2027

September

A Month of Moving

Small amounts of movement, every day

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

Go at your own pace. Stop if anything hurts.

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