



Move Well • Feel Better

A gentle guide to getting active — at your own pace, in your own way.

STRENGTH Build muscle & energy	COORDINATION Movement, rhythm & reaction	BALANCE Stability, posture & body awareness	CARDIO Heart health & gentle energy
<p>★ Bodyweight Squat 3 sets · 10–12 reps <i>Feet shoulder-width apart, lower until thighs are parallel, then gently stand back up.</i> LEGS & GLUTES</p>	<p>★ Lateral Shuffle 3 × 20 sec <i>Stay low and step side to side in a comfortable rhythm, without crossing your feet.</i> SIDE-TO-SIDE</p>	<p>★ Single-Leg Stand 3 × 20 sec each leg <i>Stand on one foot with a soft bend in the knee. Use a wall for support whenever you need it.</i> BODY AWARENESS</p>	<p>★ Brisk Walk 20 min, 3×/week <i>Walk at a pace where you can still talk. Fresh air is a bonus — indoors is just as good.</i> AEROBIC BASE</p>
<p>★ Knee Push-Up 3 sets · 8–10 reps <i>Like a standard push-up, but with knees on the floor — a kind way to build upper body strength.</i> CHEST & ARMS</p>	<p>★ High Knees (slow) 3 × 20 sec <i>March in place, lifting each knee gently to hip height. Go at whatever pace feels right.</i> LEG LIFT</p>	<p>★ Heel-Toe Walk 2 × 10 meters <i>Walk in a straight line, placing the heel of one foot directly in front of the toes of the other.</i> STEADINESS</p>	<p>★ March in Place 3 × 2 min <i>Lift your knees and swing your arms in a steady rhythm. A gentle way to get your heart going.</i> LOW IMPACT</p>
<p>Dumbbell Row 3 sets · 10 reps each <i>Brace one hand on a bench, gently pull a dumbbell up to your hip, keeping your back flat.</i> BACK & BICEPS</p>	<p>Zigzag Walks 4 rounds · rest 30 sec <i>Walk forward in a gentle zigzag pattern, shifting direction every few steps.</i> DIRECTION CHANGE</p>	<p>Single-Leg Deadlift 3 sets · 8 each side <i>Slowly hinge forward at the hip on one leg, extending the other behind you for balance.</i> HIP & BACK</p>	<p>Walk-Jog Intervals 1 min jog · 2 min walk ×4 <i>Alternate between a gentle jog and a comfortable walk. Go at whatever pace feels manageable.</i> EASY INTERVALS</p>
<p>Glute Bridge 3 sets · 15 reps <i>Lie on your back, feet flat on the floor, then lift your hips up and slowly lower back down.</i> BACK OF BODY</p>	<p>Jump Rope 3 × 1 min <i>Keep a light bounce on the balls of your feet, turning the rope with your wrists, not your arms.</i> RHYTHM & TIMING</p>	<p>Step-Ups 3 sets · 10 each leg <i>Step up onto a sturdy step or low stair, one foot at a time, then step back down slowly.</i> LEG STRENGTH</p>	<p>Cycling (indoors or outdoors) 20–30 min, easy pace <i>Pedal at a pace that feels comfortable — gentle on the joints and easy to adjust.</i> LOW IMPACT</p>
<p>Plank Hold 3 sets · 20–45 sec <i>Rest on your forearms and toes, keeping your body in a straight line. Hold as long as it feels ok.</i> CORE & POSTURE</p>	<p>Skater Steps 3 sets · 10 each side <i>Step sideways from one foot to the other in a slow, controlled skating motion.</i> SIDE BALANCE</p>	<p>Single-Leg Balance Hold 3 × 20 sec each side <i>Stand on one leg, lean forward gently with arms out. Use a wall if needed.</i> FULL-BODY</p>	<p>Dancing to Music 10–20 min <i>Move however feels good to calming or uplifting music. No right or wrong way to do this.</i> MOOD & MOVEMENT</p>
<p>Overhead Press 3 sets · 10 reps <i>Hold light weights at shoulder height and press them gently upward until arms are straight.</i> SHOULDERS</p>	<p>Side-to-Side Hops 3 × 30 sec <i>Hop gently from side to side over an imaginary line. Land softly and find your own pace.</i> LIGHT FOOTWORK</p>	<p>Side Plank 3 × 20–30 sec <i>Rest on one forearm and the side of your foot, lifting your hips to form a straight line.</i> SIDE STRENGTH</p>	<p>Jumping Jacks 3 × 30 sec <i>Jump feet out while raising arms overhead, then back together. Rest whenever you need to.</i> FULL BODY</p>

<p>HOW OFTEN Work towards 3–4 times a week. Even 1x a week will help you make progress.</p>	<p>WARM UP Start with 5 minutes of gentle movement — arm circles, slow walking, or easy stretching.</p>	<p>REST DAYS Rest days are just as important as active ones. Listen to your body and be kind to yourself.</p>	<p>YOUR PACE There is no rush. Any movement is a win — go at whatever pace feels right for you today.</p>
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★ **Start here.** Starred movements are your on-ramp — no equipment, no experience needed. Start where you are and from a place of self-compassion. We are all on our own journey!

Consult your doctor before beginning any new exercise program