



"'Huff-and-puff' physical activity improves the brain's processing speed, executive function (planning, focusing, multitasking) and working memory (ability to store information for short periods of time)." Maddison Mellow, PhD, University of South Australia researcher

**Made for you,
Moments of Pause**

The Moving Afternoon

Your step-by-step guide to one hour of movement, fresh air and endorphins, based on brain-body connection: that physical movement measurably sharpens your mind, lifts your mood and restores your capacity to focus.



Minutes of brisk walking is enough to improve processing speed, working memory and executive function. (*Collins et al., Age and Ageing, 2025*).



Months is all it takes for measurable improvements in brain function and memory to appear (*University of South Australia, 2025*).

BEFORE YOU BEGIN

- 1 **Block the hour** in your calendar.
- 2 **Choose between an outdoor walk or online class**, outlined in the guide alongside, and set up what you need.
- 3 Build a 10-song **playlist**.
- 4 **Have a journal and pen** ready.
- 5 **Set your phone to Do Not Disturb**.

EXTENDING THE MOMENT

A single Moving Afternoon will lift your mood for the rest of the day. A weekly Moving Afternoon can impact your wellbeing and productivity over the long term. Pick a day and block the same hour every week.

00:00

5 minutes

- **Arm circles** 10 forward, 10 back.
- **Hip circles** 5 each direction, hands on hips.
- **Cat-cow** On hands and knees, breathe in as belly drops towards floor, breathe out as spine rounds towards ceiling, 5 rounds.
- **Forward fold** Soft knees, hang for 3 breaths.
- **Calf raises** 10 times, slowly rise onto balls of feet and back down again.

05:00

30 minute

Choose one of the activities below.

Outdoor Walk With earphones in and playlist on, walk briskly enough that you could speak in short sentences but not sing. Observe five things that you have never properly looked at before, like the colour of a particular tree's bark. Then three things you can hear, and one thing you can smell.

Online class Head to FitOn (fitonapp.com): it's free and has hundreds of classes across yoga, pilates, dance, HIIT, barre and strength. Pick a 30-minute class you've never tried before.

Warm up

35:00

5 minutes

- **Forward fold** Soft knees, hang for 5 breaths.
- **Quad stretch** Bend one knee behind you, hold ankle and pull towards your body, 30 seconds each side.
- **Calf stretch** against a wall 30 seconds each leg.
- **Chest opener** Clasp hands behind your back, lift and breathe.
- **Seated spinal twist** Sit tall, bend one knee and cross it over the other leg. Twist gently towards the bent knee, 30 seconds each side.

Cool down and stretch

Move

40:00

Capture the experience

10 minutes

Movement creates the conditions for ideas to arrive. Most people miss them because they move straight back to their routine without stopping to notice. Pick up your pen and journal, scan back through the last 30 minutes and write down:

- Where did your mind wander? Was there a particular thought that kept returning?
- If you were walking, what were the sights, sounds and smells you observed?
- How do you feel now versus before?

50:00

Nourish

10 minutes

Enjoy herbal tea with fruit or nuts. Something small and intentional that completes the ritual of taking care of yourself before you return to taking care of everything else.