



30 Days of Mindful Movement

Life moves fast, and our bodies often feel it first. Tight shoulders, shallow breathing, restless energy. Mindful movement offers a simple way to slow things down and check back in.

This **30-day Mindful Movement Challenge** invites you to move with intention, one small moment at a time. No workouts. No pressure. Just gentle, everyday movements designed to help you feel more grounded, present, and supported throughout your day.

Week 1: Awareness & Breath

Day 1: Take three slow breaths and notice how your body feels

Day 2: Roll your shoulders slowly, paying attention to tension

Day 3: Stretch your arms overhead and breathe deeply

Day 4: Gently turn your head side to side

Day 5: Stand up and notice how your feet connect to the floor

Day 6: Take a mindful walk—even just across the room

Day 7: Pause and check in with your body before bedtime

Week 2: Gentle Movement

Day 8: Stretch your calves or ankles while standing or seated

Day 9: Reach your arms out wide, then bring them back in

Day 10: Gently twist your torso while seated

Day 11: Take five slow breaths while stretching your neck

Day 12: Stand and shift your weight from foot to foot

Day 13: Stretch your hands and fingers

Day 14: Move your body in a way that feels good today

Week 3: Movement for Stress Relief

Day 15: Take a short walk and notice your surroundings

Day 16: Stretch after sitting for a while

Day 17: Try slow shoulder rolls during a break

Day 18: Take a few deep breaths before starting a task

Day 19: Gently shake out your arms and legs

Day 20: Step outside (if possible) and stretch

Day 21: Notice where your body feels relaxed today

Week 4: Connection & Reflection

Day 22: Move slowly and intentionally for one minute

Day 23: Stretch while focusing on your breath

Day 24: Do a gentle movement you enjoy

Day 25: Take a mindful pause between activities

Day 26: Check in with how movement affects your mood

Day 27: Stretch before bed and notice how it feels

Day 28: Reflect on which movements felt best for you

Day 29: Choose your favorite mindful movement from this month

Day 30: Celebrate completing the challenge—your way



Gentle Reminder & Safety Note

Always move in a way that feels safe and comfortable for you. Skip anything that causes pain or discomfort, and choose the gentlest option available. Mindful movement is about listening to your body, not pushing it.

Want More Support?

If stress, tension, or emotional challenges feel hard to manage alone, Uprise Health's confidential support services are here to help. Counseling, coaching, and other resources are available to support your well being—wherever you are in your journey.

We're Here to Help.

Call: **800.395.1616**

Visit: **members.uprisehealth.com**