MOVE DAILY

EVERYDAY MOVEMENT
10 SIMPLE ROUTINES

Simple movement for everyday moments



AT HOME | **AT WORK** | **ON THE GO**

MOVE DAILY

WAITING IN LINE

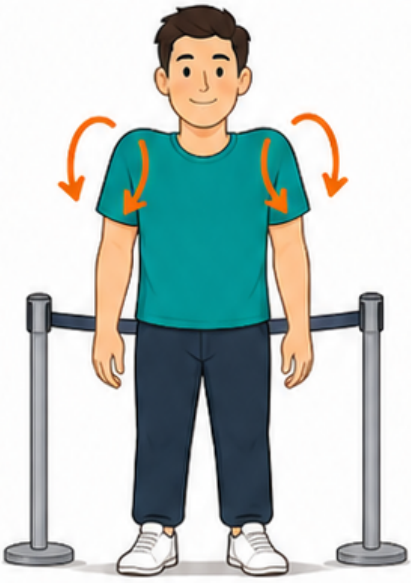
5 MOVEMENTS

5 MINUTES × 5 TIMES A WEEK



1 Heel Raises

15 reps



2 Shoulder Rolls

10 forward, 10 back



3 Neck Side Stretch

hold 10 sec each side



4 Weight Shifts

20 total



5 Ankle Flexes

10 each side

MOVE DAILY

Move gently and stop if anything feels painful.

BUS STOP ROUTINE

5 MOVEMENTS

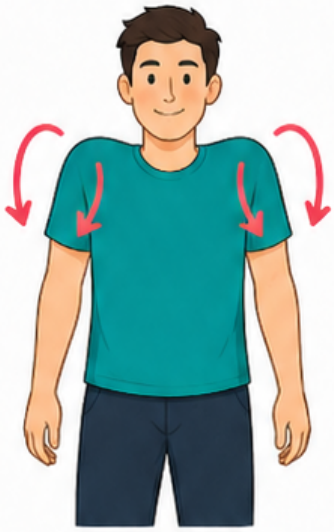
5 MINUTES × 5 TIMES A WEEK



1

Calf Raises

15 reps



2

Shoulder Rolls

10 forward, 10 back



3

Neck Side Stretch

hold 15 sec each side



4

Reverse Shoulder Stretch

hold 15 sec each side



5

Side Bend

hold 10 sec each side

MOVE DAILY

Move gently and stop if anything feels painful.

CALMING BREAK

5 MOVEMENTS

5 MINUTES × 5 TIMES A WEEK



1

Deep Breathing

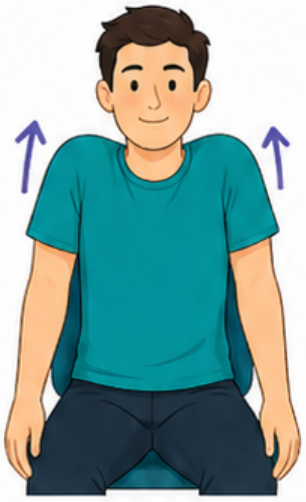
5 slow breaths



2

Neck Release

hold 15 sec each side



3

Shoulder Shrugs

10 reps



4

Chest Opener

hold 15 sec



5

Gentle Forward Fold

hold 15 sec

MOVE DAILY

Move gently and stop if anything feels painful.

DESK WORKER ROUTINE

5 MOVEMENTS

5 MINUTES × 5 TIMES A WEEK



1

Neck Side Stretch

hold 15 sec each side



2

Shoulder Rolls

10 forward, 10 back



3

Seated Twist

hold 15 sec each side



4

Wrist Circles

10 each direction



5

Calf Raises

15 reps

MOVE DAILY

Move gently and stop if anything feels painful.

ENERGISING MORNING

5 MOVEMENTS

5 MINUTES × 5 TIMES A WEEK



1

Arm Reach

10 reps



2

Side Stretch

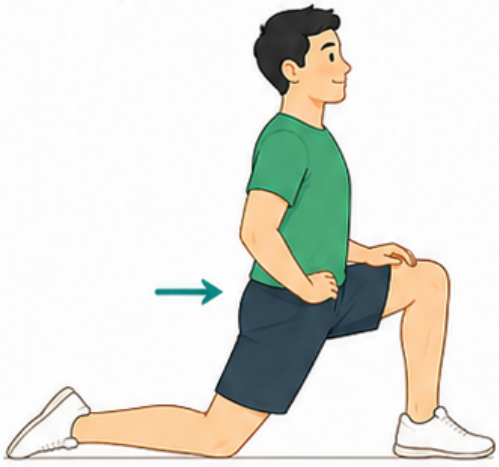
hold 10 sec each side



3

March in Place

30 sec



4

Hip Flexor Stretch

hold 15 sec each side



5

Heel Raises

15 reps

MOVE DAILY

Move gently and stop if anything feels painful.

KITCHEN ROUTINE

5 MOVEMENTS

5 MINUTES × 5 TIMES A WEEK



1

Counter Calf Raises

15 reps



2

Shoulder Rolls

10 forward, 10 back



3

Side Reach

hold 10 sec each side



4

Mini Squats

10 reps



5

Standing Hip Abduction

10 each side

MOVE DAILY

Move gently and stop if anything feels painful.

PARK BENCH ROUTINE

5 MOVEMENTS

5 MINUTES × 5 TIMES A WEEK



1

Knee Extensions

10 each leg



2

Ankle Circles

10 each direction



3

Seated Reach Up

hold 10 sec



4

Chest Opener

hold 15 sec



5

Standing Calf Raises

15 reps

MOVE DAILY

Move gently and stop if anything feels painful.

PHONE CALL ROUTINE

5 MOVEMENTS

5 MINUTES × 5 TIMES A WEEK



1

Walk and Talk

30 sec



2

Shoulder Rolls

10 forward, 10 back



3

Calf Raises

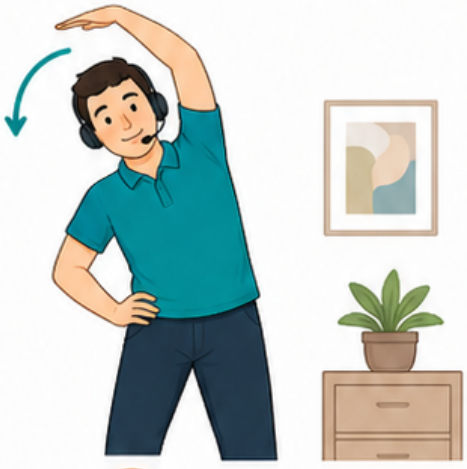
15 reps



4

Neck Release

hold 10 sec each side



5

Side Stretch

hold 10 sec each side

MOVE DAILY

Move gently and stop if anything feels painful.

SEATED ROUTINE

5 MOVEMENTS

5 MINUTES × 5 TIMES A WEEK



1

Ankle Circles

10 each direction



2

Seated Marches

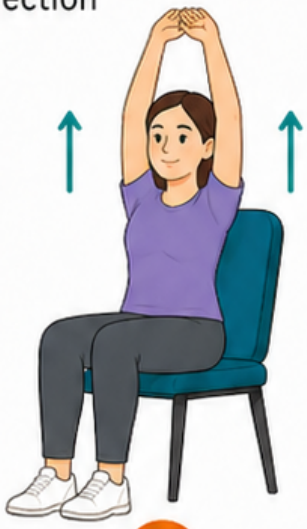
20 total



3

Knee Extensions

10 each leg



4

Seated Reach Up

hold 10 sec



5

Forward Fold

hold 15 sec

MOVE DAILY

Move gently and stop if anything feels painful.

TV BREAK ROUTINE

5 MOVEMENTS

5 MINUTES × 5 TIMES A WEEK



1

Sit to Stand

10 reps



2

March in Place

30 sec



3

Chest Opener

hold 15 sec



4

Side Bend

hold 10 sec each side



5

Toe Taps

20 total

MOVE DAILY

Move gently and stop if anything feels painful.