

50 MINI-MOVES TO FIT FITNESS INTO MODERN LIFE

1. Balance on one foot while brushing your teeth, then switch midway through.
2. Walk heel-to-toe in a straight line while moving in your kitchen.
3. Stand up and sit down 5 to 10 times without using your hands.
4. Do push-ups, regular or modified with knees touching the floor or against a wall.
5. Do pull-ups.
6. March or run in place.
7. Take a quick walk, short sprint, or both.
8. Walk backward without falling (be safe!).
9. Use a balance ball to sit for short periods (careful not to sit too low if at a desk or table).
10. Use a balance ball to stretch or do crunches.
11. Stand on your tiptoes for 10 seconds.
12. Go up on your tiptoes and back down, then repeat 5 to 10 times.
13. Do a tree pose, where you stand on one foot and put your other foot on your ankle or knee (making a triangle shape), hold for 15 to 30 seconds, then switch legs.
14. Find a line on the floor and walk it like a tightrope.
15. Put your shoes or clothes on while standing up without support.
16. Carry groceries or other heavy items.
17. Squeeze and release a ball.
18. Clench and release different muscles in your body, release and repeat.
19. Push palms or feet against a wall, hold for 10 to 15 seconds, release and repeat.
20. Do squats.
21. Hold a plank (push-up) position as long as you can.
22. Use water bottles, soup cans, or household items as weights.
23. Gently stretch your neck from side to side.
24. Shrug your shoulders up towards your ears, hold for two or three seconds, and release.
25. Put your arms and elbows up and swing from side to side.
26. Reach arms overhead and stretch tall, then side to side.
27. Try to stretch and reach your toes.
28. Extend your arms across a doorway and stretch your chest.

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29. Circle your ankles and wrists.
30. Do gentle and slow neck circles, moving from small to large circles, or the reverse.
31. Sit back on your feet and stretch your toes.
32. Put your hands flat on the ground with fingers facing forward and then backward to stretch your wrists.
33. Pull one arm straight over your chest, stretch, then switch.
34. Put your hands on your hips and make 5 to 10 hip circles one way, then switch (or use a hula hoop!).
35. Do big and small forward arm circles, then do them backward.
36. Get on your hands and knees and lift a leg, making circles in the air to rotate your hips.
37. Shake your whole body for 15 to 30 seconds.
38. Dance to one of your favorite songs.
39. Jog or run for the length of one song.
40. Do 15 to 20 jumping jacks.
41. Hop or jump rope for 20 seconds.
42. Take the stairs instead of an elevator or escalator.
43. Walk around while you have a conversation or listen to something (such as a call, podcast, or audiobook).
44. Turn on music and dance while you cook or clean.
45. Play catch with a ball or Frisbee.
46. Get on the floor and play with young kids or animals.
47. Stretch your body in ways that feel good and right.
48. Do lunges.
49. Set a timer to stand and stretch every hour.
50. Build in 10-minute movement breaks after meals.

Possible Modifications

- **If you need to stay seated:** Many moves can be done while seated; adjust or skip any that can't.
- **If you need support while standing:** Do movements near a wall, chair, or railing for extra support.
- **If you have a limited range of motion:** Move as far as you're comfortable or do the move with a different part of your body. Stop if something hurts or ask your doctor about what's best for you.

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- **If you have limited space:** Choose moves you can do in a seat, on a mat, or while standing in place.
- **If you have limited energy:** Choose moves that are gentle and easy on your body.
- **If you have limited motivation:** Ask someone to move with you!
- **Use any tools or supports that work for you and your body!**

Create a Personalized List

To get started with this list of 50 moves, I got help from Claude.ai, the AI platform I use. I took that list and adjusted it based on what I know works and what experts recommend. I removed any I felt couldn't work as is or with modifications for most people. Try creating a custom list using this process. Let AI get you started. Here's a prompt to use: "Can you create an organized list of 50 easy exercises that I can do every day that are universal by age or ability?" If I were creating my list, I would adjust the prompt to include my gender, age, and specific interests, as well as my movement needs and limitations. From there, I would refine the list based on what I know feels good and works for my body. Lastly, I might ask a physical trainer or doctor to review the list and provide any adjustments or additions.