

Start Moving, busy parent edition.

No hour, no gym, no childcare needed. Just energy back.

You don't have a spare hour and that's fine, because you don't need one. Three tiny habits that slot into the chaos and hand you back some energy. Build one at a time, around the life you've already got.

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

Move for 10 minutes while the dinner cooks, or walk part of the school run.

Short and daily beats long and never. Energy for the day, no babysitter required.

Make it stick: Stack it onto something you already do every day.

2 EAT

Drink a glass of water before your first coffee.

A lot of 'tired' is just dehydration. Easiest energy win going.

Make it stick: Leave a glass by the kettle as the reminder.

3 SLEEP

Screens out of the bedroom 30 minutes before bed.

Better sleep buys you more patience and energy tomorrow.

Make it stick: Charge the phone in the kitchen overnight.

3 moves you can sneak in

- Sit-to-stand from a chair, 10 reps
- Marching on the spot, 1 minute
- Calf raises while brushing your teeth, 10

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.

Want a plan that fits a packed week? **Move Better Monthly** (coming soon): short sessions, a community of parents in the same boat, and a monthly live Q&A.

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.