



**Jake Clapson: Natural Movement and Rewilding: Developing a Deeper Understanding of Human Health Through an Evolutionary Lens.**



Jake Clapson helps people reclaim vital health through ancestral diet, nature connection, rewilding and lifestyle practices. He has spent the last 6 years of his life practicing and coaching natural movement. Learn why shifting the paradigm of fitness towards a more adaptable, sustainable and evolution-based model is vital to our health.

**TOP EMBODIMENT TIP:** Understand how humans are designed to move, and intentionally and incrementally practice those movements in a range that brings your body joy. Make natural movement your everyday life.

Natural Movement and Fitness: **What is Natural Movement? What is Fitness?**

- Natural Movements are capabilities we have **evolved** over human history that are **inherent** and have been **beneficial** for us. For example, walking, running, throwing, catching, sprinting, climbing, crawling, lifting, swimming.
- Fitness is about vitality and adaptability and **being able to move through all environments with grace and ease**.
- By regularly changing the type of environment in which we move, we can improve our adaptability and natural fitness. **Adaptability** to changing environments is the favoured trait in evolution, not strength or intelligence.
- Most traditional health paradigms develop linear strength, or train in being 'fit for one environment' (e.g. running 10k's) which can lead to low adaptability, weakness and even ill health.

Human Health through an Ancestral Lens: **What is an Ancestral Lifestyle? How Do We Implement this Lifestyle?**

- An Ancestral Lifestyle consists of the things we are naturally designed to do as humans, considered through an evolutionary lens. Humans are **wild social animals**, and it's in our nature to develop physical skills to play and connect with our tribe.
- The modern world has stripped away what is natural for our health and connection. It is a mismatch for our biology and physiology.
- Implement lifestyle changes with **incremental improvements**, think **sustainability** and play the long game. For example to realign circadian rhythms, when you wake up, expose your eyes to natural light instead of looking at your phone. Work within the range of your ability, within comfort and show your body that movement is joyful rather than painful.

Resources

- ❖ **Books:** *How To Thrive in the Modern World*
- ❖ **Courses:** [movewildacademy.net/embodiment/](https://movewildacademy.net/embodiment/)
- ❖ **Website:** [movewildcollective.com/](https://movewildcollective.com/)
- ❖ **Podcast:** [Move Wild](#)
- ❖ **References:** George Herbert, Parkour



**Jake Clapson**





## All Movement & Anatomy Presentations are Proudly Sponsored by [Gil Hedley](#)



**Gil Hedley, Ph.D.**, is an author, educator and somanaut, dedicated to exploring inner space. He has been developing the field of "Integral Anatomy" for the past 25 years, teaching intensive workshops in the dissection lab, and documenting his approach visually with online videos and courses.

**Integral Anatomy** is an approach to understanding the human form that emphasizes textural layers, continuities and relationships. Gil is on a mission to challenge the cultural problematization of the body, and to share an integral vision of the human form. He believes the body is not a problem to be solved, but a gift to be received, appreciated and explored.

To study further with Gil, go to [www.gilhedley.com](http://www.gilhedley.com) and join the site. You will automatically receive **3 free full-length video courses** that will deeply impact your embodiment practice.

*gilhedley.com*  
*Dedicated to exploring inner space™*

