

# 30 Day Movement Challenge - Get Your Body Moving Every Day

Keeping active is one of the best things you can do for your body and for your mind. You don't need to go to the gym to exercise. Here are 20 FREE ideas of things you can do every day to get your body moving. Do something each day for 30 days. Repeat the ones you like, you might find a new workout passion that you enjoy doing!



- |                                                                                                                                    |                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> ONE: Walk for 30 minutes or more (bring your dog!)                                                        | <input type="checkbox"/> TWO: Find a yoga class on YouTube (they are free)                                        |
| <input type="checkbox"/> THREE: Walk while listening to your favorite podcast or listen to a book                                  | <input type="checkbox"/> FOUR: Take an online pilates class on Youtube (they are free)                            |
| <input type="checkbox"/> FIVE: Go for a hike (research trails close to your home)                                                  | <input type="checkbox"/> SIX: Do an ab workout                                                                    |
| <input type="checkbox"/> SEVEN: Walk a 5K (which is 3.1 miles)                                                                     | <input type="checkbox"/> EIGHT: Go for a bike ride                                                                |
| <input type="checkbox"/> NINE: Go for a jog or light run                                                                           | <input type="checkbox"/> TEN: Take a workout class with a friend                                                  |
| <input type="checkbox"/> ELEVEN: Instead of driving to the store, walk instead                                                     | <input type="checkbox"/> TWELVE: Do a workout in the park.                                                        |
| <input type="checkbox"/> THIRTEEN: Take a walk and explore something new (for example a new neighborhood)                          | <input type="checkbox"/> FOURTEEN: Take a Zumba class (find a free one online)                                    |
| <input type="checkbox"/> SIXTEEN: Do an arm workout (you don't always need weights)                                                | <input type="checkbox"/> FIFTEEN: Find a staircase to run or walk up and down                                     |
| <input type="checkbox"/> NINETEEN: Follow your favorite workout instructor on Instagram (they probably post free workouts on IGTV) | <input type="checkbox"/> SEVENTEEN: Follow a squat or plank routine                                               |
|                                                                                                                                    | <input type="checkbox"/> EIGHTEEN: Do pushups and lunges                                                          |
|                                                                                                                                    | <input type="checkbox"/> TWENTY: Try Tone it Up classes. They are free and they are great for beach body workouts |

**Make and Share Free Checklists**

[checkli.com](https://checkli.com)