

THE EVERYDAY MOVEMENT CHALLENGE

10 Simple Ways to Move More Without Finding More Time

A 7-Day Challenge to Help Your Body Stay Supple, Strong and Ready for Life

7

days of small changes

No gym. No special equipment. No hour-long routine.

By Gaile Dean

Helping active women keep walking, moving and enjoying life.



WELCOME

Imagine if...

- instead of trying to find another hour to exercise...
- you simply helped your body move a little more throughout the day.

That's exactly what this challenge is about.

Most of us don't need another workout. We need to stop losing movement from everyday life.

Over the next seven days you'll choose small opportunities to move a little differently.

No special equipment

No gym

No hour-long routine

Your Challenge

Don't try to do all ten. Keep it simple and make it achievable.

1

Choose 3-5 habits

2

Repeat them each day

3

Notice what changes

Small habits... Repeated often... Create big change.

YOUR 7-DAY CHALLENGE

The Everyday Movement Challenge

10 Simple Ways to Move More Without Finding More Time

Choose **3-5 habits** and repeat them each day for one week. You do not need another hour to exercise—just more small opportunities to move. **Small habits, repeated often, create big change.**



☐ Balance while brushing your teeth

Stand on one leg for half the time, then swap sides.



☐ Store everyday items high and low

Place useful items where you need to reach up or squat down.



☐ Move while the kettle boils

Balance, hinge or gently twist instead of reaching for your phone.



☐ Choose the stairs

Whenever it is practical, let your legs and hips do the work.



☐ Swap your usual position

Change sides if you lean into one hip, sit to one side or cross the same leg.



☐ Walk with your arms

Pick up the pace enough for your arms to swing forwards and backwards.



☐ Fidget when you have to sit

Small, discreet movements create micro-movements that joints and tissues love.



☐ Carry your shopping when you can

Choose a basket or carry your bags back to the car where comfortable and safe.



☐ Stand up without using your hands

Whenever it is safe, let your hips and legs do the work.



☐ Give up one convenience today

Take the longer route, reach for something or simply let your body do a little more.

Remember

You do not have to do all ten. Pick a few, repeat them often and notice what begins to feel easier.

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YOUR WEEK

My 7-Day Tracker

Tick the box each day you complete a habit. Progress matters more than perfection.

Choose 3-5
to focus on

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Balance	☐	☐	☐	☐	☐	☐	☐
High/Low	☐	☐	☐	☐	☐	☐	☐
Kettle	☐	☐	☐	☐	☐	☐	☐
Stairs	☐	☐	☐	☐	☐	☐	☐
Swap sides	☐	☐	☐	☐	☐	☐	☐
Walk with arms	☐	☐	☐	☐	☐	☐	☐
Fidget	☐	☐	☐	☐	☐	☐	☐
Carry shopping	☐	☐	☐	☐	☐	☐	☐
No hands	☐	☐	☐	☐	☐	☐	☐
Less convenience	☐	☐	☐	☐	☐	☐	☐

Remember: A missed day does not undo anything. Simply begin again with your next opportunity to move.

YOUR REFLECTIONS

What did you notice?

There are no right answers here. Take a moment to notice what felt different, what surprised you and which habits you would genuinely like to keep.

My walking felt...

I found this surprisingly easy...

I want to keep doing...

The habit that made the biggest difference...

Little movements add up.

The aim is not to be perfect. It is to give your body more chances to move throughout the day.