

QUICK FITNESS TIPS WITH MOTHER TRUCKER YOGA

Fit As You Go 4 Basic Movements Everyone Should Be Doing + Walking

SQUATTING



1. Take inventory of how many times a day you squat.
2. Try to incorporate more squatting into your day- squat on purpose.
3. Play with foot position, height, and frequency to your squat to give your body a boost of fitness in your everyday life.



REACHING



1. Take inventory of how many times a day you reach up overhead.
2. Try to incorporate more reaching into your day- reach on purpose.
3. Play with different ways to reach up, back, around, down and forward. Your mobility depends on it.



BENDING



1. Take inventory of how many times a day you bend.
2. Try to incorporate more bending into your day- bend on purpose.
3. Practice bending your knees and folding at your hips rather than your waist. Your back and hamstrings will thank you.



TWISTING

1. Take inventory of how many times a day you twist or rotate.
2. Try to incorporate more twisting into your day- twist on purpose.
3. Practice twisting in the driver's seat, in your bed, and randomly throughout the day. Your spine will thank you.



WALKING

Walking is the #1 best way to exercise. And it is an essential movement we all must do every day.

Get a minimum of 20 minutes of walking every day. Walk-in short bursts or a full 20-minute walk. And change it up, walk wide, walk narrow, walk sideways, walk backward. Get out and walk.

It all adds up. Remember we were meant to move!



MOTHER TRUCKER YOGA

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Join the Movement and Join Our Family in our Monthly Video Online Platform for videos on each of these moves! It's about the "Small Simple Changes That Lead to BIG Results™!"



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