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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