2027

May

A Month of Moving

Small amounts of movement, every day

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

Go at your own pace. Stop if anything hurts.

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