



movement ideas

Take a walking meeting
Take two deep breaths before your next meeting
Have a dance party
Take a stretch break
Take the stairs
Do 10 calf raises while brushing your teeth
Do 10 lunges while watching t.v.
Rake leaves
Stand while on the phone
Stretch your fingers
Stretch your toes
Stretch in a doorway
Balance on one foot for 30 seconds
Do 20 jumping jacks
Participate in a mindful walk
Take a yoga class
Park in a different lot
Pick a day and move for 5 min every work hour
Plant a new plant in a pot or the ground
Take a walk and pick up trash
Do 5 minutes of ground stretching
Walk to get lunch
Do a short bike ride
Slow march while responding to emails
Take a 20 minute walk
Skip down a hallway
Do 10 glute bridges when you wake up
Stretch side to side in the shower
Squat while waiting for something
Dance while cooking dinner
Sweep or vacuum the floor
Walk or bike instead of driving
Do a 1 minute wall sit
Do a 5 minute breathing meditation
Stand for 1 minute every hour of a day
Do 10 pushups
Shake out your limbs for 30 seconds
Choose stairs over elevator
Hold a plank for 20 seconds
Tense and release your muscles
Move your arms in slow circles 5 times each direction

