KESTON SCHOOL

BODY & ENERGY · FREE SAMPLE

Move More Every Day

Small daily movement routines for desk workers, no gym needed

CHAPTER 1 + WORKBOOK SECTION

BEFORE YOU START

How to use this book

By the last page you will have an hourly reset you can do at your desk, walking built into your ordinary day, three short routines for when you have ten minutes, and simple cues that keep you moving for months without a gym membership.

1. Read one chapter at a time. Each one gives you a single idea and a single action.
2. Open the Move More Every Day Workbook and complete the matching section while the chapter is fresh.
3. Do the “Try this” action within seven days. Reading changes what you know; the action changes what you do.
4. Finish with the checklist in chapter 12 and come back to it whenever you slip.

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CHAPTER 1

The Sitting Day

Most desk days involve far less movement than people assume, and the usual all-or-nothing gym plan rarely changes that for long.

The alarm goes off. You sit on the edge of the bed to check your phone, sit at the kitchen table for breakfast, sit in the car or on the train, and sit at your desk until lunch. Lunch is eaten at the same desk. The afternoon is a string of video calls. In the evening you sit on the couch, a little stiff, and promise yourself that next week you will finally start going to the gym.

At bedtime, you realize the longest walk of the day was from the parking lot to the office door. Nothing about the day felt lazy. It was busy from start to finish. It just happened almost entirely in a chair.

A normal day, seen from the outside

If someone followed you with a notebook for a typical workday and wrote down every time you stood up and moved for more than a minute, the list would probably be short. Getting coffee. A trip to the bathroom. Walking to a meeting room, or not even that if your meetings are online.

This is not a personal failing. Modern desk work is built around sitting. Screens, chairs, cars, delivery apps and video calls all remove reasons to move. A hundred years ago, many daily tasks required walking, carrying, bending and climbing. Today, a working adult can get through a full day using little more than their fingers and eyes.

The result is a body that spends most of its waking hours in one shape: hips bent, shoulders rounded forward, head leaning toward a screen. And a person who feels, by late afternoon, oddly tired for someone who has barely moved.

Why the gym plan keeps failing

When people notice that they move too little, the usual response is a big plan. Join a gym. Start running three times a week. Sign up for a class at 6 a.m. These plans are made with good intentions, often on a Sunday evening or at the start of a new month.

Then work happens. A late meeting cancels the Tuesday session. A cold cancels Thursday. By the third week, the plan has quietly died, and the person feels worse than before because now there is a failure attached to it.

The problem is not the gym itself. Structured exercise is valuable, and if you enjoy it, keep it. The problem is the thinking behind the plan, which goes like this: movement only counts if it is a proper workout. That idea creates two options, a full session or nothing. On busy days, nothing wins.

There is a second problem. Even people who train hard three times a week can still spend the other twelve or more waking hours of each day almost completely still. An hour at the gym does not undo a whole day in a chair. Both matter: some exercise if you want it, and regular movement through the rest of the day.

> **Key idea:** This book is not about workouts. It is about the movement you do in the ordinary hours between waking and sleeping, which is where most desk workers have the biggest gap.

What this book covers, and what it does not

This book is about everyday movement for adults who sit a lot: small breaks, walking built into the day, short routines you can do at home or at work, and simple ways to make all of it automatic. No gym, no equipment, no special clothes.

It is not a fitness program, a weight-loss plan or medical advice. It does not promise to fix pain or treat any condition. If you have a health condition, an injury, ongoing pain, are pregnant, or are unsure whether a type of movement is safe for you, talk to a doctor or physical therapist before you change your activity. They can tell you what fits your body, and you can use the ideas here within that advice.

Everything in the following chapters is designed to be done in normal clothes, in small amounts, by people who are busy and sometimes tired. The aim is not to become an athlete. The aim is to stop spending whole days in one position.

Why small works

Small movement has three advantages over big plans.

1. **It fits.** Two minutes can be found on almost any day. Sixty minutes often cannot.
2. **It survives bad days.** When you are tired, stressed or busy, a tiny habit still happens. A big one gets cancelled.
3. **It repeats.** A two-minute break done ten times a day adds up to more movement than many people get from one hopeful gym visit a week, and it happens every day instead of in bursts.

The following chapters build on this. Chapter 2 explains what happens in the body when it stays still and when it moves. Chapter 4 sets the foundation. Chapters 5 to 7 give you three practical tools.

Try this

For the next three workdays, observe without changing anything. Keep a small note on your phone or a sticky note on your desk. Each time you stand up and move for at least a minute, make a mark. At the end of each day, write down:

- the number of marks
- the longest stretch you stayed seated without getting up, roughly
- how your body felt at the end of the day: stiff, tired, restless or fine

Use the workbook page for chapter 1 to record the three days. Do not judge the numbers. You are simply getting an honest picture of a normal day. Most people are surprised by how long their longest sitting stretch turns out to be.

With that picture in hand, the next chapter looks at why small amounts of movement matter more than you might expect.

KEY TAKEAWAYS

- A desk day can pass with almost no movement at all.
- Gym-or-nothing plans usually end in nothing.
- Small, frequent movement fits a working life better.

→ Workbook, section 1

01 The Sitting Day

Get an honest picture of how much you move on a normal workday.

FILL IN

Three-day movement observation

Day	Times I got up	Longest sitting stretch	How my body felt
Day 1			
Day 2			
Day 3			

CHECKLIST

Where my day happens in a chair

- [ ] Breakfast
- [ ] Commute
- [ ] Morning at the desk
- [ ] Lunch
- [ ] Afternoon calls
- [ ] Evening on the couch

What surprised me most about my three days:

Past plans to get fit that faded, and what ended them:

YOUR NEXT STEP

Want the whole book?

You just read chapter 1 of Move More Every Day and tried the first workbook section. The full e-book has 12 chapters, a complete workbook and a final checklist. Here is everything inside:

01 The Sitting Day

02 Why Small Movement Counts

03 What Stillness Costs

04 Movement Snacks, Not Workouts

05 The Hourly Reset

06 Walk It Into Your Day

07 Three Ten-Minute Routines

08 Movement in Real Life

09 When You Stop Moving

10 Build It Into Your Day

11 Moving for Decades

12 Mistakes & Checklist

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