2027

October

A Month of Moving

Small amounts of movement, every day

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

Go at your own pace. Stop if anything hurts.

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