

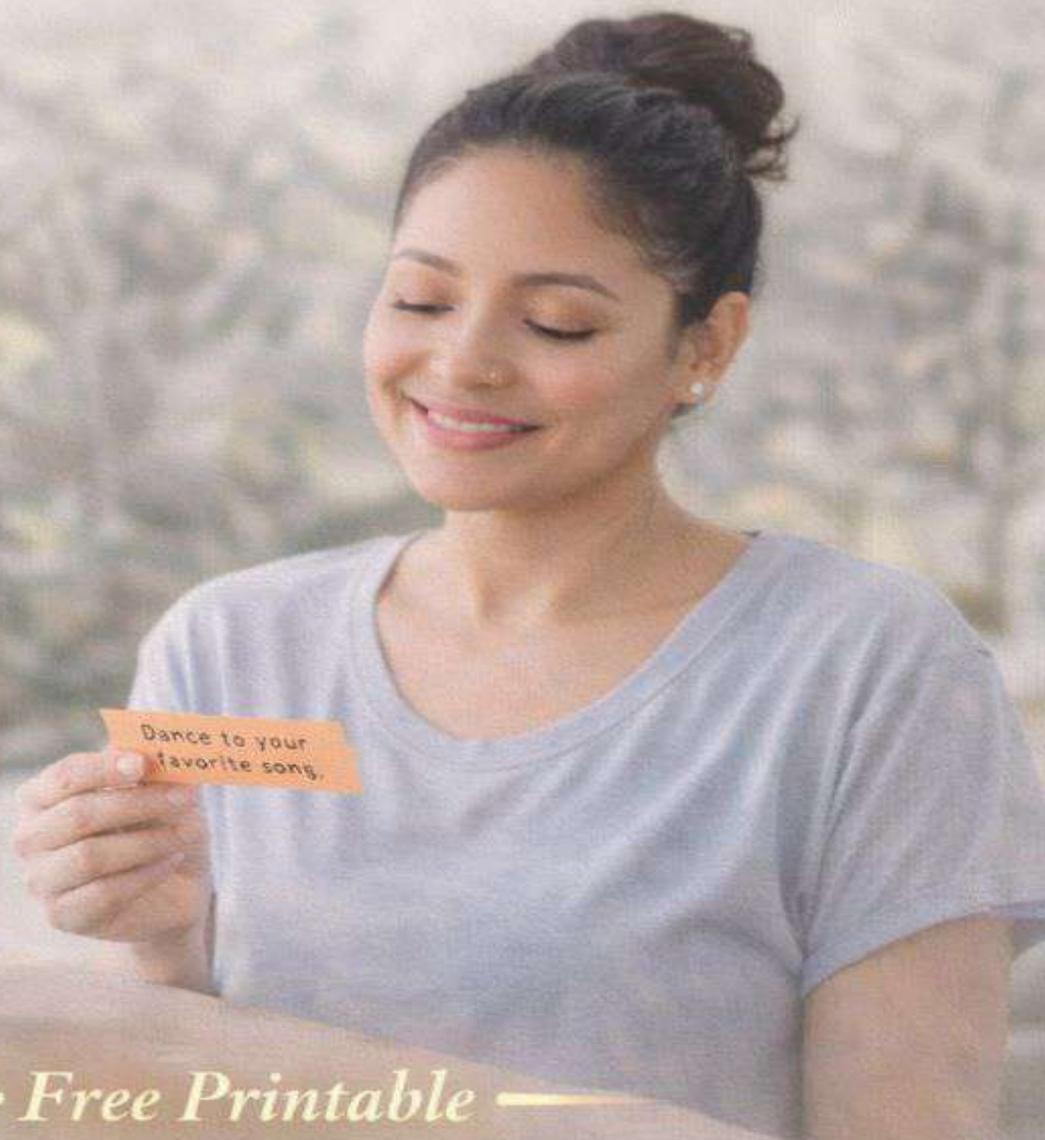


# Fit Firm & Fabulous

A woman's guide to easy weight loss, wellness and beauty

## DAILY MOVEMENT JAR PRINTABLE

*Fun Exercise Prompts to Add More Activity to Your Day*



*Free Printable*

# WELCOME

Many women want to move more...  
but don't want another program, schedule, or fitness rule.

They want movement to feel:

- ❖ Natural
- ❖ Light
- ❖ Flexible
- ❖ Non-intimidating
- ❖ Easy to return to

That's exactly why the **Daily Movement Jar** exists.

This is not exercise.

This is body **engagement through choice, variety, and fun.**

No guilt if you skip a day.

No pressure to do more.

No "all or nothing" thinking.

Just gentle movement invitations – one slip at a time.

## What Is a Movement Jar?

A movement jar is a simple container filled with small movement ideas.

Each day, you:

- ❖ Pull one slip
- ❖ Do the movement
- ❖ Feel good that you showed up

That's it.

Some days it's 30 seconds.

Some days it's 5 minutes.

Some days it's playful.

Some days it's calming.

The variety keeps your body engaged – and your mind relaxed.

## Why This Works

Your body responds best to:

- ❖ Low-pressure movement
- ❖ Frequent gentle motion
- ❖ Positive emotional associations
- ❖ Variety instead of repetition

This method:

- ❖ Reduces stiffness
- ❖ Improves circulation
- ❖ Boosts mood
- ❖ Builds consistency naturally
- ❖ Reconnects you to your body

## How to Set Up Your Movement Jar

### What You Need

- ❖ A small jar, bowl, or box
- ❖ Paper slips
- ❖ Pen
- ❖ This printable movement list

### How to Use It

- 1 Write one movement per slip
- 2 Fold slips
- 3 Place in jar
- 4 Pull one each day
- 5 Do the movement
- 6 Smile – you showed up

## Sample Movement Slips

Sample Movement Slips

- ❖ Stretch arms overhead
- ❖ Walk to the mailbox

- ❖ Shoulder rolls
- ❖ Gentle neck stretch
- ❖ Dance to one song
- ❖ Stand and sway
- ❖ Wall push-ups
- ❖ Walk around your home
- ❖ Seated twist stretch
- ❖ March in place
- ❖ Light house tidy
- ❖ Step outside for fresh air

You can add or remove anytime.

## Daily Check-In

After your movement, ask:

- ❖ How does my body feel?
- ❖ Did my mood shift at all?
- ❖ Do I feel more awake or calm?

Even tiny shifts matter.

## If You Skip a Day

Nothing breaks.

This isn't a streak.

It's an invitation.

Your jar will be there when you return.

## Make It Your Own

Ideas:

- ❖ Color-code slips (calming vs energizing)
- ❖ Add music suggestions
- ❖ Add outdoor options
- ❖ Add cozy winter movements
- ❖ Add playful weekend movements

This jar grows with you.

## What You'll Notice Over Time

- ❖ Less stiffness
- ❖ More body awareness
- ❖ Improved mood
- ❖ More consistent movement
- ❖ Less resistance to "exercise"

Because it never felt like exercise.

## Next Step – Go Deeper

If you'd like structured home movement plans, gentle progression routines, and body-confidence programs, visit the:

### **Movement & Home Tab**

on your Fit Firm & Fabulous website

There you'll find:

- ❖ Full home movement plans
- ❖ Progressive body resets
- ❖ Gentle strength & mobility guides
- ❖ Daily body-support systems

Your body loves being invited – not forced.

**Movement doesn't need discipline.**

It needs kindness and variety.

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