

**June 1, 2026 Email Newsletter Wellness Block:
Movement is Medicine**

Written by Pastor David Balla

Human beings are created by God, formed from the dust of the ground and given the breath of life. This union of body and soul is not accidental but intentional. Scripture speaks of the body as part of God’s good creation, something to be stewarded, cared for, and used in service to neighbor and to God. Within that framework, movement is not merely a fitness trend; it is a necessary principle of bodily stewardship. In a simple phrase often repeated in health sciences, yet deeply intuitive to human experience, “if you don’t use it, you lose it.”

Our bodies are designed for motion. From walking to lifting, stretching to carrying, bending to reaching, the human frame thrives on regular, varied movement. When movement decreases, our body adapts, but not in ways that always serve long-term health. Muscles weaken, joints stiffen, circulation slows, and energy diminishes. Over time, what was once easy becomes difficult, and what was once natural becomes constrained. In this way, inactivity slowly reshapes the body toward limitation rather than freedom.

This is why movement can rightly be called medicine. It is not a cure-all in the strict sense, but it is one of God’s ordinary means of preserving strength, mobility, and vitality. Movement increases blood flow, supports cardiovascular health, regulates metabolism, and improves balance and coordination. Even modest activity like walking daily, stretching in the morning, and standing more often creates cumulative benefits that sustain the body over time ("Physical Activity").

It is also worth noting that movement is not limited to structured exercise. Work, household tasks, gardening, walking, stretching during breaks, and even simple changes in posture all contribute to bodily health. The goal is not perfection or performance, but motion. The human body is not designed to remain in one position for extended periods. Variety of movement is particularly beneficial because it engages different muscle groups and supports a fascinating part of our body called the fascial network.

Fascia is the connective tissue that weaves throughout the entire body, surrounding muscles, organs, bones, and nerves. It is a continuous web that gives structure and support while allowing movement to occur smoothly and efficiently. Healthy fascia is flexible, hydrated, and responsive. It glides and adapts as the body moves (Bordoni).

However, fascia is highly responsive to inactivity. When the body is sedentary, fascia can become stiff, sticky, and less elastic. This contributes to tightness, restricted movement, discomfort, and even chronic pain patterns. In contrast, regular movement helps keep fascia hydrated and pliable. Stretching, walking, rotation, and varied motion all encourage fascia to maintain its healthy, responsive state. In a very real sense, movement “feeds” the fascia by encouraging circulation of fluids and preventing adhesions that form when the body is idle for too long (Hanson).

The body’s design is not static; it is dynamic. It is built for rhythms, such as activity and rest, exertion and recovery. When that rhythm is disrupted by prolonged inactivity, the consequences are not merely physical but also emotional and even spiritual. A body that is stiff and weakened often corresponds with a spirit that feels sluggish or burdened. While we must be careful not to reduce spiritual struggles to physical causes, it is also unwise to ignore how deeply interconnected body and soul are in lived experience.

Here a helpful analogy emerges from Christian life. Just as the Lord provides food for the body, He also provides food for the soul. In Christian teaching, the Lord’s Supper is not merely symbolic nourishment but true spiritual sustenance, where Christ gives His true body and blood for forgiveness, life, and salvation. It is Christ’s gracious provision for the strengthening of faith and the sustaining of His people in the midst of their pilgrimage. In a similar, though not identical, way, movement can be seen as a God-given means of caring for the body He has entrusted to us. The Lord feeds the soul; movement serves the body.

Both realities point to stewardship rather than neglect. Just as a Christian does not neglect the means of grace but returns again and again to Word and Sacrament for strengthening, so also the body benefits from consistent, faithful attention. Small, repeated acts of movement are often more beneficial than occasional intense efforts. A daily walk may do more for long-term health than sporadic bursts of exercise followed by long periods of inactivity.

This principle also carries a pastoral wisdom: faithfulness is often found in the ordinary. The Christian life itself is not sustained by extraordinary moments alone, but by the regular, steady means God has established. In a parallel way, bodily health is not maintained by occasional heroic efforts, but by consistent, humble movement woven into daily life.

Caring for our bodies through movement is not an act of vanity but of vocation. Our body is an instrument for serving neighbor—lifting a child, assisting the elderly, working diligently, and engaging in the tasks God sets before us. A neglected body often limits one’s ability to serve. A strengthened and mobile body, by contrast, becomes a more effective vessel for love of neighbor.

There is also wisdom in recognizing limits. Movement is medicine, but it is not idolatry. The body is not ultimate; Christ is. Health is a gift, not a god. Yet within the boundaries of Christian freedom, caring for the body through movement is a way of honoring the Creator who formed it and the Redeemer who will one day raise it.

In the end, movement is a return to design. It is aligning daily life with the way God has made the body to function. It is not complicated, but it is often neglected. And yet the invitation remains simple: move and live more fully in the body God has given.

**Movement is so impactful that the NID wants to help support you moving more! Keep an eye out for an NID wide Movement Challenge starting in September. Details will be announced soon!

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