2027

July

A Month of Moving

Small amounts of movement, every day

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

Go at your own pace. Stop if anything hurts.

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