



GRAVITY - Friend or Foe?

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What is Gravity?

Gravity is a very complex and powerful force of nature that is responsible for the creation of galaxies, the Sun, our solar system and keeping the moon in Earth's orbit. However, in relation to our life on Earth, Gravity appears to have a simple role of keeping us on the ground.

We've all grown up with Gravity so our muscles are used to dealing with the force of Gravity all day every day. Or so it seems! The pictures we see of Astronauts returning from the International Space Station demonstrate how difficult it is to stand up on Earth after being in space for long periods where our Gravity Muscles are not working. Similarly, when people are bedridden for long periods of time, we see their Gravity Muscles switch off and its often difficult to reactivate them - they turn off (and weaken) when not being used.

How is modern life affecting us?

Modern life is having a similar effect – modern life is minimising the effect of Gravity on our bodies. Cars, bikes, buses, sitting long hours in the office, watching TV on comfy sofas and robots taking over physical work – we are moving and working our muscles less and less against the force of Gravity. So the Gravity Muscles that hold us up against Gravity and stabilise our bodies, especially our spine and Core muscles, are getting weaker and weaker. It feels easier and more relaxing not working

against Gravity, but its harming our bodies, unless we want to live in zero Gravity!

We are losing the fight against Gravity. As our Gravity muscles get weaker, our spine begins to slump into poor postures and our joints become weaker causing injury and pain. The cycle then gets worse and causes further lifestyle changes for most people e.g. preferring to sit rather than stand, using lifts rather than stairs, increased use of cars and bikes, sitting for longer periods during the day and developing more technology to make physical work easier.

In recent years the World Health Organisation (WHO) has recognised that bone and joint health needs to be a priority. Bone and joint health, particularly back pain, has become the biggest MEDICAL problem of the modern world and health budgets are spiralling out of control.

What are the Gravity Muscles?

We know from Space science that the Gravity Muscles are the special group of muscles that hold us up in Gravity, stabilise our bodies, protect our joints from injury and keep our bones strong. Gravity Muscles are deep muscles controlling the spine and joints and behave like a group of large rubber bands. We have special sensors (sensory receptors) in our joints and parts of the spine that feel the level of Gravity passing through them and tell the brain to increase the tone or strength of the Gravity Muscles. Building 'strength'

in the Gravity Muscles also signals to the brain to increase the strength of the bones.

Space science has also shown how modern lifestyles in some ways is replicating a micro-gravity environment by minimising the feel of Gravity passing through our weight-bearing joints, especially our spine and upper limbs. Similar to Space, reducing the effect of Gravity on our body is resulting in weaker Gravity Muscles and many musculo-skeletal issues.

While Gravity is the cause of our bone and joint problems, it's also the solution to our bone and joint problems.

Because we cannot go back to healthy lifestyles of our ancestors, GravityFit is using modern exercise science and exercise tools to wake up and activate the Gravity sensors in our bodies and strengthen the Gravity muscles. GravityFit tools and exercises are designed to put Gravity sensory information back into the body to keep your musculo-skeletal health in shape.

So Gravity is our friend and is the force that keeps our musculo-skeletal system strong and healthy. But in modern life, Gravity makes objects heavy and, if you let it, can make life harder and 'weigh' you down - more a foe than a friend. For your health, you should push-up against Gravity and make it your best friend.

Walk tall and win the fight against Gravity!

Fit for Gravity Fit for Life