

# 20 Minute Movement Challenge

## 20 -20- 02

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**, **A**bove the waist, **B**elow the waist and **C**enter. **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

A stick figure is shown in three different stretching poses. In the first, the figure is in a lunge with one leg forward and arms extended. In the second, the figure is in a lunge with one leg forward and arms raised. In the third, the figure is in a lunge with one leg forward and arms raised and bent at the elbows.	A stick figure is shown in three sequential walking steps, moving from left to right.	A stick figure is shown in a lunge position. A red double-headed arrow is drawn horizontally across the figure's torso. The arrow is labeled 'Center' at the top, 'Above the waist' on the right side, and 'Below the waist' on the left side.
Stretch	Walk	A-B-C

IMPROVE YOUR WELLNESS  
with MOVEMENT