

# *Self Care Movements*

[www.selfcarepursuit.com](http://www.selfcarepursuit.com)

WALKING: INDOORS OR OUTDOORS, ALONE OR WITH FRIENDS/FAMILY

RUNNING: START WITH A LIGHT JOG, COMBINE WITH WALKING

SWIMMING

BIKING

ROCK CLIMBING

HIKING

YOGA

PILATES

ZUMBA

WEIGHT LIFTING-LIGHT

WEIGHT LIFTING-HEAVY

ROWING

PUSH UPS

SIT UPS

DANCING

STAIRS

CREATE A CIRCUIT: JUMPING JACKS, LUNGES, HIGH KNEES, PUSH-UPS, TRICEPS DIPS (OFF A BENCH OR CURB), AND SIT-UPS. DO EACH EXERCISE FOR 60 TO 90 SECONDS; REST IN BETWEEN EXERCISES AS NEEDED. REPEAT THE WHOLE THING TWO OR THREE TIMES.

SIGN UP FOR AN ADULT SPORTS TEAM! (OR GO TO AN ADULT-OPEN-GYM....THERE ARE ONES FOR VOLLEYBALL AND BASKETBALL AT A LOCAL CHURCH NEAR ME FOR \$5/SESSION)

SIGN UP FOR A WALKING TOUR: HISTORIC PART OF THE CITY, MUSEUM TOUR

WALK AROUND THE MALL

SIGN UP FOR A FUN-RUN! THERE A BUNCH OF OBSTACLE COURSE RACES, GLOW RACES, EVEN A WINE-DASH! GET A BUNCH OF GIRLFRIENDS TOGETHER AND ENJOY A NICE WALK WITH SWAG!

HEAD TO A TRACK: MIX IT UP BY WALKING THE LONG SIDES AND JOGGING THE SHORTER ENDS

SEARCH FOR ONLINE DISCOUNTS VIA GROUPON, EVERSAVE, BUYWITHME, AND LIVINGSOCIAL. YOU CAN FIND LOCAL DEALS ON EVERYTHING FROM SCUBA LESSONS TO SAILING LESSONS!

**BOUNCE! TRAMPOLINE PARK, HOME EXERCISE TRAMPOLINE ETC**

HOUSE CHORES:

CHOOSE HIGH-CALORIE BURN OPTIONS, UPBEAT MUSIC, AND ADD PUSH-UPS OR SQUATS EVERY TIME A NEW SONG STARTS TO PLAY.

VOLUNTEER: A COMMUNITY-SERVICE PROJECT, SUCH AS BUILDING A HOME WITH HABITAT FOR HUMANITY OR CLEANING UP A PARK OR OTHER GREEN SPACE, IS A GREAT WAY TO ADD SOME ACTIVITY TO YOUR DAY WHILE IMPROVING YOUR COMMUNITY AT THE SAME TIME.

YOGA

SIGN UP FOR A CLASS OR DO IT AT HOME

**LARPING**

**LIVE ACTION ROLE PLAYING! GOOGLE IT!**

GEOCACHING

LIKE TREASURE HUNTING! KIDS LOVE THIS!

DANCING

COUNTRY LINE DANCING, SWING DANCING, SQUARE DANCING, BALLROOM DANCING...

MARTIAL ARTS

ALTERNATIVE ACTIVITY WITH A "COFFEE" FRIEND, LIKE WALK THE MALL IF IT'S COLD OUTSIDE

STANDING DESK

YOGA BALL INSTEAD OF A CHAIR

SEX!

PARKOUR

PLAY ON THE PLAYGROUND

VIDEO GAMES THAT MAKE YOU PARTICIPATE, SUCH AS  
WII FITNESS

CROSSFIT

BOX JUMPING

HORSEBACK RIDING

SKATING/ROLLER BLADING

HOME VIDEOS

GARDENING/YARD WORK

PLAY MUSIC!

HAVE FUN! SEND ME ANY OF YOUR OTHER IDEAS TO  
ADD!

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