2027

March

A Month of Moving

Small amounts of movement, every day

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

Go at your own pace. Stop if anything hurts.

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