

Start Moving, easing back in.

After illness, injury, or just life getting in the way.

Coming back after a break, the trick is starting smaller than you think you should. Rebuild gently and you'll keep going; rush it and you'll stall. Three kind habits, one at a time, to find your feet again.

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

A 10-minute easy walk a day, building slowly.

It rebuilds your base fitness kindly, without the setbacks.

Make it stick: Finish feeling you could have done a little more, not wiped out.

2 EAT

Add a portion of veg to your evening meal.

Simple support for recovery and steady energy as you rebuild.

Make it stick: Frozen veg counts. Keep it easy on yourself.

3 SLEEP

Keep a steady wake-up time, even on slow days.

Recovery happens while you sleep. A rhythm helps it along.

Make it stick: Morning daylight makes the habit stick faster.

3 gentle moves to restart (stop if anything's sharp)

- Reach up and fold gently, 6 slow
- Wall press-ups, 8 reps
- Marching on the spot, 1 minute

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.

Move Better Monthly (coming soon) gives you a gradual plan and good people to rebuild alongside, so you're never doing it alone.

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.