Start now

5 exercises, 15 minutes a day. For each exercise, pick the version that suits you today.

1 The deep squat

Beginner: hold on to a door frame. If your heels lift, put a rolled-up towel under them. Stay down for 30 seconds.

Sporty: no support, 1 to 2 minutes.




2 Arm and leg reach

Beginner: stretch 1 leg straight back and hold it for 10 seconds. 3 times per leg.

Sporty: reach your right arm forward and your left leg back at the same time, for 10 seconds. 5 times per side.




3 Up on your toes, or hop

Beginner: hold on to the worktop, rise high onto your toes and lower slowly. 20 times.

Sporty: make small, quick hops on the balls of your feet, knees slightly bent. 2 rounds of 30 seconds. Skipping with a rope works too.




4 Reverse lunge

Beginner: hold the back of a chair with 1 hand. Take a big step back with 1 leg and lower until your back knee almost touches the floor. Push up through your front heel. 6 times per leg.

Sporty: rest your back foot on the sofa and lower until your front thigh is level with the floor. 8 to 10 times per leg.




5 The Cossack squat

Beginner: hold on to a table and go as low as feels comfortable. 5 times per side.

Sporty: no support, as low as you can go. 6 times per side.




If something hurts, stop that exercise.

My days until 1 January

Tick one box when you've moved for 15 minutes, and another when you got up every half hour while sitting.

☐ 15 minutes ☐ up every half hour

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						29 Nov ☐ ☐
30 Nov ☐ ☐	1 Dec ☐ ☐	2 Dec ☐ ☐	3 Dec ☐ ☐	4 Dec ☐ ☐	5 Dec ☐ ☐	6 Dec ☐ ☐
7 Dec ☐ ☐	8 Dec ☐ ☐	9 Dec ☐ ☐	10 Dec ☐ ☐	11 Dec ☐ ☐	12 Dec ☐ ☐	13 Dec ☐ ☐
14 Dec ☐ ☐	15 Dec ☐ ☐	16 Dec ☐ ☐	17 Dec ☐ ☐	18 Dec ☐ ☐	19 Dec ☐ ☐	20 Dec ☐ ☐
21 Dec ☐ ☐	22 Dec ☐ ☐	23 Dec ☐ ☐	24 Dec ☐ ☐	25 Dec ☐ ☐	26 Dec ☐ ☐	27 Dec ☐ ☐
28 Dec ☐ ☐	29 Dec ☐ ☐	30 Dec ☐ ☐	31 Dec ☐ ☐	1 Jan ☐ ☐		

> **“15 minutes is still better than nothing.”**