

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.

