

Letter to the Editors

THE PANDEMIC OF THE E-HUMAN MOVEMENT

Julie Rammal^{1*}

Author information: ¹Founder & Owner, Holistic Movement, International Speaker, Consultant & Trainer Educator, Lebanon

Received: 03-01-2021; Accepted: 03-03-2021; Published: 03-03-2021

Keywords: Pandemic, fitness, health clubs, socialization

The movement's evolution and change have strikingly shut down gyms, health clubs, fitness classes, live, personal training jobs, and more during the pandemic. The massive shift has opened up live streaming and online classes; however, we may be soon facing a new body and mind pandemic if we are not aware of the side effects.

Many classes, applications, live streaming workouts have accommodated the public to stay fit during quarantine; however, the truth is that nothing can ever replace the live 1:1 personal trainer or live group classes because the energy, emotion, and feeling are just not there or the same. A small real-life smile can motivate a student much quicker than what motivation can be felt and given in live-streaming classes.

A trainer could be live streaming a class and motivate their students for a short temporary time; however, after a while, feeling, emotion, and connection will alter and perhaps become extinct if not preserved. If that was the case, then the human body will experience a complete evolution, a world where fitness may soon change to

become igniting feeling, emotion, and movement classes. Many people are unaware of what they are doing or how they are moving and only focus on seating and feeling the next day's burn feeling. In fact, the more the burn, the more a trainer's salary may be increased. It is time to question our human thinking and behavior to start honoring and loving ourselves to surpass future challenges that our body and mind will drastically face. The Holistic Movement was created for this time and era to help preserve and balance our body, mind, and energy and awaken the public about the human race and its massive potentials.

The longer we are away from socializing and being trained with technique and form, the human body will later experience a separation between body, mind, and soul with dormant emotions and feelings. In fact, the mind and memory may start to decrease, and focus and discipline will fade. This creates an unknown pandemic where the human species may evolve to where it may become almost impossible to reverse with a potential rise in body and mind injuries if we are unaware of it.

Through the Holistic methodology, we can re-ignite the human being and preserve the humans to continue moving, healing, breathing in a language that the body understands.

*Corresponding author: Julie Rammal,
 Web: www.holisticmovement.co
 Email: info@holisticmovement.co
 FB: <https://www.facebook.com/byJulieRammal/>
 Insta: [holisticmovement.co](https://www.instagram.com/holisticmovement.co)
 Julie Rammal ©