

SELF-PRESERVATION DAILY 10

10 simple movements to help your body stay ready to move, react and recover

Your body is part of your safety equipment. Practice the movements you may someday need quickly - before adrenaline asks for them.

#	MOVE	HOW	WHY IT MATTERS
1	RESET & SCAN	Stand tall. Slowly look left/right, then make 5 gentle shoulder rolls each direction.	Neck/shoulder mobility + awareness
2	ARM CIRCLES	10 small-to-large circles forward, then 10 backward. Keep ribs down and shoulders relaxed.	Shoulder range + upper-body readiness
3	HANDS & WRISTS	5 wrist circles each way. Open fingers wide, make a fist, then touch thumb to each fingertip x 5.	Grip, dexterity + hand readiness
4	ISLAND PUSH-UPS	Hands on a sturdy kitchen island/counter. Body straight. Lower with control and press away. 5-10 reps.	Push strength + ability to create space
5	ISLAND SQUATS	Hold the island lightly. Sit hips back as if reaching for a chair, then stand tall. 5-10 reps.	Leg strength + getting up and moving
6	HIP CIRCLES	Hands on island. Make 5 slow hip circles each direction, staying tall and controlled.	Hip mobility + directional change
7	HEEL-TO-SEAT + TUCK	Hold island. Bend one knee and bring heel toward seat; hold ankle only if comfortable. Gently tuck pelvis. 15-20 sec/side.	Front-of-hip/thigh mobility + posture
8	HEEL + TOE RAISES	Holding island lightly, rise onto toes 10x, then lift toes while keeping heels down 10x.	Ankle strength + balance + trip recovery
9	CLOCK STEPS	Imagine a clock around you. Step to 12, 3, 6 and 9 o'clock, returning to center each time. 2 rounds/side.	Balance + reaction + lateral movement
10	MARCH -> QUICK FEET	March comfortably for 30 sec. Then, if steady, add 5 sec of quicker feet at about 50-70% effort. Repeat once.	Endurance + safe introduction to speed/power

THE GOAL: Move with control first. Build speed gradually. Consistency beats intensity.

Safety note: Use a stable surface, stay within a comfortable range, and stop for pain, dizziness, chest pain, unusual shortness of breath or loss of balance. Modify or skip any movement that is not appropriate for you; ask your health professional if you are unsure.