

# Connect to Change, Movement is Medicine

## START THE DAY – AWAKEN, ALIGN, ACTIVATE

# MOVEMENT	Description (Start with 30 seconds and work up to a minute per movement).
1. HOP OR SMALL JUMPS	Small, gentle hops on the balls of your feet, arms relaxed, flicking hands.
2. FULL BODY WAVES	Both arms start above the head swinging down past the knees, while bending at the waist and knees.
3. ARM SWINGS	One arm starts above your head, the other arm starts at the side of your body. Switch the arm positions, swinging them down and up.
4. CHEST TRUNK TWISTS	Arms crossed at the chest. Twist torso side to side, keeping hips stable.
5. DEAD ARMS	One hand starts behind the back, one hand on the chest. Switch positions.
6. GOLF SWINGS	Mimic a golf swing, rotating torso side to side, twisting foot and leg.
7. HIGH KNEE/HAND CLAP	Lift knees one at a time, arms and hands clamp underneath high knee.

Through gentle, no-impact movements, this practice awakens the body by encouraging natural flow and circulation, aligns mobility and posture with slow, intentional motion, and activates light muscle engagement to create warmth, stability, and ease for the day ahead.



First Nations Health Authority  
Health through wellness