

Start Moving.

Your gentle 8-minute reset. No kit, no experience, any age.

You don't need a gym, a plan, or a single bit of kit to begin. You just need eight minutes and a little willingness. Do this once today, anywhere, at your own pace. It's designed to feel good, not to wipe you out. Tomorrow, do it again. That's how movement becomes part of a life.

THE 8-MINUTE RESET

1 Breathe & arrive

1 min

Sit or stand tall. In through the nose for 4, out for 6. Five slow rounds.

Easier: Just breathe slower than usual.

2 Roll it loose

1 min

Slow shoulder rolls, gentle neck turns side to side, a few ankle circles each way.

Easier: Keep every movement small.

3 Reach & fold

8 slow

Reach both arms up, soften the knees, fold gently toward the floor, roll back up.

Easier: Only fold halfway.

4 Sit-to-stand

8-10

From a sturdy chair, stand and sit slowly, using your legs, not your hands.

Easier: Use your hands to help up.

5 Wall press-ups

8 reps

Hands on a wall, lean in, push away. Body in one straight line.

Easier: Stand closer to the wall.

6 March on the spot

1 min

Lift the knees, swing the arms, find a rhythm you could still chat through.

Easier: Tap toes instead of lifting.

7 Calf raises

10 reps

Rise onto your toes, lower slowly. Hold a wall or chair for balance.

Easier: Hold on with both hands.

8 Stand tall

30 sec

Feet planted, shoulders down, three big breaths. You moved today. That's the win.

Easier: No scaling needed. Just smile.

Make it stick

- Pin it to something you already do: kettle on, after the school run, before your shower.
- Two minutes still counts. Done beats perfect, every time.
- Tell someone, or bring them with you. Movement sticks better together.

Move within a range that feels good. A little effort is fine; sharp pain is not, so 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 advice.

Ready to move with people?

Move Together Bootcamp · Woking Park · Thursdays 6:30pm & Sundays 2:00pm. New? Just come along.
moveforlife.online · [@dailyfit.miguel](https://www.instagram.com/dailyfit.miguel)

Every body belongs here.