



## The Time is Now! Simply Do It

### 10-minute Movement Routine

Let's move! Focus on what you **can** do and modify where needed. Don't work in pain, but do allow the body to stretch and lengthen. Use a high-backed chair or counter top if you need balance support.

**Breathe:** Adjust your feet to be *slightly beyond the width of your hips* with your toes facing forward in a parallel position. Take three deep breaths expanding your belly and ribs. Exhale slowly through your mouth.

**Knee Bends:** Adjust to a parallel position with your feet aligned under the hips. Take 10 slow knee bends keeping your heels on the floor and your knees tracking over your feet. Keep your upper body straight.

**Feet:** Hold onto a chair or a counter top for balance. In a parallel position, feet aligned under the hips, slightly shift the weight towards the toes and take 10 slow heel lifts. Afterwards, shake out your feet to release calf contraction.

**Shoulders:** Adjust your feet to a parallel position slightly *beyond* the width of your hips. Allow knees to soften and bend slightly. Slowly... take 10 shoulder circles rotating backward opening the chest, and then take 10 shoulder circles rotating forward. Repeat. Taking it nice and slow will allow you to lubricate your shoulders.

**Hip Circles:** Put your hands on your hips, feet parallel slightly beyond the width of your hips, and soften your knees to bend slightly. Envision a hula hoop around your waist and move your hips in a circle to the right 10 times. Then take 10 circles to the left. Repeat.

**March in Place:** Pick up your knees in a marching position, striving for a 90 degree angle. March in place 20-30 times. Allow the arms to swing side-to-side naturally.

**“Climbing a Rope”:** Feet hip width apart. Imagine you have a rope in front of you that you are about to climb. With your right arm, reach upwards above your head, stretching towards the ceiling and pretend to climb the rope by pulling down with your hand. Repeat using the left arm. Do a minimum of 10 upward reaches, right, left, right, and so on. The slower the upward reach, the more stretched and lengthened you will feel, especially through the sides of your ribs. If this feels good, keep going for 10 more upward reaches.

**Shake of Hands:** Imagine your hands are wet and there are no paper towels. Soften elbows and generously shake the “water” off towards the floor, move to shoulder height in front, and then overhead. Repeat. This relaxes tense muscles and increases circulation.

**Congratulations!** You've completed the movement routine.

**Now keep going!** Open up your calendar and review your schedule for the next three days. Commit to a specific time to do this movement. Inner resistance may kick in, showing up as “I'll do this step later.” Acknowledge the resistance is there, but commit to getting it on your calendar. You've got this!

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**Disclaimer:** This workout guide is for informational purposes only and is not a substitute for professional medical advice. By doing this movement workout, you assume all risks and release Amy West and Amy West Wellness from liability for injuries or health issues. Consult a physician before starting any exercise program.