



# Fit Firm & Fabulous

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

## MOVE MY BODY AGAIN STARTER CHART

*Simple Steps to Restart Your Movement Routine*



— *Free Printable* —

# WELCOME

If the idea of "exercise" feels heavy, exhausting, or unrealistic right now – this guide is for you.

This is not a workout plan.

Not a challenge.

Not a transformation program.

This is a body re-connection starter chart designed for women who:

- Haven't moved consistently in a while
- Feel stiff or low-energy
- Feel disconnected from their body
- Want to begin gently
- Don't want gym culture or pressure

Movement is not punishment.

Movement is communication with your body.

And we're starting with the smallest, kindest steps possible.

# WHY GENTLE MOVEMENT MATTERS

Your body responds to small movement with:

- Better circulation
- Reduced stiffness
- Improved mood
- Lower stress hormones
- Better digestion
- Increased daily energy

You don't need long sessions.

You don't need sweat.

You don't need equipment.

You only need **consistency and kindness.**

# HOW THIS STARTER CHART WORKS

Each day you'll choose:

- One micro-movement
- One body awareness check-in
- One reflection

Everything takes **5 minutes or less.**

You may repeat days.

You may skip days.

You may adapt freely.

The only goal:

**Reconnect with your body without pressure.**

# DAY 1

## WAKE THE BODY

### Micro-Movement

Roll your shoulders 10 times.

Circle your neck gently.

Stretch your arms overhead.

### Body Check-In

Notice any tight areas.

### Reflection

Where does my body feel most stiff?

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# DAY 2

## GENTLE WALKING

### Micro-Movement

Walk around your home for 3–5 minutes.

### Body Check-In

Notice your feet connecting to the floor.

### Reflection

How did walking shift my mood?

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# DAY 3

## SEATED STRETCH

### Micro-Movement

Sit and stretch your arms forward, overhead, and side to side.

### Body Check-In

Notice breathing deepen.

### Reflection

Where did my body enjoy stretching?

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# DAY 4

## SEATED STRETCH

### Micro-Movement

Sit tall. Drop shoulders. Relax jaw. Hold for one minute.

### Body Check-In

Notice chest opening.

### Reflection

How does posture affect my energy?

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# DAY 5

## STANDING SWAY

### Micro-Movement

Stand and gently sway side to side for one minute.

### Body Check-In

Notice hips loosening.

### Reflection

Did this feel calming or energizing?

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# DAY 6

## STANDING SWAY

### Micro-Movement

Reach one arm overhead. Then the other. Repeat slowly.

### Body Check-In

Notice side-body stretch.

### Reflection

What did my body enjoy today?

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# DAY 7

## CHOOSE YOUR FAVORITE

### Micro-Movement

Repeat any movement you liked this week.

### Body Check-In

Notice how your body responds faster now.

### Reflection

Which movement felt best?

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# CREATING YOUR ONGOING MOVEMENT HABIT

After this starter week:

- Repeat favorite movements
- Add one new gentle movement
- Increase time slowly if desired
- Keep pressure low

This is not about "getting in shape."

This is about feeling at home in your body again.

## **If You Miss Days**

Missing days isn't failure. Your body doesn't keep score. Return gently when you can. Consistency grows through compassion – not force.

# WHAT YOU'LL NOTICE OVER TIME

- Less stiffness
- Better daily energy
- Reduced stress
- More body confidence
- A sense of reconnection

Small movement done kindly changes everything.

# NEXT STEP GO DEEPER

If you'd like guided movement plans, gentle body resets, and structured wellness routines, visit the:

## **Movement & Home Tab**

on your Fit Firm & Fabulous website

There you'll find:

- Full gentle movement plans
- Home-based routines
- Body confidence tools
- Progressive movement programs

Your body is ready when you are.

**You don't need to push your body.**

You only need to return to it.

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