

WELLNESS, INNOVATION + LEADERSHIP. MADE SIMPLE

WELCOME
TO OUR

stryker[®]

MOVEMENT
CHALLENGE

MOVEMENT CHALLENGE

How it works ...

Over the next 7 days we are going to PRESS PLAY on MOVEMENT together. Our aim is to SHIFT us out of the idea of "exercise" and into this acknowledgement of adding MOVEMENT in your day .. now if you are already happy with your levels of movement in your day and week, you may choose to turn these daily activities up a dial. I'd encourage you to meet your movement where you are at, as we 100% do not want any injuries this week, so be kind and motivationally encouraging along the way, while pushing yourself outside your usual movement habits.

We will be doing this by focusing on ONE SMALL ACTIVITY you can do daily to increase your MOTIVATION, through movement and inadvertently elevating your energy. while supporting your body and brain to move through stresses and challenges even more effortlessly.

Each activity has been chosen to support you to MOVE & take a short brain break, release excess stress, and feel better from the inside, out. Rather than ignore any stress and challenges in our days its important to calmly acknowledge and accept any resistance, excuses or reasons which might rise along the way, and MOVE ANYWAY. We would encourage you to get others involved in your movement challenge this week and share fun and funny videos along the way.

To prepare for your challenge ..

- 1) READ through the challenge journal and take a moment to review the week. Print your checklist or you might choose too open it on your phone daily.
- 2) In your calendar SCHEDULE in your PRESS PLAY on MOVEMENT challenge activities for each day.
- 3) Choose ways of buddying up and/or igniting the challenge within a small group of you, your team, some of you might even include a family member, friend or partner.
- 4) Get started by following Day One's instructions.

As you move through your challenge if you have any questions along the way please feel free to reach out. Kind and PlayFULL Regards, Kyla ;)





PRESS PLAY ON MOVEMENT CHALLENGE

YOUR PRESS PLAY CHECKLIST ..

CELEBRATION creates positive reinforcement to new habits; and leads to even greater levels of success. As you move through this week, once you have completed your activity take time to tick it off, breathe, celebrate aka congratulate yourself (yes even if it feels weird, silly or simplistic, trust the science). Remember, none of this is about doing this perfectly, its about PRACTISING elevating well because our lives and devices are creating habits of distraction, leading to excess stress and unhealthy choices.



DAY 1: LET'S PLAY - That's right, good, old-fashioned joyful play is part of today. Throw off some of the self-importance, self-consciousness or chronic seriousness and have some simple, silly, energetic fun. Play tag in the garden or around the house; chase a puppy; turn off the TV and turn up the play in your bedroom with your partner; kick a ball about; dance yourselves dizzy to a favourite song; give a Hula Hoop a whirl; have a balancing competition; play hide and seek – play without any purpose for at least 5min.



DAY 2: 10,000 STEPS – get your iPhone tracker or FitBit ready because today we are going to TRACK our movement and target 10,000 steps. Go to the email to tally your movement if you're not sure with some of your activities.



DAY 3: TAKE A BODY & BRAIN MOVEMENT BREAK – set an alarm on the hour, every hour, from 9am – 5pm to remind yourself to stand up, stretch and choose to move for 5mins, any movement is ok, just don't sit down till your timer goes off and if you are in online meetings you could all start or end with your 5min standing while chatting. Dance breaks are definitely what the Dr ordered and sharing these with your team a great MOTIVATOR!



DAY 4: 3 X 2 PUSH UP, DIP AND PLANK – Set a reminder today e.g. 11am, 1pm, 3pm OR 7am, 12noon, 5pm and perform 2mins of push ups (knees is acceptable), tricep dips (a chair can be great for these) and finally plank (elbows is ok here too). Don't forget to breathe and adjust to any injuries you might have.



DAY 5: MOVE AS WE MEET – Where possible in meetings your meeting today be standing, lift up your computer with books and/or a box and where possible FLICK the SWITCH from online to a phone chat so you can walk and talk.. encourage others you are meeting with today to stand, walk and chat too.



DAY 6: START YOUR DAY MOVING – Choose a morning movement commitment you've always wanted to try for your Saturday (e.g. a dance class, hike, run/walk trail, cold ocean swim, martial arts class, Pilates reformer, acro yoga, horse riding, motocross, axe throwing, paint a bedroom, clean out your backyard, build a cubby house etc.. obviously the list is endless???).., invite some friends and start your day with the momentum of some movement.



DAY 7: SCHEDULE NEXT WEEKS MOVEMENT - schedule a 5min standing playdate with your phone or computer, jump into your calendar and lock in your daily movement for next week. If you have early starts coming up, plan, prepare movement throughout the day and/or on the other days.



PRESS PLAY ON MOVEMENT CHALLENGE

ENERGY, MOOD, MINDSET + MOTIVATION CHECK

As we move through this weeks movement challenges you are invited to start to TRACK internal shifts and changes in your energy, motivation, mood and mindset levels, before + after.

0 = exhausted, no energy or motivation even for the things and people you love and completely below the line ugh poor me, attitude, mood and mindset, aka everything sucks and feels hard.

10 = its a glorious pleasure and delight to be you, be at work and live your life, your have infinite energy as soon as you get out of bed and your are intensely inspired and motivated by what's ahead.

DAY ONE:

ENERGY + MOTIVATION -

BEFORE /10

AFTER /10

MOOD + MINDSET -

BEFORE /10

AFTER /10

DAY TWO:

ENERGY + MOTIVATION -

BEFORE /10

AFTER /10

MOOD + MINDSET -

BEFORE /10

AFTER /10

DAY THREE:

ENERGY + MOTIVATION -

BEFORE /10

AFTER /10

MOOD + MINDSET -

BEFORE /10

AFTER /10

DAY FOUR:

ENERGY + MOTIVATION -

BEFORE /10

AFTER /10

MOOD + MINDSET -

BEFORE /10

AFTER /10

DAY FIVE::

ENERGY + MOTIVATION -

BEFORE /10

AFTER /10

MOOD + MINDSET -

BEFORE /10

AFTER /10

DAY SIX:

ENERGY + MOTIVATION -

BEFORE /10

AFTER /10

MOOD + MINDSET -

BEFORE /10

AFTER /10

DAY SEVEN:

ENERGY + MOTIVATION -

BEFORE /10

AFTER /10

MOOD + MINDSET -

BEFORE /10

AFTER /10



CELEBRATION TIME .. CONGRATS!



TODAY I CHOOSE TO ..
CONTINUE MY PRESS PLAY ON MOVEMENT COMMITMENT BY TAKING ONE THING IVE DISCOVERED
AND ADDING IT TO MY LIFE.

Remembering past acts of kindness and commitments to ourselves can make you happier and more likely to perform more acts. This is known as a Positive Feedback Loop. (Harvard University and the University of British Columbia)

To feel the full impact of positive behaviour changes, and continue to rewire our habits and brain we need to continue small changes day after day, therefore it is hugely valuable from here to continue your Press Play on MOVEMENT choose your own adventure. We do this by returning to the movement ideas that you LOVED and felt like an inspirational WANT TOO and then committing ONE THING to ignite this daily (remember short 5min movements to start are completely ok) and repeat it for the next 66 Days.

When we commit to doing something for wellness, we feel good. On a biochemical level, it is believed that the good feeling we get in following through on our commitments is due to elevated levels of the brain's natural versions of morphine and heroin, which we know as endogenous opioids. They cause elevated levels of dopamine in the brain and so we get a natural high. As you step away from our Challenge and choose one thing to begin to action, ensure you celebrate the successes and let go of the rest. Scheduling in moments for how you want to FEEL and what you desire to experience more of will help to elevate your success and have you feeling better from the inside, out. If you have any questions around continuing your discovery or 1:1 coaching of even more tools to elevate your resilience, wellness, mood or mindset be sure to reach out kyla@thegreategroup.com

We know life and work can get stressful at times and our greatest joy comes from hearing your stories of success and supporting you every step of the way to continue with these practices. Also, if you have any questions around sleep, confidence, wellness, mental health or stress reduction for yourself, partner or your children (if you have them) know we are here to help.

Wishing you a wonderfully playful day, week, and year and I look forward to connecting again soon.
Kind and playful regards, Kyla

