

FREE STARTER GUIDE

7-DAY NEUROVEMENT STARTER

Build a movement habit. Add a brain challenge.
Practice with purpose.

THE GM METHOD

MOVE

learn the pattern

THINK

add a simple challenge

COMBINE

connect brain + body

BEFORE DAY 1

Start safe. Start where you are.

This guide is designed as a short, low-equipment introduction to purposeful movement. It is not a test, race, or medical treatment.

YOUR SETUP

- Use a sturdy chair without wheels and a clear, well-lit space.
- Keep a counter, wall, or chair within reach for every standing move.
- Wear secure footwear. Keep water nearby. Move at a controlled pace.
- If you feel unsteady, have another adult nearby or stay seated.

PAUSE AND GET HELP

Stop immediately for chest pain, faintness, severe shortness of breath, new weakness or numbness, sudden confusion, or sharp/worsening pain. Seek urgent help when symptoms are severe or sudden.

If you have a recent fall, surgery, new medical condition, uncontrolled symptoms, or questions about whether these movements fit you, check with your healthcare professional before starting.

THE ONE SAFETY RULE

Movement first. Thinking second.

Make the movement feel steady before adding the brain task. If the combination changes your balance, form, or breathing, return to movement only. That is smart training - not a setback.

8-12 MINUTES A DAY

One move. One thought. One connection.

Each day follows the same three-step pattern. Keep it simple enough to repeat and challenging enough to notice.

1

MOVE

Learn the movement by itself. Use support. Keep your breathing natural and your pace controlled.

2

THINK

Practice the thinking task while seated or still. Speak clearly; accuracy matters more than speed.

3

COMBINE

Put them together only when both parts feel manageable. Separate them again whenever form slips.

EFFORT CHECK

Aim for a 4-6 out of 10.

You should feel challenged but controlled. You should be able to speak a full sentence. Finish feeling like you could have done a little more.

DAY 1

Stand Strong

Practice the strength and control used to rise from a chair.

SET UP

Place a sturdy chair against a wall. Sit toward the front, feet about hip-width, toes forward. Keep a counter or helper nearby if needed.

MOVE

Stand up with control, pause tall, then sit down slowly. Use your hands on the chair or thighs as needed. Complete 5-8 repetitions.

THINK

While seated, name five things you might find in a grocery store. Choose a new category for a second round.

COMBINE

On each controlled stand, name one item from your category. Stop naming if your balance or form changes.

MAKE IT EASIER

Use your hands and a higher chair, or complete partial stands.

READY FOR MORE?

Lower for a slow count of three. Keep the same number of repetitions.

TODAY'S CHECK☐ Completed☐ Felt steady☐ Brain challenged

Quality beats speed.

DAY 2

March and Think

Practice supported stepping rhythm while your brain follows a simple sequence.

SET UP

Stand tall behind a sturdy chair or at a counter. Hold with both hands. Keep your feet comfortable and the floor clear.

MOVE

March in place for 20-30 seconds. Lift only as high as you can without leaning. Rest, then repeat once.

THINK

While seated, count backward from 20 by ones. If that is easy, try counting backward by twos.

COMBINE

March and count backward by ones. Keep both hands on support. Return to marching only if your steps become uneven.

MAKE IT EASIER

March while seated, lifting one knee at a time.

READY FOR MORE?

Use one hand on support only if you remain completely steady.

TODAY'S CHECK

Completed



Felt steady



Brain challenged

Smooth steps before hard math.

DAY 3

Reach Across

Practice crossing the center of your body with controlled coordination.

SET UP

Sit tall in a sturdy chair with both feet flat. Place your hands on opposite thighs. Keep your shoulders relaxed.

MOVE

Lift your right hand and tap your left knee, then your left hand to your right knee. Alternate for 30 seconds.

THINK

Say the days of the week in order. Then try them backward while sitting still.

COMBINE

Alternate cross-body taps while saying the days backward. Slow the taps whenever you need more thinking time.

MAKE IT EASIER

Tap the opposite thigh instead of the knee, or practice one side at a time.

READY FOR MORE?

Keep the pattern going for 45 seconds without rushing.

TODAY'S CHECK☐ Completed☐ Felt steady☐ Brain challenged

Slow and correct wins.

DAY 4

Shift and Recall

Practice moving your weight side to side with support and control.

SET UP

Stand at a counter with both hands supported. Feet slightly wider than hips, knees soft, eyes forward.

MOVE

Shift your weight gently to the right, return to center, then shift left. Keep both feet on the floor. Complete 8 shifts per side.

THINK

While seated, name as many fruits as you can in 20 seconds. Repeat with vegetables.

COMBINE

Shift side to side and name one item each time you return to center. Pause the words before you sacrifice control.

MAKE IT EASIER

Make the shift smaller or complete it seated by leaning gently side to side.

READY FOR MORE?

At center, briefly lighten the foot opposite your weight shift without lifting it fully.

TODAY'S CHECK

☐ Completed ☐ Felt steady ☐ Brain challenged Center is part of the move.

DAY 5

Push and Sequence

Practice upper-body pushing strength and controlled breathing.

SET UP

Face a wall. Place palms on the wall at chest height, a little wider than shoulders. Step back only as far as feels secure.

MOVE

Bend your elbows and bring your chest toward the wall, then press away. Keep your body long. Complete 6-10 repetitions. Exhale as you press.

THINK

While standing still or seated, say the months of the year in order, then try them backward.

COMBINE

Complete one wall push-up, pause, and say the next month backward. Never hold your breath while thinking.

MAKE IT EASIER

Stand closer to the wall and reduce the bend in your elbows.

READY FOR MORE?

Stand slightly farther back while keeping your body aligned and feet secure.

TODAY'S CHECK☐

Completed

☐

Felt steady

☐

Brain challenged

Breathe first. Sequence second.

DAY 6

Rise and Remember

Practice ankle strength used for steadiness, walking, and pushing off the floor.

SET UP

Stand behind a sturdy chair or at a counter with both hands supported. Feet hip-width and knees soft.

MOVE

Rise onto the balls of your feet, pause, then lower slowly. Keep your body tall. Complete 8-12 heel raises.

THINK

Choose four everyday items and say them aloud. Wait 20 seconds, then recall them in any order.

COMBINE

Say one item after every third heel raise. If you forget, finish the movement safely and try the memory task afterward.

MAKE IT EASIER

Complete heel raises seated, pressing through the balls of your feet.

READY FOR MORE?

Use a slow three-count on the way down while keeping both hands supported.

TODAY'S CHECK

☐ Completed ☐ Felt steady ☐ Brain challenged A missed word is feedback.

DAY 7

Your Neurovement Circuit

Bring the week together with a short, repeatable brain-body circuit.

SET UP

Set up your sturdy chair at a counter or wall. Review the six movements first. Choose only the versions that felt steady this week.

MOVE

Complete 30 seconds each: seated cross-body taps, supported marching, sit-to-stand, and supported heel raises. Rest 20-40 seconds between moves.

THINK

Choose one task: name foods, count backward by ones, or say days backward. Practice it seated before the circuit.

COMBINE

Add your chosen thinking task to only one movement. Keep the other three movement-only. Complete one or two rounds.

MAKE IT EASIER

Use seated versions, fewer repetitions, and longer rest.

READY FOR MORE?

Add a second round - not a harder balance challenge.

TODAY'S CHECK

☐ Completed ☐ Felt steady ☐ Brain challenged ☐ Finish steady, not spent.

YOUR WEEK

Notice what changed.

DAY	COMPLETED	BODY	BRAIN
1	☐	steady / learning / tired one note: _____	clear / challenged / foggy one note: _____
2	☐	steady / learning / tired one note: _____	clear / challenged / foggy one note: _____
3	☐	steady / learning / tired one note: _____	clear / challenged / foggy one note: _____
4	☐	steady / learning / tired one note: _____	clear / challenged / foggy one note: _____
5	☐	steady / learning / tired one note: _____	clear / challenged / foggy one note: _____
6	☐	steady / learning / tired one note: _____	clear / challenged / foggy one note: _____
7	☐	steady / learning / tired one note: _____	clear / challenged / foggy one note: _____

MY NEXT STEP

☐ Repeat this week

☐ Keep one favorite move

☐ Ask for support

YOU FINISHED

Seven days is a start. Keep the connection going.

Repeat the week, keep the movements that fit, and build gradually. The goal is not perfect performance. The goal is purposeful practice you can return to.

SHARE YOUR RESULT

What felt stronger - your movement or your thinking?

Reply to the person who sent you this guide or tag @GENEiUsMoves. Your feedback helps shape what comes next.

IMPORTANT

This educational guide provides general movement information. It does not diagnose, treat, prescribe, or replace medical care, physical therapy, occupational therapy, or individualized professional advice.

SOURCES

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cdc.gov/physical-activity-basics/adding-older-adults/what-counts.html

U.S. HHS, Stay Active as You Get Older: Quick Tips (reviewed Dec. 2023):
odphp.health.gov/myhealthfinder/health-conditions/obesity/stay-active-you-get-older-quick-tips