

# Everyday movement

A small guide to noticing your routine

## 1. Make space

Choose a comfortable, clear space and a time that fits your day. This guide is a reflection tool, not an exercise prescription.

## 2. Start with observation

Note what an ordinary day looks like: sitting, standing, walking and resting. There is no score to beat.

## 3. Choose a gentle habit

If appropriate for you, make room for a comfortable walk or a regular break from sitting. Follow advice from your own healthcare professional.

## 4. Keep a simple note

Write down the habit you chose, when you did it and how it felt. Consistency is personal; skip anything that causes pain or discomfort.

## 5. Ask when unsure

Persistent pain, new symptoms, injury or concerns about movement deserve advice from a qualified healthcare professional, not a supplement or this guide.