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Million Moves

How to Move Guide

How To Move

75 moves per day represents the percentage of inactive Australian adults. We want to see this frightening statistic change, starting with a few simple moves each day.

Your 75 daily moves can be whatever your heart desires. Push, pull, squat, hinge, paddle, stroke, jump, pedal, step, crump, wiggle... It's all good!

You can alternate the moves. Mix and match. Make them harder, make them easier. Even share your moves with a partner.

All that's required is that you do 75 of them every single day for 21 days.

Now, we've put together our recommendations for how to complete 75 moves per day. The following pages will explain:

Minor moves, for the beginners.

Major moves, for the active.

Massive moves, for those wanting a real challenge.



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**Every Body.
Every Way.
Every Day.**

Minor Moves

If you're just starting out or are new to movements, here are a few recommended moves that you can use to complete the challenge.

75 Chair Sit to Stand

- Start seated. Place feet shoulder width apart.
- Tighten your stomach, keep your chest tall and drive through your heels to a standing position.
- Slowly lower yourself back to the seat. That's 1 repetition.

75 Wall Pushups / Couch Pushups

- Place your hands shoulder width apart on a wall or the high end of a couch.
- Slowly lower the hard part of your chest to that surface.
- Squeeze your elbows together as you push the surface away back to straight arms.
- The lower the surface is, the harder this will be.

750m Walk

- Get outside, put one foot in front of the other and clock up those steps!
- It will take most people 15-20 minutes to walk 750 metres.



Major Moves

If you know a bit about moving, then here are the moves you should build into your challenge plan. Do them as a combination in a day or just do one of the moves per day, it's your choice. Squats, Lunges or Pushups are classics!

75 Bodyweight Squats

- With feet just outside shoulder width apart, bring your hips and ribs together, stick your chest up, figuratively “screw” your feet into the floor.
- Push your hips back, and lower them to knee level.
- Drive through your midfoot back to a standing position.

75 Lunges

- Take a big step forward keeping your chest tall and stomach tight.
- Drop the back knee as low as you can with control.
- Push through your front heel to bring the foot back to a standing position.

75 Pushups

- Start in a plank position, with hands under shoulders, stomach tight, and butt squeezed.
- Drop your nose in front of your fingertips to lower your chest as low as possible with control.
- Push through the heels of your hands and squeeze your elbows together as you move back to straight arms.



Massive Moves

If you're keen to push yourself then this is the list for you. Get outside and go for a run, make the most of the beautiful Sunshine Coast with an ocean swim, head to the park and bust out some burpees.

7.5km Run

- Find your route, slap on your running shoes and hit the pavement/gravel/beach! To go even further, try a different route every day!

750m Swim

- Beach or pool, or both! Change up those strokes to keep the body balanced.

75 Burpees

- Place your hands on the ground, then lower your entire body to the ground to make ground contact with your chest and legs.
- With stomach tight, push the ground away, jump/step the feet up to the outside of your hands then jump off the ground. That's one rep.



Share It!

We'd love to see how you made your moves during the challenge.
Grab a pic or a quick video and share it with us.
You never know who you might motivate to take action.

Bring your stories to life on social media by taking photos and videos documenting your journey during the 21 day challenge.

Use **#AUSactiveMillionMoves** on Instagram and don't forget to tag us in your posts and stories
@aus_active so we can re-post and inspire the nation.

Lacking inspiration for what to post? You can access our custom Canva graphics on our website including social tiles, posters and more.



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Questions?

www.millionmoves.org.au

millionmoves@ausactive.org.au

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