



GOAL SESSION 4 GENTLE MOVEMENT

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Our PDF booklet with meal planner pages, pacing, gratitude etc [here](#)

Click here for more videos on [Simple Chi Kungs](#)

Can you add more activity to your week?

- When?
- Where?
- What time of day?
- How long for?

If you plan it and know you have time to do it you are more likely to keep it going. It can take 21 days to change a habit.



Inactivity can result in:

- Stiffness
- Pain
- Fatigue
- Digestive issues
- Poor concentration
- Poor sleep
- High blood pressure
- Breathlessness
- Anxiety
- Low mood
- Hormone imbalance
- Weight gain
- Risk of falls

Tai Chi and Chi Kung classes;
[Route2Wellbeing Shard End](#)
[Central Tai chi](#)
[Painting the Rainbow](#)

Try and do 20 minutes of exercise on most days. You should be aware that you have moved, maybe a little out of breath but you should still be able to have a conversation with somebody.

Try and include 2 sessions where you practice balance and 2 sessions where you push or pull, strength exercises. Remember to use your arms and legs, moving at the waist too.

But most importantly ENJOY moving.

What activities do you do?

*Dance, *housework, *gardening,
*walking, *cycling, *swimming, **sport,
playing outdoors with your children,
*gym,