



MOVEMENT ESSENTIALS

Example: JC's Evolving Routine

Includes adaptation for spine challenges

JC Priority Goals & Constraints

Brain, bone, and muscle stimulation post menopause

Maximize core strength to address spine issues

Manage spine sensitivity to weight load, bends, twist



#1 SIT (Sprint Interval Training) 2x/wk

Add 2x/wk to daily 30-minute walk: 3-4 repeats of...

All out push 1 block uphill then a few blocks recovery walk downhill or east/west side streets (~30sec + 3-4 min recovery).



#2 & 3 Strength + Jump Alternative 2x/wk

Core/Back floor exercises for spine that integrate jump work-around moves for bone (15-20 minutes)

Bird Dog, Dead Bug, Glute Bridge, Figure 4 hip flexor stretch; Side Planks with leg lifts and heel/toe tapping



Every other day: 10 min corrective core exercises from Physio

Goal: add jump moves through pool exercises



For Enjoyment + Balance + Brain Bonus

Wakeup: Qigong tapping and breathwork 15 minutes

Weekend AM and Week-day PM: 15+ min Chen Tai ji (Sword alternating with Barehand)

Explore expert resources for the details at
AgeSmartLiving.com/playbooks/movement