

FREE GUIDE



Move Your Body. Shift Your Mind.

A Simple Guide to Building Consistent Movement Habits
Without Guilt, Pressure or Perfection

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Welcome

Hi, I'm Abigail.

One of the biggest myths about health is that everything has to change overnight.

It doesn't.

Lasting wellbeing comes from small choices repeated consistently.

This guide is designed to help you reconnect with movement, quiet self-criticism and begin building habits that fit your genuine daily life.

Whether today is a five-minute stretch or a long walk outdoors, every step counts.

"Progress isn't about perfection. It's about consistency."

Abi

ABI'S TIP

"Some days your workout might simply be stretching while the kettle boils. That still counts."

Why Movement Matters

Physical movement is about so much more than physical appearance. It is a baseline requirement for mental, emotional, and long-term biological wellbeing.



Reduce stress and anxiety



Improve mood and clear mental clutter



Increase physical energy and stamina



Boost confidence and body appreciation



Improve sleep quality and sleep rhythms



Support cardiovascular, brain, and joint health



Feel more grounded and connected to your body

"The best movement is the one you enjoy enough to do consistently."



ABI'S TIP

"If you've missed a week, don't wait until Monday. Begin with today's next opportunity."

Start Where You Are

Before jumping into schedules, it's vital to assess your current relationship with movement. Take a few quiet minutes to answer these questions honestly. There are no wrong answers.

1. What feels realistic today?

(Considering your energy levels, work commitments, and family demands right now...)

2. What would make me feel good afterwards?

(Focus on the mental shift, joint relief, or breathing space rather than calorie burning...)

3. What's one small step I can take?

(A step so small it requires virtually zero willpower to execute...)



ABI'S TIP

"Listen to your body. If it's asking for rest, honor that. If it's asking for movement, find a way that feels kind."

Daily Movement Ideas

Every day is different. Some days you will have abundant energy, and other days you will need restorative comfort. Align your activity to how you feel.



Gentle Days (Low Energy / Restorative)

- 5-minute morning stretch
- Gentle mobility exercises
- Shoulder rolls at your desk
- Slow, mindful neighborhood walk
- Restorative yoga poses
- Deep breathing & neck stretches



Moderate Days (Moderate Energy / Steady)

- Brisk, 20-minute power walk
- Steady pilates sequence
- Leisurely bike ride
- Kitchen dance to your favorite song
- Active gardening or yard work
- Light water aerobics or swim



Strong Days (High Energy / Empowering)

- Strength/resistance workout
- Dynamic bodyweight circuit
- High-intensity interval session
- Trail run or jogging
- Uphill hike in nature
- Lap swimming or spin class

"Every movement counts."



ABI'S TIP

"Movement is not a punishment for what you ate. It's a celebration of what your body can do."

The Five-Minute Rule

Minute Rule

- ✓ **Promise yourself just five minutes.** If you're feeling unmotivated, make a contract with yourself to start for just five minutes. Set a timer.
- ✓ **If you continue, wonderful.** More often than not, the friction is simply in starting. Once you begin moving, your physiology shifts and motivation follows.
- ✓ **If you don't, you've still honored the promise.** If the timer rings and you genuinely want to stop, do so. You kept your word, reinforcing self-trust.

Consistency matters more than perfection.

Abi

ABI'S TIP

"It is better to walk for five minutes daily than to run for an hour once a month. Rhythms beat volume."

Mindset Matters

How we speak to ourselves about movement shapes our habits. Replacing rules-based, restrictive terminology with gentle, empowering choices removes the weight of expectation.

INSTEAD OF

~~"I have to exercise."~~

TRY

"I get to move my body."

INSTEAD OF

~~"I need to do an hour for it to count."~~

TRY

"Even ten minutes makes a difference."

INSTEAD OF

~~"I ruined my streak, I might as well give up."~~

TRY

"I can start fresh with my next choice."

INSTEAD OF

~~"It has to be intense and sweat heavy."~~

TRY

"Gentle movement is highly valuable."

My personal mindset swap today:

Celebrate More Than the Scale

Weight is a volatile, unreliable metric that ignores your overall biological resilience. True, sustainable progress shows up in ways that numbers cannot capture.



Better, deeper sleep



More consistent energy



Feeling physically stronger



Improved mood & calm



Greater body confidence



Reduced stress & tension



Better focus & clarity



Feeling proud of yourself

Which of these non-scale victories are you noticing lately?



ABI'S TIP

"Celebrate the small, quiet wins. Feeling a little more patient or sleeping a bit deeper is a sign of true progress."

Build Healthy Habits

We build lasting routines by tying new activities to established behaviors. This is called **Habit Stacking**, and it uses your brain's existing neurological pathways to make action automatic.

**ABI'S TIP**

"Stack your new habits onto things you already do automatically. This reduces the friction of starting."

Weekly Movement Planner

Write down your intentions for the coming week. Plan realistically, respecting your schedule and energy reserves.

My Goal This Week:

.....

How many days would I like to move?

.....

What type of movement will I choose?

.....

When will I do it?

.....

How will I feel afterwards?

.....

Encouragement / Notes to Myself:

.....

.....

Weekly Habit Tracker

Track your small movement habits daily. Remember, ticking the box is about celebrating a small promise kept to yourself, not achieving perfection.

Monday ☐



Tuesday ☐



Wednesday ☐



Thursday ☐



Friday ☐



Saturday ☐



Sunday ☐



Every tick is a promise kept.



ABI'S TIP

"The goal is not to have a perfect track record. The goal is to keep showing up, even after a break."

Mindset Check-In

Checking in with your emotional baseline helps you tailor your movement to support, rather than strain, your nervous system.

Today I feel:

☐

Energised

☐

Tired

☐

Motivated

☐

Calm

☐

Hopeful

☐

Anxious

☐

Stressed

☐

Other: ____

One positive thought I'm choosing today:

One thing I'm proud of:

Weekly Reflection

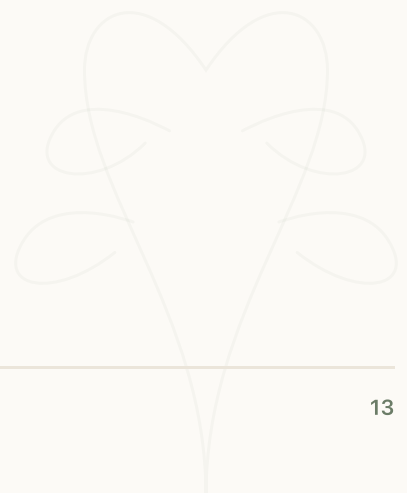
Reflecting on your week with kindness helps cement habits and releases judgment. Look back on the past seven days.

Looking back this week... The movement I enjoyed most:

Something I'm proud of:

The biggest lesson I learned:

One habit I'll continue next week:



Your Consistency Promise

Commitment to a habit is built on kindness, not rigidity. Sign this document as a reminder that showing up for yourself is always enough.

My Promise to Myself

I don't need to be perfect.

I don't need to do everything.

I only need to keep showing up.

***Today I choose progress over
perfection.***

SIGNATURE

DATE

Sustainable Habits Coaching

TAKING THE NEXT STEP

Are you ready to build habits that stick for good?

Working through this guide is a wonderful start. However, building consistent habits in a busy life can feel overwhelming without structured support. That is where tailored coaching makes the difference.



Personalized Habit Architecture

We tailor habits specifically to your energy, work schedule, family life, and individual goals.



Gentle, Non-Judgmental Accountability

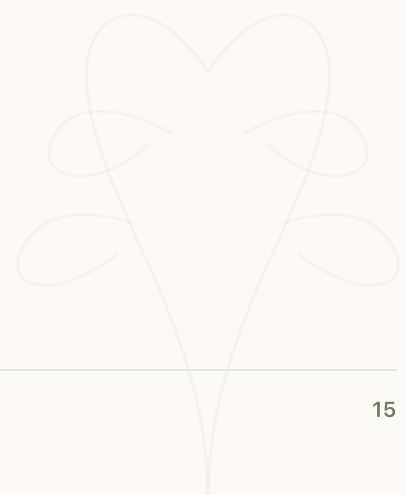
Supportive check-ins that serve as a kind mirror, helping you stay connected to your goals without guilt.



Compassionate Mindset Re-Framing

Releasing the "all-or-nothing" cycle and building self-compassion as the core driver of lasting wellbeing.

You don't have to navigate your wellness journey alone.



Keep showing up. Keep choosing yourself.

Small, consistent actions really do create lasting change.

Movement is an act of self-care, not self-punishment.

Every walk, stretch, workout, dance, or deep breath is an investment in your future self.

If you'd like support building habits that truly fit your life, I'd love to help.

With love, Abigail x

Let's build healthy habits together

Start with a free, no-pressure discovery call or send a direct email.



Book a Free Discovery Call



Email Abigail