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## BECOME A WELL-BEING

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Harness Self-Care for Leadership Excellence

### Simple Physical Movement Routine for Beginners

Physical activity is not only good for the body, but it's also good for the mind. Regular movement boosts blood flow to the brain, improving cognitive performance, focus, memory, and mental clarity. It also releases endorphins, which can elevate mood and manage stress.

Here is a 20-minute full-body workout designed specifically for beginners that requires no equipment:

#### 1. Warm-Up (3 minutes)

- **Spot Marching:** Stand in place and march with high knees for 60 seconds.
- **Arm Circles:** Extend your arms out to the sides and make small circles for 30 seconds forward, then 30 seconds backward.
- **Hip Circles:** Place hands on hips and rotate your hips in a circle, as if you're hula-hooping. Do this for 30 seconds, then change direction for another 30 seconds.

#### 2. Workout Routine (15 minutes)

- **Squats (1 minute):** Stand with your feet hip-width apart. Bend your knees and lower your body as if sitting back into a chair. Keep your chest upright and your knees over your ankles. Push back up to standing.
- **Push-ups (1 minute):** Start in a plank position. Lower your body until your chest nearly touches the floor. Keep your body straight and push yourself back up. If traditional push-ups are too challenging, modify by keeping your knees on the ground.

- **Lunges (1 minute):** Stand straight. Step forward with one foot and lower your body until your front knee is at a 90-degree angle. Push back up and switch to the other leg.

- **Planks (1 minute):** Get into a push-up position, but rest on your elbows instead of your hands. Keep your body straight from head to heels.

- **Jumping Jacks (1 minute):** Stand upright with your feet hip-width apart and your arms at your side. Jump to spread your feet wide and stretch your arms above your head, then jump back to starting position.

Repeat the above workout routine 3 times.

### 3. Cool Down (2 minutes)

- **Walk in Place (1 minute):** After completing the workout routine, it's important to slowly bring your heart rate down by walking in place.

- **Stretch (1 minute):** Perform gentle stretches targeting the major muscle groups you've just worked.

Always remember to listen to your body. If you're feeling pain or discomfort, stop the exercise and rest. Consistency is key, and over time you'll see your strength and endurance improve!

Here are several applications designed to help beginners establish a regular movement or exercise routine:

1. **Couch to 5K (C25K):** This is a fantastic app for those new to running. It provides a structured eight-week program designed to gradually build your stamina, with the goal of running a 5K.

2. **7 Minute Workout:** A great app for those short on time, this app offers quick, high-intensity workouts that can be done anywhere, with no equipment needed.

3. **Fitbod:** Fitbod creates personalized workout plans based on your fitness level, goals, and available equipment. It's perfect for beginners as it also includes video demonstrations for each exercise.

**4. Yoga for Beginners:** As the name suggests, this app is perfect for those new to yoga. It offers simple, easy-to-follow video classes.

**5. Strava:** While it's popular among more serious runners and cyclists, Strava's easy-to-use interface and social networking features make it a great choice for beginners looking for a community of support.

**6. Nike Training Club:** This app provides a variety of workouts suitable for all fitness levels. The workouts range from 15-45 minutes and include strength, endurance, and mobility exercises.

**7. MyFitnessPal:** Besides tracking food intake, this app also allows you to log your physical activity and offers a variety of exercises and workouts.

**8. Peloton:** While known for its bike, the Peloton app also offers thousands of guided workouts in everything from yoga to strength training to running. And many of these don't require any equipment.

**9. Headspace Move:** This is Headspace's fitness-focused branch. It combines mindfulness with workouts, making it a great choice for those wanting a more holistic approach to exercise.

**10. Daily Burn:** This app offers thousands of different workouts on-demand, making it easy to find something that fits your interest and skill level. It also offers a 30-day beginner's program.

Remember, it's essential to consult with a healthcare professional before starting any new exercise regimen. It's also important to listen to your body and start slow to avoid injury.