



PEOPLE IN MOTION

# Get Moving

*A short guide to starting again  
when stopping felt permanent.*

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## BEFORE WE START

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This isn't a fitness plan. There's no six-week programme in here, no meal plan, no countdown to a "new you."

It's simpler than that, and older than any of us. Nothing changes from thinking about it. Something changes the moment you move.

Not move as in exercise. Move as in do the one thing, today, that takes you a small step towards a better life than the one you've got.

Sometimes that's a walk. Sometimes it's a phone call you've been putting off, or an email you've been avoiding, or getting off the sofa for ten minutes instead of forty. Movement is any action, however small, that pushes you forward instead of leaving you exactly where you were yesterday.

This guide is about how to actually do that, on the days it doesn't feel possible.



## CHAPTER ONE

# It was never about laziness

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Most people who've stopped moving carry a quiet story about why. *I'm lazy. I lack discipline. Other people just have more willpower than me.*

That story is wrong, and it's doing real damage.

Here's what actually happens. The gap between where you are and where you think you should be gets too wide to look at, so you stop looking. The trainers stay by the door. The gym membership turns into a monthly reminder of failure instead of a door you walk through. The thing you keep meaning to sort out just sits there, untouched, for another week.

Call it what it is. Not a character flaw. Staying still, while telling yourself you're just waiting for the right moment, the right mood, the right week.

There's a second story worth naming too. *I'll start when things calm down. When work eases up. When it's not winter.* That day doesn't arrive with a calendar invite. It arrives disguised as an ordinary Tuesday, indistinguishable from every other Tuesday you waited through. The waiting isn't preparation. It's just a quieter way of staying stuck.



You don't control whether you're "sorted" by next month. You control one thing today. Whether you do something, however small, that moves you forward.

That's the whole guide, really. Everything else is detail.



## CHAPTER TWO

# Control what's yours

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Some things are up to you. Some things aren't. That's not new advice, it's just easy to forget on a bad day.

Your fitness level next month isn't up to you. Neither is how your week goes, how tired your body is, what gets thrown at you before Friday. Genetics, energy, other people, timing, all of that is partly out of your hands.

Whether you do something today is entirely up to you.

Most people aim at the wrong target. They aim at the outcome, the body, the finished project, the sorted life, and feel like a failure every single day they don't hit it. Aim at an outcome and you're gambling with something you don't fully control.

Aim at the action instead. Did you move forward today, yes or no. That's a target you can hit every time, because it was always yours to hit.

This single change, outcome to action, is the difference between people who build something lasting and people who quit in a fortnight. Not more willpower. A better target.



## CHAPTER THREE

# Why the body, specifically

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You could apply this to almost anything. Reading more. Eating better. Calling someone back you've been avoiding. So why does this guide keep coming back to the body.

Because the body doesn't let you lie to yourself. You can tell yourself you're becoming more patient, more organised, more on top of things, and never really know if it's true. There's no proof either way. But you cannot tell yourself you went for a walk when you didn't. The body keeps an honest record. Ten minutes of movement either happened or it didn't, and you know which, every single day.

That's why it works as a starting point. It's the cheapest, fastest way to prove to yourself that you do what you say you'll do. And once you've proven that in one small corner of your life, it gets harder to believe the old story that you're someone who doesn't follow through. The evidence is right there, in your legs, in your lungs, in the fact that you did the thing. From there, the same proof starts showing up everywhere else too.



## CHAPTER FOUR

# Start smaller than your pride wants

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Here's where most comebacks die. Someone decides to get moving again, and their first move is a five-day plan, an early alarm, a total overhaul, all beginning Monday.

By Wednesday, it's over. Not because they're weak. Because they set a target only their best version could hit, and asked their worst, most tired, most out-of-practice version to hit it cold.

People who handle hard days well didn't get lucky. They practised small, deliberate versions of hard, on their own terms, long before a genuinely hard day showed up uninvited. That's what a small start actually is. Not weakness. Preparation.

So make the first version embarrassingly small. Ten minutes. One walk round the block. Five minutes on the kitchen floor. Small enough that skipping it would take more effort than doing it.

This isn't about staying small forever. It's about giving the habit a base it can actually build on. A house needs a foundation before it needs a



second floor. Most people try to build the second floor first, and wonder why it keeps collapsing.





## CHAPTER FIVE

# The excuse is the material, not the block

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"I don't have time." "I'm too tired." "The weather's bad." "I'll start Monday."

Every one of these feels true in the moment. Most of them are.

Try flipping it round. Whatever's standing in your way isn't separate from the path forward. Most of the time, it is the path forward. Working round it, or through it, is the actual work. There isn't a version of this where the obstacle politely steps aside first.

Tired isn't a reason to skip the walk. Tired is the actual condition you're training under. Anyone can move when they feel great. The version of you that moves anyway, on the day the excuse is completely legitimate, is the version being built.

This doesn't mean ignoring your body or pushing through real injury or illness. It means noticing the difference between *I can't* and *I don't want to*, and being honest with yourself about which one is actually talking.



## CHAPTER SIX

# Build a floor, not a ceiling

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Big change gets sold as intensity. Cold showers, 5am alarms, punishing sessions that leave you wrecked. That version works for a highlight reel. It rarely works for a life.

What actually lasts is a floor. A minimum you hit every day, low enough that missing it feels stranger than doing it.

Ten minutes of movement, every day, is a floor. A brutal hour-long session three times a week, abandoned by week four, is a ceiling with nothing underneath it.

Once the floor is solid, and it will feel almost too easy for a while, that's exactly right, you can raise it. Ten minutes becomes fifteen. A walk becomes a walk with a hill in it. But the floor comes first. Always the floor first.



## CHAPTER SEVEN

# When the story comes back

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It will come back. You'll miss a day, then two, and the old voice will be waiting exactly where you left it. *See. You always do this. You're not that kind of person.*

That voice is not evidence. It's a habit of thought, and habits of thought can be as lazy as habits of body. It reaches for the nearest explanation, which is always the oldest one, because the oldest one takes no new effort to believe.

Most people miss this about setbacks. A missed day doesn't erase the days before it. It doesn't reset a counter to zero. It's just a missed day, sitting on its own, with no power to reach backward and undo anything. The only thing that gives it that power is the story you tell about it next.

So when it happens, the move isn't to punish yourself back into motion. It's smaller than that. Just the next ten minutes. Not a comeback. Not a fresh start on Monday with a clean slate and renewed motivation. Just today's version, done, the same as any other day. There is no comeback. There's only ever today.



## CHAPTER EIGHT

# Pick one thing and do it

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None of the last seven chapters move a single muscle by themselves. This is the part that does.

Pick one action. Walking, stretching, a bodyweight routine, dancing round your kitchen, the phone call you've been putting off. Doesn't matter which. Pick the one you're most likely to actually do, not the one that sounds most impressive.

Set the smallest version of it. Ten minutes is enough to start.

Attach it to something already fixed in your day. After you brush your teeth. Before your first coffee. It needs an anchor, or it drifts.

Do it today. Not Monday. Today, even for two minutes, breaks the story that you're someone who doesn't follow through. Everything after that is easier, because now it's just continuing something, not starting it.

Miss a day and it happens. Don't turn one missed day into the reason to stop. A missed day is data. An abandoned habit is a decision. Keep the difference clear.



## CHAPTER NINE

# Who this is actually for

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This isn't written for people who already have it worked out. It's for the person who's read advice like this before, felt talked down to, and closed the tab.

You're not being asked to become someone else. You're being asked to move today, on purpose, because that's the one part of any of this that was always within reach.

Not motivation. Not a transformation. Just today's ten minutes, done. Then tomorrow's.



## ONE MORE THING

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None of this only applies to your body. The same rule holds for the job application you've been sitting on, the flat that needs sorting, the relationship you've stopped putting effort into. Stagnation doesn't pick a lane. It spreads into whichever part of your life you stop tending to first.

That's why starting with the body works so well. It's the easiest place to prove the rule to yourself, because the proof shows up fast and it's impossible to argue with. Once you've done that, once you know you can do the small thing on purpose even on a bad day, the same move works everywhere else. The phone call gets made. The application gets sent. The thing you've been avoiding stops being avoided.

You don't need a plan for all of it right now. You need today's ten minutes. That's the whole thing, over and over, for as long as it takes.

Move today. Then do it again tomorrow.



**Everything that grows, moves.  
Make your move.**

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