

Busy Mom's Checklist

As a mom I know how hard it is to prioritize yourself amidst a busy life. This Checklist, inspired by my “health in motion” training system, offers five simple, science-backed habits to bring balance and calm into your day.



5-MINUTE MORNING STRETCH

START WITH A GENTLE CAT-COW FLOW TO WAKE UP YOUR SPINE AND REDUCE STRESS
-DO IT WHILE YOUR COFFEE BREWS!



HYDRATION BREAK

DRINK 8 OZ OF WATER MID-MORNING TO BOOST ENERGY, A TIP BACKED BY PUBLIC HEALTH RESEARCH.



DEEP BREATHING PAUSE

TAKE 1 MINUTE TO INHALE FOR 4 SECONDS AND EXHALE FOR 6, CALMING YOUR MIND DURING A HECTIC HOUR.



QUICK SIDE STRETCH

SPEND 30 SECONDS STRETCHING EACH SIDE TO EASE SHOULDER TENSION
-PERFECT DURING A DIAPER CHANGE BREAK.



EVENING REFLECTION

END WITH 1 MINUTE OF QUIET BREATHING, HAND ON HEART, TO RESET AND FEEL CENTERED.

Use this as your daily guide to thrive, no matter how packed your schedule gets!

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