20 Minute Movement Challenge

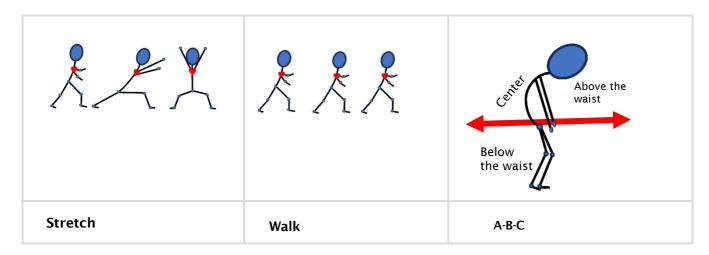
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For 20 weeks set your timer for 20-30 minutes as often as you can throughout the day. When it goes off, step away from what you are doing and Simply MOVE! Think A-B-C, Above the waist, Below the waist and Center. Now move all those parts for 2 continuous minutes. Just walk, dance, or just rotate your joints through their range of motion to release tension. Give your body what it needs to help promote good blood flow and reduce joint and muscle stress, which builds up over time.

1. Set the Timer for 20-30 minutes.



2. Get up and **MOVE** for 2 minutes when timer goes off



IMPROVE YOUR WELLNESS with MOVEMENT