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Choose Your 5-Minute Function

When you think of your own reality, ability, and current lifestyle, what small actions could you take *right now* to move you closer to your own play goal? The World Health Organization recommends doing strength exercises 2 days a week in addition to cardio. Using the basics — push/pull/squat/rotation movement patterns — how creative can you get?

Often	Sometimes	Not Likely Ever
Walking	Running	Sprinting
Walking the escalator	Taking the stairs	Jumping lunges
Standing more	Squats	Deadlifts
Push-ups on wall	Pushups from knees	Clapping push-ups
Sitting up straight	Row with a band	Pull-ups
Sweeping the floor	Standing twists	Side planks
Taking 5 deep breaths	Meditation	Hot yoga

