2027

# August

## A Month of Moving

Small amounts of movement, every day

| | | |
|---|---|---|
| 1 SUN |  | Walk for twenty minutes at a comfortable pace |
| 2 MON |  | Do ten slow squats, rest, and do ten more |
| 3 TUE |  | Stretch your whole body for five minutes |
| 4 WED |  | Take the stairs instead of the elevator today |
| 5 THU |  | Hold a plank for one minute, or as long as feels good |
| 6 FRI |  | Walk around while you talk on the phone |
| 7 SAT |  | Do ten push-ups against a wall or the floor |
| 8 SUN |  | Rest today and stretch gently if you like |
| 9 MON |  | March in place for three minutes while you wait |
| 10 TUE |  | Do ten lunges on each leg |
| 11 WED |  | Stand up and move for two minutes every hour |
| 12 THU |  | Dance to two songs you love |
| 13 FRI |  | Walk for ten minutes after a meal |
| 14 SAT |  | Stand on one leg for thirty seconds on each side |
| 15 SUN |  | Rest today and drink plenty of water |
| 16 MON |  | Jog or walk fast for fifteen minutes |
| 17 TUE |  | Do a short core routine: dead bug, bridge, plank |
| 18 WED |  | Stretch your shoulders and upper back |
| 19 THU |  | Walk to somewhere you usually drive |
| 20 FRI |  | Do wall sits for thirty seconds, twice |
| 21 SAT |  | Rest today and sleep a little earlier |
| 22 SUN |  | Try yoga or tai chi for ten minutes |
| 23 MON |  | Climb stairs for five minutes |
| 24 TUE |  | Do ten arm curls with water bottles |
| 25 WED |  | Walk with a friend and chat |
| 26 THU |  | Stretch your hips and legs before bed |
| 27 FRI |  | Do fifteen minutes of any movement you enjoy |
| 28 SAT |  | Rest today and notice how your body feels |
| 29 SUN |  | Do your favorite exercise from this month |
| 30 MON |  | Write down which movement you want to keep |
| 31 TUE | | |

Go at your own pace. Stop if anything hurts.

calendarfolio.com