

MOVEMENT

planner

15-Minute Movement Menu for Busy Moms

No gym? No problem. These quick movement ideas fit into your real life – even with kids, work, and chores in the mix.

Move With the Kids

- Dance party in the living room
- Walk to the mailbox and back a few times
- 15-minute walk while they scooter or bike

Move Around the House

- Vacuum or mop to music (set a 15-minute timer!)
- March in place while folding laundry
- Clean the bathroom like it's cardio

Mindful Movement

- Gentle stretching while watching TV
- 3 yoga poses + 1 deep breath per pose
- Walk + listen to your favorite podcast

Movement doesn't have to be perfect to count. Just start where you are.