once seemed to be inevitable surgery.

Now these Goldeners are featured on the cover of this book, exuding health and confidence as they stride together up a trail. On the pages inside, they share their inspirational stories and the exercises that helped them overcome the problems that seem to bedevil so many people as they age.

Although "Dynamic Aging" is aimed at readers ages 50 and above, it can be helpful to anyone who wishes to improve their balance and mobility. Bowman, too, believes that technology has reduced our need to move and says, "It's very likely that the instability you are feeling is not due to your age, but to how long you haven't been challenging your balance."

From feet to fingertips, the exercises she provides don't require any fancy equip-

ment, although Bowman does advocate for shoes with minimal heels, flexible soles and a wide toe box. In fact, she encourages people to go barefoot when they can, noting that many kinds of footwear prevent people from using all the muscles in their feet.

There is no magic wand here — effort is required — but Bowman and the Goldeners demonstrate how to incorporate these exercises into your everyday life.

What a gift to be able to restore movement you thought you had lost for good!

The Bookmonger is Barbara Lloyd McMichael, who writes this weekly column focusing on the books, authors and publishers of the Pacific Northwest. Contact her at bkmonger@nwlinc.com.

word nerd

By RYAN HUME
FOR COAST WEEKEND

Dock

[dɒk]

noun

1. a jetty or pier or wharf, often wooden, that projects out over a body of water and is used for the landing and moorage of boats and the loading and unloading of materials. Docks can be either permanent or impermanent and can be fastened to the sea bed or the bottom of a lake, river or bay by pilings. They can also be constructed to float by utilizing floatation devices, such as barrels, in combination with some type of anchorage

2. the open waterway be-

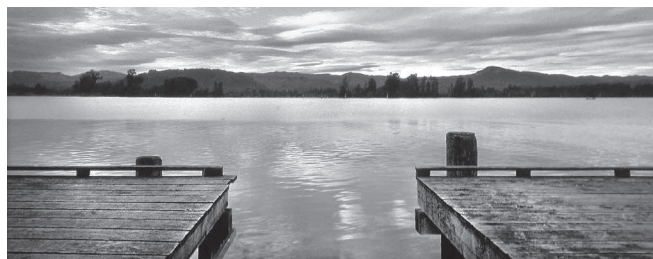


PHOTO BY JOHN MAHER

"Dock and Clouds, Astoria, Oregon"

tween two constructed piers used to receive boats

3. any platform or entrance used exclusively for the loading or unloading of goods

4. a hub used to connect a mobile device, such as a laptop or smartphone, for charging, connectivity and access to networked devices, such as additional printers and monitors; a docking station

verb

5. to moor a ship

6. to attach two objects,

such as mobile device to a desktop computer or to join two spacecrafts in outer space

7. to penalize through deduction of either points, money or time

Origin:

The noun referring to a physical structure erected for the mooring of ships enters English in 1552 from the Middle Dutch or Middle Low German *docke*. The original meaning, first recorded in 1513, referred to the hollow or impression left by a ship

run aground. Use as a verb followed shortly in the decade of the 1510s and much later evolved into computer and space program jargon. Its history as a verb meaning "deduction" relates back to the Middle English verb and noun *dok*, which referred to the act of lobbing off an animal's tail as well as to the tail itself.

"The first ever 'Shop the Dock' tours in Clatsop County highlighted Warrenton's seafood offerings.

Despite the area's long history of fishing and seafood processing — and even though the Columbia River and the Pacific Ocean are right there — how to actually lay hands on freshly caught seafood can be a mystery for many residents without ties to the commercial fishing industry."

— Katie Frankowicz, "Shop the Dock debuts in Warrenton," The Daily Asto-

rian, July 17, 2017

"Warrenton Police are searching for a man who allegedly stole a boat Wednesday morning that was docked

at the Skipanon Marina."

— Jack Heffernan, "Warrenton Police search for boat thief," The Daily Astorian, July 14, 2017

Crossword Answer

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