

As we head into the darker, colder months of the Iqaluit year, you can't help but notice fewer people out and about in Iqaluit. Children go home and stay in after school, office workers head to the grocery stores and rush home to cook... a critical mass of pals heading indoors take You off the streets.

The Great Arctic Indoors dramatically increases in appeal with the start of another season of the Habs and the Leafs. Whether you are a fan of the good guys or The Other Team, or a fan of a fan, or a lonely dropout from hockey TV, ca m'égale once we hibernate for the winter. If you are new to Iqaluit, get ready for The Freshman 15! Combine indoor space with plenty of comfort food and sedentary entertainment boxes and you will feel the weight nestle in your hips and a heaviness in your psyche.

Today in *Sounds Good: Bonheur et Bien-Etre*, the focus is on taking charge now to divert the inevitable Curse of the Winter Kilos. If going to Atii Fitness or joining sports seems like too much a commitment, look down. Your own two feet can get you started.

As bipeds, human beings are built to walk, and we derive physical benefits from putting one foot in front of the other. Stretching, flexing, any time you move your lower limbs increase blood circulation throughout your body and especially to the heart and cardiac muscles.

"Walk, you will feel better" is true physiologically as well as psychologically. Let's use the expanded term of 'feeling' from the body to the health of your mind. The truth of how this works is contained in the proverb "Psychology follows Physiology". Next time you 'have something on your mind', let your body move away from the heaviness weighing on your mind. Walk away, take a break, and if you cannot go outside, the hallways of your home will do.

How physiological movement can effortlessly quiet the mind is a discovery that Francine Shapiro came across while taking a walk in 1987. As she strolled, she ruminated... and upon arriving home, she realized the endless loop stopped. Intrigued, Shapiro turned her attention to researching this phenomenon. People who ruminate or the unfortunate people incapacitated by flashbacks to a crime or other upsetting situation as PTSD (post traumatic stress disorder) have minds fixated to that situation of high emotional intensity. Shapiro believes that the mind is stuck in a broken record in one hemisphere of the brain and cannot get past it. When you walk and gaze back and forth – and most of us do shift our attention from one side to the other of the sidewalk or road – we can in effect synchronize these hemispheres. Known as EMDR (eye movement desensitization and reprocessing), this has proven a non-drug, relatively quick relief for many desperate war veterans and survivors of crime.

Another approach comes from positive psychology to practice gratitude. In a practical sense, do switch your focus from what is Missing to what is Present in the here and now. We have char! No fee to park at City Hall! Taxis cost only \$6 plus tip to go across town! We have time to dance in our living room!

Going forth, try the 2M approach – Move More – to enhance your well-being. In the spirit of Gratitude, seek out people and venues to get physically attuned to your soul. You might like dance, library aisles, volunteer help line, swaying at a charismatic church. Keep your eyes on the weekly issue of Nunavoix and walk your legs to the upcoming events at the AFN!