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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