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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