



**MAKE DECEMBER MATTER'S ONE-DAY
MOVEMENT
PLAN**

Your Movement Ritual

with Catherine Turley

Catherine points out three areas of focus:

Cardio-vascular—150 minutes of low-level aerobic activity, like walking. Do 5 days a week of 30 minutes a day. You can get 10 minutes in a time ... and do three short walks throughout the day and have it make a difference.

Flexibility—Try foam rolling. You can use a tennis ball (keep it with you in your bag!) to roll out knots and connective tissue.

Strength Training—This one you don't have to do every day. Think about 2–3 times a week. Just like with your cardio-vascular work, you can break this up into short bursts of activity. Don't work the same muscles every day. Give yourself a 48-hour break for any muscle group. Recovery is as important as the work.

Catherine hears this from women entrepreneurs a lot: “I started my business and then my health just went out the door. I wasn't taking care of myself.” Even when we know that physical activity makes us more productive and efficient, it can be hard to make it part of our day. Making small changes and finding pockets of time makes a difference.

If you are working out at home, make sure your weights are an appropriate weight. If you think you can't lift heavier than you are, think about your purse or your kids and the things you carry daily. Consider resistance bands or pushups if you don't have weights.

Remember that you don't have to go to the gym or go for a walk. You can shovel snow or chase your kids around. You can walk on your errands. Take time to reflect on how you feel after different activities. This can help you find what really works for you — and help you remember to move when you're feeling less than inclined.

TAKE SOME DOABLE ACTION

PLAN 10-MINUTE ACTIVITIES.

Schedule 10 minute spaces to walk throughout the day. Think about the gaps between calls or when you get to pick up early. Think about walking around the field while your kids are at practice. Think about ways you can fit in 10 or 15 minute stretches 2 or 3 times a day.

TRY MOVEMENT TO GET YOU GOING.

Next time you want a cup of coffee as a pick me up or to get you going, try movement instead. Often we can get what we need from a brisk walk or movement. Experiment with that today or this week.

LET YOUR CALENDAR SUPPORT YOU.

If you are just getting started adding movement or trying to stay on track in a busy month like December, get a month view calendar for the month. Mark when you plan to move your body—and how—each day. Then check off when you've done it.



FOR TODAY

Take two 15-minute walking breaks.

Have a tennis ball or a roller nearby to take care of your feet or back while sitting

Take a pushup break.