

# Start Moving.

*Never been a 'gym person'? Perfect. This isn't a gym.*

You don't need fitness, kit, or a clue where to start. You need three tiny habits and a little willingness. Build them one at a time and movement stops being a chore and starts being something you just do.

## THREE HABITS, ONE AT A TIME

*Start with habit 1. When it feels automatic, add the next. No rush, one small win beats ten you can't keep.*

### 1 MOVE

#### Stand up and sit down 8 times, once a day.

It's the most useful everyday strength there is, and it builds your confidence fast.

**Make it stick:** Do it every time the kettle boils.

### 2 EAT

#### Add one handful of veg or fruit to one meal a day.

More steady energy and a steadier mood, no diets, no rules.

**Make it stick:** Keep a bowl of fruit where you'll see it.

### 3 SLEEP

#### Go to bed and wake at roughly the same time daily.

Steady sleep is steady energy to move. It's the quiet foundation.

**Make it stick:** Set a 'wind-down' alarm, not just a wake-up one.

#### Your first 3 moves (try today)

- Marching on the spot, 1 minute
- Wall press-ups, 8 reps
- Reach up and fold gently, 8 slow

Move within a range that feels good; ease off if anything hurts. If you have a health condition or you're unsure, have a word with your GP first. This is general guidance, not medical or nutrition advice.

When these feel easy, **Move Better Monthly** (coming soon) gives you a simple plan, a friendly community and a monthly live Q&A to keep the momentum going.

#### Come move with us

Move Together Bootcamp · Woking Park · Thursdays 6:30pm & Sundays 2:00pm. New? Just come along.  
moveforlife.online · @dailyfit.miguel

*Every body belongs here.*