

Recipe For

Increasing Daily Movement

Master Chef Mantra: Strive for progress, not perfection

Directions

- Take a walk outside or around your home - even if it's just for a few minutes!
- Rearrange a room or tidy up - physical changes are also good for your mind
- walk around while on the phone - make it a habit to move while you talk
- Park further away - take deep breaths as you walk and practice mindfulness
- Get up during commercials - start a load of laundry or clear a countertop
- Move while you wait on something - try stretching or touching your toes!

