

# Movement Workbook



## Wholesome Movement Workbook

*A 7-Day Reset for Your Body, Mind & Energy*

### WELCOME

Right now, you might feel:

- Stiff when you wake up
- Tight throughout the day
- Tired, even when you're trying to stay active

You might already be:

- Going to the gym
- Walking regularly
- Trying to “do the right things”

But something still feels off.

That's because your body doesn't just need workouts.

It needs **consistent, intentional daily movement**.

This workbook will help you:

- Feel less stiff
- Move more freely
- Build a routine that actually sticks

You don't need to do more.

You need to do what works.

# HOW TO USE THIS WORKBOOK

- Spend 10–15 minutes a day
- Be honest with your answers
- Take action – don't just read
- Focus on progress, not perfection

## SECTION 1: THE AWARENESS RESET

### 1. Where You Are Right Now

Before anything changes, you need to see clearly where you are.

Not where you *think* you should be – but what's actually happening day to day.

How does your body feel on a daily basis?

(Be specific – tight, heavy, energised, stiff, restless...)

Where do you feel the most stiffness or tension?

When do you notice it most?

## 2. Energy Check

Your energy tells you how well your lifestyle is supporting you.

How does your energy feel:

Morning: \_\_\_\_\_

Midday: \_\_\_\_\_

Evening: \_\_\_\_\_

When do you feel most drained – and what are you usually doing at that time?

What patterns do you notice?

### 3. Your Reality Check

Most people avoid this question – but it's the one that creates change.

Right now, your daily habits are shaping your future body.

(Make sure to answer all of these questions)

If nothing changes:

Will your body feel more open... or more restricted?

Will your energy improve... or continue to drop?

Will movement feel easier... or harder?

The small signals you feel today don't stay small when ignored.

Imagine yourself 6–12 months from now, continuing exactly as you are.

How does your body feel?

How do you move?

How do you feel in yourself?

Now imagine the opposite...

If you started showing up for your body daily – even in small ways – what could change?

# SECTION 2: THE BODY REBUILD SYSTEM

## 5. Why You Feel Stiff

Most people think they need more workouts.

But the real issue is what happens in the *other 23 hours* of the day.

Long periods of sitting...

Limited movement patterns...

Repeating the same positions...

What does your typical day consist of?

Your body adapts to what you repeatedly do.

Stiffness isn't random – it's a response.

The good news?

It can change when your inputs change.

What changes can you start making? Think of 3 small changes you can incorporate

1.

2.

3.

## 6. The 10-Minute Rule

You don't need to find more time.

You need to use time differently.

Consistency beats intensity – every time.

10 minutes of daily movement can begin to shift how your body feels.

The goal isn't perfection. It's repetition.

When can you realistically commit to 10 minutes?

Morning: \_\_\_\_\_

Midday: \_\_\_\_\_

Evening: \_\_\_\_\_

What will make this easier to stick to?

(before the kids get up, walking in your lunch hour, while dinner is cooking, before bedtime)

## 7. Your Daily Movement Flow (Guided Practice)

This is your daily reset.

Don't rush through it.

This isn't about "getting it done" – it's about **reconnecting with your body**.

Move slowly. Breathe deeply. Pay attention.

### 1. Deep Breathing (2 minutes)

#### **Why this matters:**

Before you move your body, you need to calm your nervous system.

Most people live in a constant low-level stress state – this keeps the body tight.

#### **How to do it:**

- Sit or lie down comfortably
- Place one hand on your chest, one on your stomach
- Inhale through your nose for 4 seconds
- Let your belly expand (not your chest)
- Exhale slowly for 6 seconds

#### **Focus on:**

- Slowing everything down
- Letting your shoulders relax
- Creating space in your body

*Ask yourself:*

How does my body feel before I start moving?

## 2. Cat–Cow (1 minute)

### Why this matters:

This gently wakes up your spine and improves mobility where most stiffness builds.

### How to do it:

- Start on hands and knees
- Inhale: drop your belly, lift your chest (Cow)
- Exhale: round your spine, tuck your chin (Cat)

Move slowly with your breath.

### Focus on:

- Moving through your full range
- Not rushing
- Connecting breath to movement

*Notice:* Where does your spine feel tight or restricted?

## 3. Downward Dog (1 minute)

### Why this matters:

This stretches your entire back body – calves, hamstrings, spine, shoulders.

### How to do it:

- Lift your hips up and back
- Keep a slight bend in your knees if needed
- Press your hands firmly into the ground

### Focus on:

- Lengthening your spine
- Letting your heels move toward the floor (no force)
- Breathing steadily

*Tip:* Pedal your feet gently to loosen tight areas.

## 4. Low Lunge (1 minute each side)

### Why this matters:

Sitting tightens your hips – this opens them and reduces lower back tension.

### How to do it:

- Step one foot forward into a lunge
- Lower your back knee to the ground
- Keep your chest upright

### Focus on:

- Feeling the stretch through your hip
- Keeping your breath steady
- Not forcing depth – ease into it

*Ask yourself:* Does one side feel tighter than the other?

## 5. Forward Fold (1 minute)

### Why this matters:

Releases tension in the back, hamstrings, and neck.

### How to do it:

- Stand and fold forward
- Let your head hang heavy
- Slight bend in knees if needed

### Focus on:

- Letting go, not pulling
- Releasing your neck and shoulders
- Breathing into the stretch

*Think:* “Let gravity do the work.”

## 6. Seated Twist (1 minute each side)

### Why this matters:

Twisting helps release spinal tension and improves mobility.

### How to do it:

- Sit tall
- Twist gently to one side
- Use your hand for light support (not force)

### Focus on:

- Lengthening your spine before twisting
- Moving gently, not aggressively
- Breathing into the position

*Notice:* Does your body resist or allow the movement?

## After Your Flow (Important)

Pause for a moment.

How does your body feel now compared to before?

- Lighter?
- Looser?
- More relaxed?

Write it down:

### Key Reminder

This isn't about doing it perfectly.

It's about:

- Showing up
- Moving consistently
- Building awareness

Do this daily, and your body will respond.

## 8. Reflection

Awareness turns movement into results.

After completing the flow:

What feels different in your body?

What felt difficult or restricted?

What felt good?

## 9. Build the Habit

This is where most people fall off – not because they can't do it, but because they don't make it easy.

When will you attach this habit to something you already do?

What could get in the way?

How will you respond when you don't feel like doing it?

**Consistency isn't about feeling motivated.  
It's about showing up anyway.**

# SECTION 3: THE LONGEVITY BLUEPRINT

## 10. The 4 Pillars

Your body reflects how you live.

Rate yourself honestly (1-10):

Movement: \_\_\_

Sleep: \_\_\_

Nutrition: \_\_\_

Stress: \_\_\_

Which area needs the most attention right now?

## 11. Sleep Reset

Sleep is where your body repairs and resets.

What time are you currently going to bed? \_\_\_\_\_

What's keeping you up later than you'd like?

What would an ideal evening routine look like?

One small change you will start tonight:

## 12. **Stress Awareness**

Stress doesn't just live in your mind — it shows up in your body.

Where do you physically feel stress?

What situations trigger it most?

How do you currently respond to stress?

Awareness is the first step to changing it.

## 13. **2-Minute Reset**

This is a tool you can use anytime.

Inhale for 4

Hold for 4

Exhale for 6

As you breathe, allow your body to soften.

After completing: How do you feel now?

# SECTION 4: THE INNER BALANCE FRAMEWORK

## 14. Your Thoughts

The way you think about your body shapes how you treat it.

What thoughts come up when you think about your body?

Are they supportive or critical?

How do these thoughts influence your actions?

## 15. Reframe

Change starts with changing the story.

Take a limiting belief you wrote earlier:

Old belief: \_\_\_\_\_

Rewrite it into something more supportive and realistic:

How would you act if you believed this instead?

## 16. Gratitude Practice

What you focus on grows.

Write 3 things you appreciate about your body today:

1.

2.

3.

How does this shift how you feel?

# SECTION 5: YOUR WEEKLY PLAN

## 17. Movement Planner

(Complete at the start of the week – reflect at the end)

This is where intention turns into action.

Most people *think* they're consistent... until they actually track it.

This page helps you:

- Stay accountable
- Build awareness
- See real progress

### Step 1: Plan Your Week (Before You Start)

Don't leave it to chance.

When will you move each day?

What type of movement will you do?

(Be realistic – consistency matters more than intensity)

### Your Weekly Plan

Day	What I'll Do	Time	Duration
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

## **Step 2: Reflect at the End of the Week**

This is where real growth happens.

How many days did you actually show up?

What felt good in your body this week?

Where did you feel resistance or struggle?

What got in the way (if anything)?

What will you adjust next week?

### **Step 3: Build Awareness**

Consistency isn't about being perfect.

It's about noticing patterns and improving them.

Did you overcomplicate things?

Did you expect too much from yourself?

Or did you keep it simple and follow through?

Write your biggest takeaway:

### **Reminder**

You don't need a perfect week.

You need a **repeatable one**.

Small, consistent movement will always outperform short bursts of effort.

## 18. Your Non-Negotiables

These are the actions that move you forward – no matter what.

What 3 habits will you commit to this week?

1.

2.

3.

Why did you choose these?

# CONTINUE YOUR JOURNEY

You've already started something powerful.

Built awareness

Taken action

Shifted your mindset

Now imagine what happens when you don't stop here.

With the right structure and support, you can:

Feel stronger in your body

Move with ease

Stay consistent long-term

**The Wholesome Movement Program is your next step.**

This is where everything comes together.

Join now and keep building.