



Basic Movement Plan

The Basic Idea: Take a short daily walk and breathe deeply through your nose. Set aside 20 minutes or just make it part of your regular daily activities. Use the tips below during your walk.

Tip #1: Enjoy

Try not to see your walk as “exercise,” or even as a means of getting from one place to another. Just walk for the pleasure of walking.

Tip #2: See the Sun

If possible, go outdoors, preferably in a natural setting.

Tip #3: Notice

Try to notice as much as you can about your experience: the movement of your body, your breathing, and all of your senses.

Tip #4: Mix It Up

Vary your pace, noticing how different it feels to stroll leisurely or to quicken to a more vigorous pace.

Tip #5: Breathe

Keep breathing deeply in and out through your nose as you vary your pace. See if you can keep the breath long and slow through the nose, even as you move more quickly.

Tip #6: Be Present

Remember, you have nowhere to go and nothing to do but to be fully where you are. You are simply enjoying movement for its own sake.