2026

December

A Month of Moving

Small amounts of movement, every day

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

Go at your own pace. Stop if anything hurts.

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