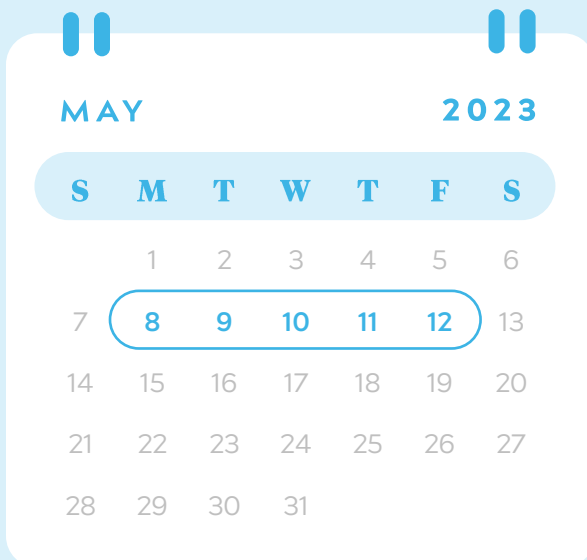




GBS HEALTH & WELLNESS

# Mindful Movement

This month bring awareness and mindfulness to your workout plan. Allow a shift in mindset to replace feelings of busyness and distraction with strength and competency. Review this month's resources and put what you learn to practice to gain a greater sense of stillness in your daily routine.



## Make Sure You Have Everything You Need

Take a minute to watch a quick video outlining this month's resources.

Watch Now 

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2023 May Healthy Habits

## May Mini Challenge

Complete this month's mini challenge for guidance in your mindful movement practice.

### May 8<sup>th</sup>

Determine the intention behind your exercise. Is your goal to improve sleep, reduce stress, gain flexibility? Allow this to motivate you and bring purpose to your workouts.

### May 9<sup>th</sup>

Enjoy your morning coffee or breakfast outside. Morning light regulates your circadian rhythm!

### May 10<sup>th</sup>

Implement an active recovery day if you don't already. Take advantage of the opportunity to complete the movement of the month - walking meditation!

### May 11<sup>th</sup>

Try out the suggestions in [Belly Breathing](#) to bring additional calm to your routine.

### May 12<sup>th</sup>

Read [Take Care & Be Aware](#) and complete five of the suggestions.

## Movement of the Month

Incorporate walking meditation once a week this month. This is a simple and effective way to explore mindful movement. The biggest difference between a walking meditation and going for a walk is that when we're practicing meditation, we aren't aiming to go anywhere. Instead, we walk slowly and try to bring our full awareness to the act of walking. That can look like focusing on our breath or feeling the ground beneath our feet as one step turns into the next. When our mind wanders, we bring it back to the sensations of the moment.