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.