



HEALTH AND WELLBEING CHECKLIST

Date

39

Mindful Movement for Energy

Mindful movement enhances focus, reduces stress, and boosts physical energy. Use this checklist to incorporate intentional activity into your routine.

Start with a Grounding Warm-Up

- Spend 2–5 minutes stretching or doing deep breathing exercises.
- Focus on centring your mind and preparing your body for movement.



Incorporate Gentle Yoga

- Practice poses like cat-cow, child's pose, or downward dog to awaken your body.
- Hold each pose for a few breaths to stretch and release tension.



Focus on Your Breath

- Synchronise your movements with slow, intentional breaths.
- Example: Inhale as you lift your arms, exhale as you lower them.



Take Movement Breaks

- Set a timer to stand, stretch, or walk for 5 minutes every hour.
- Use these breaks to reset and refresh your energy.



Engage in a Nature Walk

- Take a walk outside, focusing on the sights, sounds, and smells around you.
- Breathe deeply and move at a relaxed, steady pace.



Dance Freely

- Play your favourite song and move intuitively to the rhythm.
- Use this time to express yourself and release built-up tension.



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Mindful Movement for Energy

Practice Tai Chi or Qi Gong

- Learn simple, flowing movements to cultivate relaxation and energy.
- Focus on the connection between your breath, movement, and balance.



Stretch Between Tasks

- Perform quick stretches like neck rolls, shoulder stretches, or back twists.
- Incorporate these into your workday to reduce stiffness and stay active.



End with Relaxation

- Finish your mindful movement with seated meditation or savasana pose.
- Spend a few minutes focusing on your breath to cool down and recentre.



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