

Small Moves. Positive Momentum. A Little Time for YOU.

Denise Austin's *MINI- FEEL-GOOD RESET*

Your movement and motivation mini-guide and workbook

Simple ways to make movement part of your day, stay encouraged, and keep going through the busy fall season.



**A FREE bonus
companion to *Denise
Austin's Fit Over 50: The
Wellness Reset*,
Magazine**



MAKE ROOM FOR *you!*

Hi everyone!

Fall can fill up fast! Between work, family, errands, and getting ready for the holidays, taking care of yourself can slip to the bottom of the list.

Let's give YOU a little space on that calendar. This guide is your invitation to find a movement routine that fits the life you're living right now. Start with something you enjoy, choose a manageable amount of time, and give yourself credit for following through!!!

Some days you'll have time for a workout. Other days, a short walk will be your opportunity to move. You can adjust as you go!

FIND YOUR PERSONAL REASON

What would you love to have more energy or strength for this fall? Playing with your grandchildren? Enjoying a trip? Keeping up with the activities you love?

I want to make time for movement because:

Make your first appointment with yourself.

Choose one realistic opportunity in the next 24 hours.

After I _____,

I'll make time for _____.

Keep it simple enough that you can picture yourself doing it. Let's Do This!

*xoxo
Denise*



MATCH YOUR MOVEMENT TO *Your* DAY

How Much Time Do You Have Today?

Choose an option that suits your schedule, your abilities, and how you feel. These are starting points to help you make room for movement.

A packed day: Make a small start

- Take a short walk around your home or outside.
- Put on a favorite song and DANCE!
- Take a movement break between tasks.



Make it Easier

Decide when you'll start before the day gets away from you.

A little breathing room: Take ten

- Enjoy a ten-minute walk.
- Choose a familiar, short workout.
- Invite someone to join you for a movement break.



Make it Enjoyable

Pick the activity you're most looking forward to.

More time today: Enjoy a longer session

- Plan a longer walk on a route you enjoy.
- Make time for a strength workout suited to your level.
- Choose a class or activity you've been wanting to try.



Make it Intentional

Put the time on your calendar.

Now choose yours - You're Worth It!!

Today, I have about _____ minutes.

I'm going to _____.

I'll begin at _____.

Choose activities appropriate for your fitness level and health needs. Start gently and build gradually.



YOUR BUSY-DAY BACKUP *Plan*

When Life Changes Your Plans

An appointment runs late. Family needs you. Your usual workout window disappears. Give yourself another opportunity to move. Having a backup ready means one less decision when the day gets busy.

If my morning gets away from me... I'll look for an opening later in the day.

My next realistic opportunity is: _____

If I can't do my usual workout... I'll choose a shorter or simpler activity that fits.

My backup movement choice is: _____

If I keep putting it off...

I'll prepare what I need ahead of time.

Tonight, I can get ready by: _____

If I miss a day...I'll choose my next starting point and return at a manageable pace.

The next opportunity I'll make room for is: _____

*Try this
today!*

Put your walking shoes, workout clothes, or calendar reminder where you'll notice them.

A little preparation is a kind thing to do for your future self!!!

GIVE YOURSELF A *Pep Talk*

Pay attention to the way you talk to yourself when movement feels difficult. Give yourself the encouragement you'd offer a good friend - and a practical next step.

"I've gotten out of my routine."

Your pep talk: "I can begin again with something manageable."

"I don't have time for my whole workout."

Your pep talk: "I can work with the time I have today."

"I used to be able to do more."

Your pep talk: "I can respect where I am today and build from here."

"I'm not seeing progress."

Your pep talk: "Let me notice what I'm practicing and learning."

Your next step: Write down something you followed through on, enjoyed, or found easier.

Your turn

An encouraging thought I want to practice:

One action I can pair with it:

*You deserve
encouragement
throughout the
process.*

*Celebrate each
opportunity you
make for
yourself!*



Your FEEL-GOOD WEEK

Notice the Little Wins

Use this page for any seven days. Record what you chose, notice how it felt, and give yourself credit for the effort. If plans change, use your backup. If you need rest, make room for that, too.

Give yourself a little celebration:

Play your favorite song, enjoy time with a friend, or simply pause and recognize what you did for yourself!

This week, I'm making time for movement because :

Day	My Movement or Rest Choice	How I Felt Afterward	Something to Celebrate
1			
2			
3			
4			
5			
6			
7			

Keep this page handy and use it again whenever you want a fresh start!

KEEP YOUR RESET *Going!*

Let's Keep Feeling Good Together!

You've chosen a reason to move, made a plan for busy days, and practiced cheering yourself on. Carry those tools into the rest of your fall!

For more ways to care for your body, mind, and spirit, pick up my fall issue of ***Denise Austin's Fit Over 50: The Wellness Reset***.



Find your next inspiration inside!

- Move with guidance
- Explore illustrated yoga, Pilates, and total-body exercises, plus quick movement options for days when time is tight.
- Plan your workouts
- Find a sample week that brings strength and flexibility together.
- Nourish yourself - Discover Mediterranean-style recipes and a seven-day meal plan.
- Support your whole self - Explore ideas for restful sleep, self-care, connection, and a positive outlook.

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AND, if you want ongoing guidance from me, join my Premium Denise Austin Membership and access 700+ workout videos, 600+ nourishing recipes, and so much more!

Available NOW for just \$10 a month (33 cents a day!) with an annual commitment (billed monthly).

JOIN NOW!!

Here's to making time for yourself and finding more moments to feel strong, happy, and encouraged this fall!

xoxo,
Denise

Disclaimer

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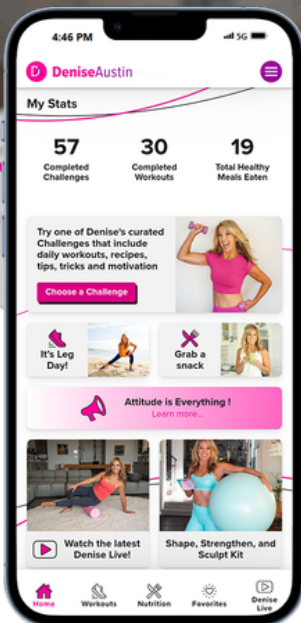
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