



Movement Mini Guides

Quick, no-equipment routines you can do anywhere

Small movement = big momentum

You don't need an hour at the gym. 5 focused minutes, a few times a day, add up faster than one big weekly workout you dread. Pick one. Press play. Done.

MINI #1

Morning Wake-Up

5 MIN

Best for: First thing out of bed

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|---|---------------------|------------------|-------------------|
| 1 | Cat-Cow stretch | 10 reps | Warm up spine |
| 2 | Standing side bends | 10 each side | Wake up obliques |
| 3 | Arm circles | 10 fwd + 10 back | Loosen shoulders |
| 4 | Marching in place | 60 seconds | Get blood flowing |
| 5 | Deep breathing | 5 slow breaths | Set the tone |

MINI #2

Post-Meal Walk Boost

10 MIN

Best for: 10–20 min after eating

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|---|-------------------|---------------------|------------------------|
| 1 | Easy pace walk | 10 minutes | 'Conversation pace' |
| 2 | Add small hills | if available | Extra blood sugar help |
| 3 | Swing arms gently | throughout | Lymph + circulation |
| 4 | Belly breathe | in/out through nose | Aids digestion |





Strength & Desk Minis

Protect muscle, undo sitting damage

MINI #3

Bodyweight Strength Basics

10 MIN

Best for: 3x/week (protect muscle on GLP-1)

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|---|-----------------------|-----------------|--------------------|
| 1 | Bodyweight squats | 2 x 12 | Chair-supported OK |
| 2 | Wall or knee push-ups | 2 x 8–10 | Chest + arms |
| 3 | Glute bridges | 2 x 12 | Booty + back |
| 4 | Standing rows w/ band | 2 x 12 | Or use towel |
| 5 | Dead bug (core) | 2 x 8 each side | Slow + controlled |
| 6 | Wall sit | 2 x 20 seconds | Legs + endurance |

MINI #4

5-Minute Desk Stretches

5 MIN

Best for: Every 90 min at your desk

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|---|---------------------|------------------|--------------------|
| 1 | Neck rolls | 5 each direction | Slow + gentle |
| 2 | Shoulder shrugs | 10 reps | Release tension |
| 3 | Seated spinal twist | 30 sec each side | Hold + breathe |
| 4 | Wrist circles | 10 each way | Tech neck relief |
| 5 | Chest opener | 30 seconds | Hands behind chair |
| 6 | Hip flexor stretch | 30 sec each leg | Undo sitting |





Gentle & Wind-Down Minis

For low-energy days and bedtime

MINI #5

Low-Energy or Nausea Day

5 MIN

Best for: When you don't feel great

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|---|---------------------|------------------|-------------------|
| 1 | Slow ankle rolls | 10 each foot | Sitting or lying |
| 2 | Gentle leg lifts | 10 each side | From bed or couch |
| 3 | Seated cat-cow | 10 reps | Easy on stomach |
| 4 | Slow neck stretches | 30 sec each side | Breathe deeply |
| 5 | Legs up the wall | 2 minutes | Great for nausea |

MINI #6

Evening Wind-Down

7 MIN

Best for: 30 min before bed

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|---|---------------------|------------------|----------------------|
| 1 | Child's pose | 1 minute | Reset nervous system |
| 2 | Seated forward fold | 1 minute | Release lower back |
| 3 | Figure-4 stretch | 45 sec each side | Open tight hips |
| 4 | Reclined twist | 45 sec each side | Aid digestion |
| 5 | Legs up the wall | 2 minutes | Calm + circulation |
| 6 | Box breathing | 1 min (4-4-4-4) | Signal sleep mode |





Your Weekly Movement Plan

Mix + match your minis into a full week

SAMPLE WEEK (mix + match)

MONDAY	Morning Wake-Up + Strength Basics	15 min
TUESDAY	Post-Meal Walk + Desk Stretches	15 min
WEDNESDAY	Strength Basics + Evening Wind-Down	17 min
THURSDAY	Post-Meal Walk + Desk Stretches	15 min
FRIDAY	Strength Basics + Morning Wake-Up	15 min
SATURDAY	Longer walk (30 min) + Wind-Down	37 min
SUNDAY	REST or Low-Energy Mini	5 min

MAKE MINIS WORK FOR YOU

- **Stack them onto existing habits**
Do desk stretches during a Zoom call.
- **Set 3 phone reminders**
Morning · post-lunch · wind-down.
- **Something > nothing**
Even 2 minutes counts. Show up messy.
- **Track streaks, not perfection**
Miss a day? Skip the guilt, start again.
- **Pair with your 30-day tracker**
Movement is one of the 5 daily anchors.

COACH'S TIP

Walking after meals lowers blood sugar spikes by up to 30%. Huge win for GLP-1 users.

A GENTLE REMINDER

Your body is doing so much right now — losing weight, adjusting hormones, building strength. Move gently, move often, and give it grace. You're building something beautiful.