

# MINDFUL MOVEMENT

MAKE THE MINUTES COUNT

## **FIND YOUR STYLE.**

Do activities suited to your body, interests, and goals.

## **ENERGIZE WITH MICROBURSTS.**

Maximize 10 minutes with a mini workout.

## **DO 5 AND THEN DECIDE.**

Commit to the first 5 minutes, and likely finish your workout!

## **DO WHAT YOU LOVE.**

You're more likely to move if you enjoy what you're doing.

## **SET ACHIEVABLE GOALS.**

Be kind to yourself and keep moving forward.