2027

January

A Month of Moving

Small amounts of movement, every day

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

Go at your own pace. Stop if anything hurts.

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