BODY MOVEMENT FITNESS

THE STRONGHER RESET

Move today. Make room to get away.

A one-page starting point for women 40+ who need a little space for themselves.

1 CHOOSE YOUR MOVEMENT

Pick one. A shorter session or rest is a valid choice too.

5 MINUTES

EASE IN

Easy walk or march in place

Shoulder rolls and gentle reach

Pause and notice your energy

10 MINUTES

MOVE

2 min comfortable walk

6 min: sit-to-stand, wall push-up, and easy walk; repeat as able

2 min slow down

15 MINUTES

BUILD

3 min comfortable warm-up

10 min: sit-to-stand, wall push-up, and band row or shoulder squeeze

2 min slow down

Keep it comfortable. Use a chair or support as needed. Stop if a movement causes pain.

2 CHECK IN WITH YOURSELF

What do I need more of this week?

One kind thing I can do for myself today:

3 PUT A BREAK ON THE CALENDAR

It can be a quiet hour, a local day trip, or the first step toward a getaway.

My break: _____ **Date:** _____

Time and money I can comfortably set aside: _____

One thing I want to enjoy: _____

My next tiny planning step: _____

You do not have to earn rest. Start where you are.