



THE Move More Without Trying HABIT LIST



STRETCHING DURING MORNING BREAKFAST

Calf raises while the coffee/tea brews



30 SECOND WALL SIT AFTER A DRINK OF WATER

March while supervising kid chores or while the dog eats



SQUATS WHILE SWITCHING LAUNDRY

5 deep breaths before moving onto your next task



COUNTER PUSHUPS WHILE THE PASTA BOILS

Look up towards the ceiling or tops of the trees for 10 seconds



SHOULDER ROLLS WHILE BRUSHING TEETH

60 seconds of single leg balance before bed

