BOOKCHOWK / HEALTH & WELLBEING

Everyday Movement

A Gentle Start for Busy Adults

Start where you are. Build a routine you can repeat.

SMALL STEPS.
USEFUL CHOICES.

- 10 practical lessons
- Fictional everyday examples
- 7-day action planner
- 4 printable worksheets

SanjAI Matta

Books for life, learning & creativity.

A useful place to begin.

First edition / October 2026 / English / Adult readers

Who this is for

General education and activity planning for adults. This is not injury rehabilitation, a pregnancy programme or a personalised exercise prescription. If you have been inactive for a long time, have a medical condition, pain, balance concerns or uncertainty about suitable activity, discuss the plan with your clinician first. Keep any existing clinical instructions.

How to use the ideas

The examples are fictional and the planning exercises are original. Read the lessons, choose a relevant action and record your own decision. A seven-day planner is a way to organise practice, not a guarantee of a personal, health or relationship outcome.

About the guidance

Public sources, where used, were checked on 13 October 2026. Lesson references point to the links on page 26. These sources have not reviewed or endorsed the publication. Clinical or legal questions need an appropriately qualified professional. Read the scope of this book before choosing an exercise.

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Read. Choose. Try. Review.

A small practice is enough to make a clear next decision.

Read before using a planner

The ten lessons give context, a fictional worked example, three actions and a writing prompt. Read a relevant lesson before making a choice. You do not need to do every action on the same day.

Choose for your real circumstances

Adapt the organiser to your time, responsibilities, access and preferences. Keep professional instructions when they apply. Choose only activities that are suitable and safe for your circumstances.

Keep a brief record

Write enough to remember what you tried, what happened and what you want to change. A tracker is information, not a grade. You can leave a field blank when it is not relevant.

01

READ

02

CHOOSE

03

TRY

04

REVIEW

Print only what you need

The workbook uses A4 portrait pages. Print at 100% or use Fit if your printer clips an edge. Worksheets are on pages 22-25. You can also read on screen and write in your own notebook.

Ten lessons. One useful week.

Use the page numbers to find a lesson or printable tool.

01 Begin with your present routine 5

02 Understand the weekly direction 6

03 Notice effort without a competition 7

04 Choose a manageable walking plan 8

05 Break up a long sitting spell 9

06 Learn strength with control 10

07 Make room for comfort and recovery 11

08 Use a minimum-plan option 12

09 Know when to stop and seek help 13

10 Review the week before adding more 14

Pages 15-21 / Seven-day planner

Pages 22-25 / Printable worksheets

Page 26 / Sources and further reading

Page 27 / Your weekly review

Page 28 / Keep what is useful

Begin with your present routine

A starting point, not a judgement

Physical activity includes more than formal workouts: travel, everyday tasks and recreation can involve movement too. WHO emphasises that some activity is better than none and that all activity counts. The first job is to understand what is already part of your day.

Write a simple activity snapshot. What do you do comfortably? Where do long periods of sitting happen? What feels uncertain? Do not test your limit to fill the page. A short observation of an ordinary day is enough to begin planning.

NHS guidance advises speaking with a clinician first if you have not exercised for some time or have medical concerns. Use that conversation to clarify what is appropriate, especially if pain, dizziness or balance problems affect your choices. A cautious starting plan can still be useful. The workbook helps you organise information; it does not decide your medical readiness.

IN EVERYDAY LIFE

Ravi already walks between departments but sits through long report-writing sessions. He records both instead of describing himself as doing nothing. His first planning question is where a comfortable movement break might fit.

YOUR THREE ACTIONS

1. Record an ordinary day without testing a maximum.
2. Note comfortable activities and uncertain situations.
3. Clarify medical or safety questions before starting.

My current activity snapshot and any question:

References: 1, 4 / Links on page 26.

Understand the weekly direction

A destination is not a day-one demand

For adults, WHO recommends 150-300 minutes of moderate aerobic activity each week, or 75-150 minutes of vigorous activity, or an equivalent combination. It also recommends muscle-strengthening activity involving major muscle groups on at least two days a week. Older adults may need additional balance-focused activity.

These are population guidelines, not a command to reach the full amount immediately. Your starting point, health, accessibility and clinical advice affect how you progress. A smaller amount you can manage is still a beginning, while a sudden ambitious schedule may be difficult to sustain.

Keep the guideline and your next step on separate lines. For example, five 30-minute moderate sessions total 150 minutes; that arithmetic explains a target, but it is not the starting prescription in this workbook. Decide your near-term plan from what is comfortable and appropriate, then review it rather than using the total to judge yourself.

IN EVERYDAY LIFE

Mina writes the general weekly guideline at the top of her planner. Under it she writes the shorter activity her clinician has said is appropriate for her current situation. The two lines serve different purposes.

YOUR THREE ACTIONS

1. Separate general guidance from your personal starting plan.
2. Include strength as well as aerobic activity when appropriate.
3. Build gradually instead of making a sudden leap.

My appropriate next step, separate from the long-term guideline:

References: 2 / Links on page 26.

Sources and further reading.

Public guidance checked on 13 October 2026. Links may change.

[1] WHO: Physical activity

https://www.who.int/news-room/fact-sheets/detail/physical-activity

[2] WHO Europe: Activity recommendations

https://www.who.int/europe/news-room/fact-sheets/item/physical-activity

[3] CDC: Measuring activity intensity

https://www.cdc.gov/physical-activity-basics/measuring/index.html

[4] NHS: Adult physical activity guidelines

https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/

[5] NHS: Strength exercises

https://www.nhs.uk/live-well/exercise/strength-exercises/

[6] NHS: Chest pain

https://www.nhs.uk/symptoms/chest-pain/

[7] Government of India: Emergency response 112

https://www.mha.gov.in/en/commoncontent/emergency-response-support-system-erss

General facts are paraphrased. Examples, scripts, organisers and worksheets are original. Source organisations have not endorsed this book. International sources are used for general health or consent education, not as statements of Indian legal rules. Emergency numbers in the text are labelled by location.