

Week 5 Challenge Work

Welcome to week 5. This is way more fun and a bit less serious. But it's important each week you review all the work we have done in previous weeks!

Each week you need to reset and just briefly go over the goals, planning & habit checker. I like to use Sunday's as it is normally a bit quieter and I get prepped for what is ahead. So on a Sunday afternoon (or which every day suits you best), review your goal, complete a new meal & activity planner (generally these are going to be the same, but just require you to tweak what worked well, what didn't or special events/appointments/celebrations you may to work around), and review your habit checker. Your habit checker also gives you space to reflect your wins and challenges for the week! Please share these in the Strong Mumma facebook group so we can do a little happy dance with you.

There is also an opportunity to set your self a mantra for the week. This the where you should be saying 'I am _____ (my goal)' as well as any other motivational quotes that resonate with you. The positive 'I am statement' are really important because you eventually start believing them and acting them out. It's not about having a big head and cocky, but just believing you are an awesome valued human, who deserves respect from others AND yourself.

Quickly Review & do a new weeks plan for:

- Goals
- Activity/M meal Planner
- Mantra
- Habit Checker

This week I want to know if you can 'Move More'. I am not talking about exercising, workout more or just attending more classes. But how can you add movement to areas of your life that are typically stationary??

Now why on earth would I get you to do this? Doing anything in any one position for a long period of time is not good for your body. We were born to move and use our bodies, but we really have to fight modern society that has made life really simple, convenient and requires us to use our body less.

Why you are reading to this, I want you to move your body. Just shake your butt, tap your foot or bust out a dance!

I often think back about my grandparents... who never did a 'workout' in their life. But they were farmers. They were constantly busy, moving and using their bodies is all sorts of way that going to the gym was never going to be necessary.

If you think about that fidgety friend.. you probably know the one.. the person who never sits stills and seems to constantly have ants in their pants. They are normally quite lean & fit as they are always on the go. I am not saying you need to exhaust yourself but just taking a few moments a day to make something a little more dynamic.

Have a quick think about things that you do that keep you in one seated or stationary position for a long period of time. Eg watching TV, reading, breastfeeding, computer work, driving the car, maybe crafting etc

This week, I would love if you can post in the Strong Mumma group EVERY DAY a selfie of how you are moving more.

Here are some suggestions to get the creative juices going:

- Tapping your toes or do pelvic floor while breastfeeding
- Dancing while doing the dishes.. or perhaps squats and repeaters for dishes?
- Walking instead of driving
- Have music playing in the house
- Have fun dance music in the car so you boogie in your seat. Take regular breaks and run a couple laps around the car.
- Set up an obstacle course with the (bigger) kids
- Use chairs less (for meals or work). Eat dinner on the floor. Watch TV on the floor – arrange your home so you are less invited to sit down
- Go TV free for a week
- When hanging out the washing, only pick up one item at a time (so you do 50 squats to collect the clothes instead of 10)
- Go barefoot! Get outside on the grass and move bare foot. Going bare foot uses even more muscles in your body because shoes actually switch them off.
- Working or Studying? Change your work station. Sit on a fit ball, stand, lay on the floor, change your position every 5-10mins.

These are some of my most typical stationary activities:

These are some of the things I am going to try to 'move more' this week:
