



Move More Without Finding More Time

Build strength into the day you already have.

Most of us know that movement is important. The challenge is often not knowing what to do — it's finding the time to do it.

But movement doesn't always need its own appointment. Small opportunities to move, activate your muscles and challenge your strength already exist throughout your day. The trick is learning to notice them — and use them.

Movement is more than exercise.

A walk, a Pilates class or a strength session absolutely counts — but so do the smaller movements between them. Every time you stand, climb stairs, carry something, reach, balance or change position, your muscles are working.

The goal isn't to replace exercise. It's to stop thinking that movement only counts when you're "working out."

Find the Moments Already in Your Day

1

While the Coffee Brews Move Your Ankles

Toe-to-Heel Rocking

Slowly rock forward onto your toes, then back onto your heels, lifting the opposite end of the foot each time.

Move slowly and with control. Use a counter for balance if needed.



2

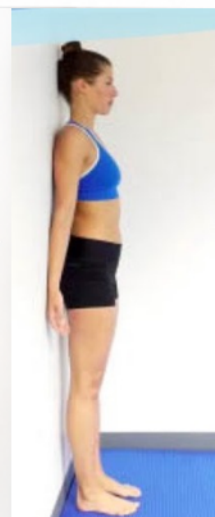
Bathroom Break Reset Your Posture

20-Second Wall Reset

Stand with your glutes, shoulder blades and back of your head against the wall.

Let your arms rest at your sides with the backs of your hands gently touching the wall.

Hold for 20 seconds.
Breathe normally.
Then move on.



3

Every Time You Leave Your Chair Make the Sit-to-Stand Count

Instead of pushing yourself up with your hands, use your legs to stand with control.

Add a few slow sit-to-stands before you walk away.



4

While You're on the Phone Change Position

Stand, walk or shift your weight while you talk.

If you don't need to be at your screen, simply move. One phone call can quietly become several minutes of movement.



***"Your best posture is often
your next posture."***

Start with ONE

Choose something you already do every day and attach one new movement to it. With repetition, that movement can become a natural part of your daily routine.

