

Minimum Viable Movement Menu

Simple, enjoyable ways to move your body — no pressure, no rules.

SECTION A — HOW TO USE THIS MENU

Choose one small movement each day — whichever feels easiest or most enjoyable.

Consistency beats intensity.

Everything on this menu “counts.”

Category 1: Walks

(The Highest-Return Option)

- ✓ 5-minute walk after a meal
- ✓ 10-minute lunchtime walk
- ✓ One loop around your block
- ✓ Walking while on a phone call
- ✓ Evening “sunset walk”
- ✓ Walk one bus/subway stop early

Category 2: Strength

(Gentle & Accessible)

- ✓ 10 bodyweight squats
- ✓ 10 push-ups (against wall or counter)
- ✓ 15 glute bridges
- ✓ 10–20 seated leg lifts
- ✓ 1–2 minutes holding a sturdy plank variation
- ✓ 5 minutes with resistance bands

Category 3: Mobility & Stretching

(Calming)

- ✓ 2 minutes of light stretching
- ✓ Soft neck rolls & shoulder circles
- ✓ 1–2 minutes of cat-cow or spinal mobility
- ✓ Seated forward fold for 30–60 seconds
- ✓ Slow side bends and gentle twists
- ✓ Bedtime mobility routine (30–90 seconds)

Category 4: Movement Snacks

(2 Minutes or Less · Optional but fun)

- ✓ Dance to one song you love
- ✓ March in place for 60–90 seconds
- ✓ 10 chair stands
- ✓ Reach and stretch overhead 10 times
- ✓ Stand and move during a meeting
- ✓ Quick “room reset” (tidy for 2 minutes)

Optional Weekly Tracker

Movement Check-In (Optional)

Use this small chart only if it feels supportive — it's not a requirement.

Day	Movement Chosen	Completed?
Monday	<input type="text"/>	<input type="checkbox"/>
Tuesday	<input type="text"/>	<input type="checkbox"/>
Wednesday	<input type="text"/>	<input type="checkbox"/>
Thursday	<input type="text"/>	<input type="checkbox"/>
Friday	<input type="text"/>	<input type="checkbox"/>
Saturday	<input type="text"/>	<input type="checkbox"/>
Sunday	<input type="text"/>	<input type="checkbox"/>

“You don’t need workouts. You just need movement. Choose what feels doable today.”