

Reclaim Your Energy™

Day 3 – Gentle Movement

Today's Focus

When you're exhausted, exercise can feel like the last thing you want to do.

But here's the good news...

Gentle movement doesn't have to leave you feeling worn out. In fact, the right kind of movement can actually help boost your energy, improve your mood and reduce stiffness.

Today isn't about pushing yourself.

It's about reconnecting with your body with kindness.

Today's Movement Challenge

Choose **ONE** activity that feels achievable today.

- ☐ Take a gentle 10-minute walk.
 - ☐ Stretch for 5–10 minutes.
 - ☐ Spend time gardening.
 - ☐ Dance to your favourite song.
 - ☐ Try some gentle yoga.
 - ☐ Walk around the garden.
 - ☐ My own movement choice:
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How did it feel?

What movement did you choose?

How long did you move for?

How did your body feel before?

How did your body feel afterwards?

What did I notice today?

One small promise to myself tomorrow...

Remember...

♥ Every step counts.

♥ Movement is a way of caring for your body—not punishing it.

♥ Listen to your body, celebrate what it can do, and allow yourself to rest when you need to.

Confidence After Cancer®

Created by Gabrielle Mottershead – Cancer Recovery Coach

Small awareness creates lasting change.