

WAYS TO MOVE

You don't need a gym membership to build this habit. You need 20 minutes and a way in that fits your day. Pick one, start there, mix it up when it gets stale.

Walking

No equipment, no gym, no skill required. Low-impact enough for any fitness level, and it clears the head as well as the legs.

Best for: the simplest possible starting point

Incidental Movement

Stairs instead of the lift. A standing desk. Squats while the kettle boils. Small actions, woven through the day, that add up.

Best for: busy days with no time for a "session"

Training Classes

Someone else does the planning. The group brings the accountability. Good for structure and for staying motivated when willpower dips.

Best for: people who train better with others around

Home Workouts

No commute, no distractions, entirely on your terms. Bodyweight exercises, an online class, or whatever's in the garage.

Best for: privacy, flexibility, zero travel time

Active Rest Days

Rest doesn't mean the sofa. Light walking, yoga, or stretching keeps blood flowing and speeds recovery between harder sessions.

Best for: the days you're not training hard

Move To Music

A proper playlist turns training into a cue. Hit play and your body already knows what's coming next.

Best for: building a routine you actually look forward to

THE RULE

Pick one way in for the month. Twenty minutes a day is enough. Consistency beats intensity every time, so don't overcomplicate this.