



Movement for Every Body

Find movement that feels good and fits your life

Movement is for every body — not a punishment, and not one-size-fits-all. The best kind of movement is the kind you'll actually want to repeat.

Benefits Beyond the Scale

- Better mood and more steady energy
- Stronger, more restful sleep
- More strength and balance for everyday life
- Supports heart and bone health
- Can be social, playful, and fun

Three Types of Movement

- **Cardio:** walking, dancing, swimming, cycling
- **Strength:** bodyweight moves, resistance bands, light weights
- **Flexibility & balance:** stretching, yoga, tai chi

Starting Small

- Begin with just 10 minutes — it counts.
- Try a short walk after a meal.
- Take the stairs when it's an option.
- Pick something you genuinely enjoy enough to repeat.

COACH'S TIP

Consistency beats intensity. Three short walks a week, every week, will take you further than one exhausting workout you dread.

WEEKLY MOVEMENT TRACKER

Day	Activity	How I Felt
Monday		

Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		