30 Day Movement Challenge - Get Your Body Moving Every Day

Keeping active is one of the best things you can do for your body and for your mind. You don't need to go to the gym to exercise. Here are 20 FREE ideas of things you can do every day to get your body moving. Do something each day for 30 days. Repeat the ones you like, you might find a new workout passion that you enjoy doing!



- [ ] ONE: Walk for 30 minutes or more (bring your dog!)
- [ ] TWO: Find a yoga class on YouTube (they are free)
- [ ] THREE: Walk while listening to your favorite podcast or listen to a book
- [ ] FOUR: Take an online pilates class on Youtube (they are free)
- [ ] FIVE: Go for a hike (research trails close to your home)
- [ ] SIX: Do an ab workout
- [ ] SEVEN: Walk a 5K (which is 3.1 miles)
- [ ] EIGHT: Go for a bike ride
- [ ] NINE: Go for a jog or light run
- [ ] TEN: Take a workout class with a friend
- [ ] ELEVEN: Instead of driving to the store, walk instead
- [ ] TWELVE: Do a workout in the park.
- [ ] THIRTEEN: Take a walk and explore something new (for example a new nighborhood)
- [ ] FOURTEEN: Take a Zumba class (find a free one online)
- [ ] FIFTEEN: Find a staircase to run or walk up and down
- [ ] SIXTEEN: Do an arm workout (you don't always need weights)
- [ ] SEVENTEEN: Follow a squat or plank routine
- [ ] EIGHTEEN: Do pushups and lunges
- [ ] NINETEEN: Follow your favorite workout instructor on Instagram (they probably post free workouts on IGTV)
- [ ] TWENTY: Try Tone it Up classes. They are free and they are great for beach body workouts

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