

The
Balanced Gal
Society **WRK**

3 DAY MOVEMENT
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Guide

DAY 1

INTRODUCE A 15 MINUTE WALK AT LUNCHTIME

If you have a sedentary job, then movement can be quite difficult to get in. We completely understand this and can resonate with it massively. At the end of your working day, you can be left feeling sluggish, and the last thing on your mind is getting out for a walk!

So, what WE would advise is to start off with getting in a small 15 minute walk at lunchtime. This is a really great way to break up your working day and to leave you feeling refreshed for the afternoon.

Getting daily sunlight exposure will not only increase your levels of Vitamin D but will also help with productivity levels in the afternoon AND improve the chances of you having a restful night's sleep. If you're not able to get out at lunchtime – try the morning or evening, and you can gradually increase the duration of your walks.

Adding extra little bits of movement to your day can be done easily if you make the small changes. Taking the stairs; parking your car in the furthest away spot in the car park; walking the school run instead of driving (or driving half the way and walking the rest)... every little helps!

DAY 2

10-MINUTE MOBILITY SESSION

Mobility is something that is regularly neglected but is so beneficial to do. How many times have you walked out of the gym without stretching off and cooling down properly?

...Leaving you waking up the next day feeling sore and unable to walk down the stairs! Introducing a 10-minute session to your day will aid in improving your training, increase muscle activation, improve joint health, and will leave you feeling much less stiff and sluggish.

This doesn't have to be anything fancy or anything crazy. If you're unsure on what to do, then simply search "mobility flow" on YouTube - there are LOADS to choose from! Try to add it in at the end of your workout in the gym, and if you can't get it done there then you can always complete it in the evening or first thing when you wake up. Make it a part of your daily routine!

DAY 3

TRY SOMETHING NEW

All too often when we are feeling stuck in a rut, we can quickly forget all the ways we used to find enjoyment. Sometimes a simple change in routine or movement can remind you of different ways to exercise or move your body that make you feel good.

Take it back to your childhood and remember what you used to love doing? Running, swimming, dancing? We want to encourage you to book that class you've been thinking about trying but have been too nervous to. It could be something you used to love but haven't done for ages, or it could be one that you just think you would enjoy and want to try. There is SUCH a huge variety of different classes available now that there really is something for everyone. It could be the local women's netball team that are looking for new players, or that you overheard someone on the school run talking about how much they enjoyed aqua aerobics the night before. Your friend goes to spin class every Tuesday and has been asking you to come with them for MONTHS.

Say yes and try it. You never know... you might really enjoy it!