

# HEALTH AND WELLBEING CHECKLIST Date



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Checklists

#### **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

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

#### **Incorporate Gentle Yoga**

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

#### **Focus on Your Breath**

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

#### **Take Movement Breaks**

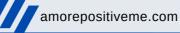
- O Set a timer to stand, stretch, or walk for 5 minutes every hour.
- O Use these breaks to reset and refresh your energy.

#### Engage in a Nature Walk

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

#### **Dance Freely**

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





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# A BETTER MD HEALTH AND WELLBEING CHECKLIST

**Mindful Movement for Energy** 

# Practice Tai Chi or Qi Gong

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

#### **Stretch Between Tasks**

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

## **End with Relaxation**

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



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