

ALWAYS START WITH AN APPROPRIATE AMOUNT OF MOVEMENT · SEEK PROFESSIONAL ADVICE

Weekly Movement Grid

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Walk 4+ km	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weights / Strength	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yoga / Mobility	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recovery / Stillness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

RECOMMENDATIONS

Daily Steps:	10,000 daily steps recommended
Yoga / Mobility:	1-2 sessions per week
Strength:	2-4 sessions per week
Recovery:	As needed – rest is part of the rhythm

REMEMBER – MOVEMENT SUPPORTS ALL FOUR PILLARS

Presence Walking in nature grounds the nervous system	Nourishment Strength training improves insulin sensitivity
Reprogramming Movement prepares the body for hypnosis	Recovery Stillness and rest are not passive – they are practice

"Return to the process. Presence continues."