

Physical Activity & Fitness: Your Key to a Vibrant, Balanced Life!

Movement isn't just exercise—it's energy, strength, and well-being! Whether it's a short walk, a dance break, or stretching, every movement counts.








Why Move?

- ✓ **Boost Mood & Mental Clarity – Feel happier and think sharper!** 😊
- ✓ **Improve Strength, Flexibility & Balance – Move with ease and confidence.** 💪
- ✓ **Lower Health Risks – Reduce the chance of heart disease, diabetes, and more.** ❤️
- ✓ **Increase Energy – Power through your day effortlessly!** ⚡

How to Get Moving This Week!

- ✓ **Start Small, Stay Consistent – Just 10 minutes a day makes a difference!** 🚶
- ✓ **Find Joy in Movement – Choose activities that make you smile.** 🎉
- ✓ **Listen to Your Body – Rest and recover as needed.** 🛌

EXAMPLE OF A DAILY MOVEMENT GUIDE

-  **Monday:** Take a 10-minute morning walk to start your week with energy. 🚶
-  **Tuesday:** Stretch for 10 minutes before bed to relax your muscles. 🧘
-  **Wednesday:** Try a fun dance session to boost your mood. 🎶
-  **Thursday:** Do bodyweight exercises like squats or push-ups for strength. 💪
-  **Friday:** Walk or bike to do an errand instead of driving. 🚲
-  **Saturday:** Engage in a recreational activity like hiking or swimming. 🏞️
-  **Sunday:** Rest, recover, and do gentle yoga or meditation. 🛌

Remember, it's not about perfection—it's about progress! Let's find movement that works for YOU!

💖 **Your Certified Health & Wellness Coach is here to support your journey!** 💖