Move Better, Feel Better
Free Resource

FREE DAILY MOVEMENT GUIDE

Simple Movement Resets for a Body That Feels Better

Modern life asks our bodies to stay in the same positions for long stretches — sitting at desks, standing in one place, looking at screens, or repeating the same movements throughout the day.

Over time, these patterns can lead to stiffness, fatigue, tension, and the feeling that the body just isn't moving as well as it could.

The good news? You don't need a long workout to support your body.

Short **movement breaks throughout the day** can help restore circulation, improve mobility, and release tension before it builds into discomfort.

Think of these as **movement snacks** — small resets that help your body stay balanced, supported, and energized.

Why Movement Breaks Matter

Many everyday aches don't come from a lack of exercise.

They come from doing the same position for too long.

Sitting, standing, and screen use all create predictable tension patterns in the body:

- Tight hips from prolonged sitting
- Neck and shoulder tension from screen use
- Sluggish circulation in the legs
- Reduced spinal mobility
- Mental fatigue from prolonged focus

Short movement resets can help:

- Improve circulation and energy
- Restore mobility in stiff areas
- Reduce tension before it becomes pain

- Improve posture and body awareness
- Support nervous system regulation

Even **2–5 minutes of intentional movement** can make a noticeable difference.

When to Use Movement Resets

You might try one of these short resets:

- After 30–60 minutes of sitting
- Between meetings or tasks
- When your neck or shoulders feel tight
- During an afternoon energy dip
- Before bed to release the day's tension

Small movements done consistently create meaningful change over time.

Movement Reset #1

Quick Posture Reset (1–2 minutes)

When we work at desks or phones, the head often moves forward and the shoulders round.

This simple reset helps restore alignment.

1. Sit or stand tall.
2. Gently draw the chin slightly back (as if making a subtle double chin).
3. Roll the shoulders up, back, and down.
4. Broaden across the collarbones.
5. Take 3–5 slow breaths.

Focus on length through the back of the neck and space across the chest.

Movement Reset #2

Neck & Shoulder Release (2 minutes)

Great after screen time.

1. Sit tall.
2. Slowly tilt one ear toward the shoulder.
3. Hold for 3–4 breaths.
4. Return to center and switch sides.

Optional:
Add slow shoulder rolls between stretches.

This helps release tension in the **upper traps and neck muscles**.

Movement Reset #3

Hip Mobility Break (2–3 minutes)

Sitting can leave the hips feeling tight and compressed.

Try this quick reset:

1. Stand up.
2. Place hands on hips.
3. Slowly circle the hips in a large circle.
4. Repeat 5 circles each direction.

Then add:

• Gentle forward fold
• Standing lunge stretch

This helps restore movement in the **hips and lower back**.

Movement Reset #4

Arm Swing Energy Reset (1–2 minutes)

A simple movement that boosts circulation and energy.

1. Stand with feet hip-width apart.
2. Let arms swing loosely forward and back.
3. Allow the body to rotate naturally.

Continue for **30–60 seconds**.

This movement helps:

• increase circulation
• loosen the shoulders
• refresh energy

Movement Reset #5

Calm the Nervous System (2 minutes)

Movement can also help regulate stress.

1. Sit comfortably.
2. Place one hand on the ribs or belly.
3. Inhale slowly through the nose.
4. Exhale slowly through the mouth.

Allow the shoulders to soften.

Continue for **5–8 slow breaths**.

This helps shift the body toward a **more relaxed nervous system state**.

A Simple Daily Movement Formula

You don’t need to do everything at once.

Try this rhythm:

Morning: Gentle mobility or stretch

Midday: Posture reset or hip break

Afternoon: Energy reset or arm swings

Evening: Slow stretch or breathing reset

These short breaks help your body **move better, feel better, and stay more balanced throughout the day.**

Want More Guided Movement Resets?

Inside **Living Lotus Online**, the **Move Better, Feel Better** series offers short guided classes designed to help release tension, restore mobility, and support your body throughout the day.

Each session is just **5–15 minutes** and focuses on common daily tension patterns like sitting, screen fatigue, posture, and tired legs.

Explore the series and start adding simple movement resets into your routine.

For Yoga & Movement Teachers

If you’re a yoga teacher, Pilates instructor, or movement professional, we’d love to support your **continuing education and personal practice**.

Inside **Living Lotus Online**, you’ll find thoughtful movement classes designed to support sustainable practice — including the **Move Better, Feel Better** series of short movement resets that help address the everyday tension many people experience from sitting, screen time, and repetitive daily patterns.

These classes can also offer inspiration for how short, practical movement breaks can be integrated into your own teaching.

Email **info@livinglotusonline.com** to receive a **teacher discount on our monthly membership**.

Explore the full class library, gather ideas for your own classes, and connect with a grounded, supportive community that values **sustainable movement over burnout**.