

10-Minute Movement Reset

BEST FOR: Restlessness, frustration, tension, low energy, or stress.

TIME: 10 minutes



WALK
around
the block



STRETCH
shoulders
and hips



DO
few
bodyweight
movements



MOVE
to a song



The goal isn't a workout. It's just movement.



Loosen body tension. Reset after sitting.

DON'T open another productivity app.



STAND UP and stretch. Create space from stress.

