CHANGE ACADEMY

50,000 MileTune-Up

SYSTEM #3: ENGINE

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Did you warm up for your day or do any type of full-body movement first thing in the morning?										
Did you use an active form of commuting?										
Did you get out of your chair and move for at least 2 minutes to avoid sitting for longer than an hour at a time?										
Did you make any type of full-body movement (such as walking) part of your lunch break or mid-day routine?										
Did you raise your heart rate through movement?										
Before or after dinner, did you take a walk, ride your bike, or engage in at least 20 minutes of non-sedentary behavior?										
Did you vary your position, concentrating on not maintaining the same body geometry for more than a few minutes at a time?										
Did you move your body all the way from the floor to a standing position (or vice versa) more times than you did yesterday (or last week)?										
Did you set aside time to stretch, breathe deeply and prepare your body for sleep?										
Did you make time for at least 30 minutes of dedicated (strength, HIIT or aerobic) exercise time?										