

# Exercise Habit Stacking for Incremental Movement

This worksheet introduces simple, low-impact mini exercises you can “stack” on to your existing daily activities to help increase circulation, reduce stiffness, boost energy, improve balance, and stimulate brain function all without needing extra equipment or time. Small movements add up.

## 1. Calf Raises – Strength & Stability

Stand tall with weight evenly across both feet. Slowly lift your heels by peeling your feet off the floor (avoid bouncing or relying on momentum), pause briefly at the top, then gently lower back down. **Brainfit tip:** Feeling the wobble helps activate ankle stability muscles.

**Try it when:** Waiting for the kettle, a coffee, or the shower to warm up.

## 2. Wall Sits – Lower Body Strength

With your back against a wall, lower into a squat until your knees reach about 90 degrees. Engage your core, hamstrings, and quads. Hold for 30 seconds - or longer if comfortable.

**Try it when:** You're on a phone call.



## 3. Single Leg Balance – Longevity Exercise

If you stand on one leg (eyes open or closed). Hold as long as you can, then switch sides. Compare and aim to improve over time.

**Try it when:** Boiling the kettle or filling your water bottle.

## 4. Smart Stair Use – Hidden Glute Workout

Walk the stairs at a steady pace. For extra strength, take two steps with one leg, pause, engage your core and glutes, then follow with the other leg. Keep hips and shoulders square.



**Brainfit benefit:** Stairs count as vigorous activity!

## 5. Elevated Push Ups – Upper Body Strength

Use a wall, desk, or bench. Place hands shoulder-width apart, elbows angled slightly back. Keep your core tight like a plank. Aim for 5–10 reps.

### Levels:

1. Wall push-ups
2. Desk/bench push-ups
3. Floor push-ups (only if comfortable)



## 6. Modified Farmers Carry – Shoulder mobility & grip

Stand tall, brace your core, and gently pull your shoulder blades back. Lift a weighted object (bag, parcel, backpack) and hold it at arm's length for 10–15 seconds. Lower slowly without arching your back.

**Brainfit note:** Modern life rarely requires overhead or load-bearing arm movement, so this offsets shoulder stiffness.

## 7. Marching legs – Core & hip mobility

Lift one knee to hip height, pause to balance, then switch legs. Keep movements controlled. Bigger lifts challenge your core; smaller ones develop steady balance.

**Try it when:** You're heating lunch in the microwave



## 8. Lateral Flexion Stretch – Torso mobility

Stand near a wall, cross one ankle over the other, and gently lean sideways toward the wall, creating a curved “banana shape.” Feel the length along your torso.

**Why it matters:** Side-body mobility supports spinal health and reduces stiffness from sitting

## 9. Bodyweight Squats – The exercise to rule them all

Feet hip-width apart, knees tracking forward. Sit back into a squat while keeping chest lifted. Go as deep as your mobility allows. Aim for 10 very slow, controlled reps.

**Try it when:** During video meetings (camera off!)

Want more challenge?  
Try single-leg squats  
if you're experienced



## Build Up Slowly

Before you start any new exercise programme it is important to consider your own physical ability. Avoid jumping from “zero to 100.” Begin with one or two habit-stacked movements, then add more as they become part of your routine. Sustainable progress keeps you injury-free and builds long-term wellbeing. If you feel pain or discomfort at any stage, please stop immediately and consult your health practitioner.



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