



Body & *Movement*

Move in ways that feel good, not punishing--at every stage of your life.

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SECTION 01

Why movement matters more after 55

For too long, "fitness" has been sold to us as something we have to earn — punishing workouts, strict regimens, bodies that don't look like ours in the ads. But here's the truth: your body was made to move, and movement was made to feel good.

After 55, movement becomes one of the most powerful medicines available to you — and it doesn't require a gym membership, a trainer, or a brand new wardrobe. It requires only that you start where you are.

"You don't have to get fit. You just have to get moving."

What changes in our bodies after 55

Bone density

Women can lose up to 20% of bone density in the 5–7 years after menopause. Weight-bearing movement is the single most effective way to slow this process.

Muscle mass

We naturally lose 3–5% of muscle mass per decade after 30. Resistance and strength exercises — even gentle ones — rebuild and preserve what we have.

Metabolism

A slower metabolism affects energy and weight. Regular movement, especially strength training, keeps your metabolism active and responsive.

Mood & cognition

Movement increases serotonin, dopamine, and BDNF — a brain protein that literally grows new neural connections. Moving your body protects your mind.

Sleep quality

Women who exercise regularly fall asleep faster, sleep more deeply, and report significantly better sleep quality — especially important during and after menopause.

Research confirms what our grandmothers knew: women who stay active in their 50s, 60s, and beyond live longer, think more clearly, sleep more soundly, and feel more like themselves.



SECTION 02

Movement ideas you might not have considered



The best movement is the one you'll actually do. Here are joyful, accessible, culturally grounded ways to get your body moving — no gym, no special gear, no excuses needed. Every single one of these counts.

■ Dance like no one's watching

Close the blinds, turn on Aretha, Beyoncé, or Luther — and just move. Dancing works your balance, coordination, cardiovascular system, and your spirit all at once. Start with 2 songs.

Benefits: Improves balance • Boosts mood • Strengthens cardiovascular system • Culturally joyful

■ Walk up and down a flight of stairs

If you have stairs in your home or building, you have a gym. Stair climbing strengthens your legs and glutes, elevates your heart rate, and improves bone density — all in minutes.

Benefits: Builds leg strength • Improves bone density • Burns calories • Zero cost

■ Stretch while the coffee brews

Five minutes of gentle stretching while your coffee brews can reduce joint pain, improve flexibility, and set a calm tone for your day. Neck rolls, shoulder circles, a gentle forward fold.

Benefits: Reduces stiffness • Improves posture • Lowers injury risk • Calms the nervous system

■ Walk with intention

A 20-minute walk outside is one of the most studied interventions for longevity. Try a “talking walk” — invite a friend and walk instead of sitting to catch up.

Benefits: Reduces blood pressure • Improves insulin sensitivity • Supports mental health

■ Move in water

Water reduces joint impact by up to 90%. Swimming, water aerobics, or even walking in the shallow end of a pool is one of the most effective forms of movement for women over 55.

Benefits: Zero joint impact • Full-body strength • Reduces arthritis pain • Social

■ Garden, stretch, play

Gardening, playing with grandchildren, gentle yard work — these count. Life movement is real movement. If you're moving, you're winning.

Benefits: Accessible • Builds functional strength • Connects movement to meaning



SECTION 03

Your readiness — and your strategy

There's no wrong place to be. Take the readiness quiz at thrivewellhealthsolutions.com, then find your level below and follow your personalized strategy.

Starting Fresh

You may have pain, limitations, or a complicated history with exercise — and all of that is valid. The goal right now isn't fitness. It's gentleness.

- 1 Begin with 5 minutes of stretching each morning — no pressure
- 2 Try dancing to one song you love, in the privacy of your own space
- 3 Speak with your doctor about what movement is safe for you right now
- 4 Join the ThriveWell Circle for encouragement and accountability
- 5 Celebrate every single day you move — it all counts

Building the Habit

You move sometimes, but consistency is the missing piece. The gap is making movement feel automatic and enjoyable rather than something you force yourself to do.

- 1 Anchor movement to something you already do (coffee = stretching)
- 2 Pick 2 days per week, commit to just 15 minutes on those days
- 3 Walk with a friend or discover a playlist that truly moves you
- 4 Celebrate showing up over intensity — consistency is everything
- 5 Track your mood before and after movement — the data will motivate you

Consistent & Growing

You're already doing the work. Now it's time to expand your movement vocabulary and deepen the practice with variety and intention.

- 1 Add one new type of movement per month (water aerobics, yoga, tai chi)
- 2 Add strength training 2x per week — the most protective form after 55
- 3 Set a movement goal tied to something meaningful (a trip, a milestone)
- 4 Connect your physical vitality to your bigger vision for your life
- 5 Share your journey — your consistency inspires someone just starting

Thriving

Movement is already part of who you are. The invitation now is to go deeper and connect your vitality to your purpose and legacy.

- 1 Explore yoga, tai chi, or somatic movement for deeper body awareness
- 2 Consider movement as spiritual practice — walking meditations, breathwork
- 3 Mentor someone who is just beginning their movement journey
- 4 Explore how your physical vitality feeds your legacy and purpose
- 5 Lead within the ThriveWell Circle — your example is a gift

SECTION 04

More life in your years — the research

These statistics come from peer-reviewed research on women and physical activity. Movement isn't just about living longer — it's about living fully, freely, and on your own terms.

42%

reduced risk of heart attack or coronary death in older women who move regularly

Women's Health Initiative OPACH Study, JAMA 2019

66%

reduced rate of falls in women who exercised vs. those who did not

Archives of Internal Medicine, 2010

63%

lower incidence of cognitive impairment in highly active vs. inactive adults 55+

Etgen et al., Archives of Internal Medicine

11%

lower lifetime CVD risk for women meeting WHO activity guidelines

PMC / WHO Physical Activity Guidelines

Full citations: thrivewellhealthsolutions.com/research

◆
"Every walk, every dance, every stretch is an investment in your mind, your body, and your future."
 ◆

Beyond the numbers

Independence

Women who move regularly maintain the strength and balance to live independently longer — getting up from the floor, carrying groceries, climbing stairs without fear.

Confidence

Movement rebuilds your relationship with your body. When you can do more, you trust yourself more. That confidence spills into every area of life.

Mental sharpness

Physical activity is the most evidence-backed way to protect cognitive function. Every walk, every dance, every stretch is an investment in your mind.

Joy

Women who move report more joy, more energy, and a stronger sense of identity. Movement gives you back your body — on your own terms, in your own way.

SECTION 05

Your 2-week movement starter plan

Start where you are. Do what you can. Show up consistently. That's the whole plan.

Week 1 — Begin gently

Day	Activity	Time	Notes
Mon	Morning stretch	5 min	While coffee brews. Neck rolls, shoulder circles, forward fold.
Tue	Dance break	2 songs	Pick songs that move your soul. Close the door if you need to.
Wed	Rest + gentle walk	10 min	Park farther. Take the longer route. No pressure.
Thu	Stair climbs	3 trips	Hold the rail. Go slow. Rest between if needed.
Fri	Morning stretch	5 min	Same as Monday — consistency over variety right now.
Sat	Walk outside	15 min	Invite a friend or put on your favorite podcast.
Sun	Full rest	—	Movement needs recovery to work. Rest is part of the plan.

Week 2 — Build with confidence

Day	Activity	Time	Notes
Mon	Stretch + stairs	8 min	Build on Week 1. Add one stair trip after your stretch.
Tue	Dance break	3 songs	One more song. You're already building stamina.
Wed	Walk	20 min	Longer. Notice how your body feels different from Day 1.
Thu	Stretch + stairs	12 min	You've done this before. Trust your body.
Fri	Try something new	15 min	Water aerobics, YouTube yoga, or a new route.
Sat	Walk + talk	20 min	Bring a friend. Movement is more sustainable with community.
Sun	Reflect	—	Write one thing that surprised you about how movement felt.

SECTION 06

Join the Circle — your community commitment

Knowledge without community fades. But when you say it out loud — when you share your intention with women walking the same road — something shifts. You become accountable not just to yourself, but to a sisterhood rooting for you.

"Alone we move. Together we soar."



Step 1 — Make your commitment

Write down one movement you are committing to this week. Be specific: not "I'll move more" — but "I will dance to two songs every morning before breakfast."



Step 2 — Share it in the Circle

Post your commitment in the ThriveWell Circle. Tag it #BodyAndMovement so your sisters can cheer you on. Visit: thrivewellhealthsolutions.com/community



Step 3 — Check in every week

Every week, return to the Circle and share your progress — even if it's messy, even if you missed a day. Progress is not perfection. Your honesty inspires someone else to keep going.



Step 4 — Celebrate each other

When a sister shares her win — even a small one — show up with a word of encouragement. The Circle is only as strong as the love we pour into it.

My movement commitment this week:

I commit to:

I will do this on:

My why:



SECTION 07

Weekly movement tracker

Log your movement each week. Share your weekly summary in the ThriveWell Circle every Sunday.

Week 1

Day	Movement I did	Duration	How I felt	In Circle
Monday				☐
Tuesday				☐
Wednesday				☐
Thursday				☐
Friday				☐
Saturday				☐
Sunday				☐

Total days moved: Most joyful movement: Shared in Circle? ☐ Yes ☐ No

Week 2

Day	Movement I did	Duration	How I felt	In Circle
Monday				☐
Tuesday				☐
Wednesday				☐
Thursday				☐
Friday				☐
Saturday				☐
Sunday				☐

Total days moved: Most joyful movement: Shared in Circle? ☐ Yes ☐ No

Week 3

Day	Movement I did	Duration	How I felt	In Circle
Monday				■
Tuesday				■
Wednesday				■
Thursday				■
Friday				■
Saturday				■
Sunday				■

Total days moved: Most joyful movement: Shared in Circle? ■ Yes ■ No

Week 4

Day	Movement I did	Duration	How I felt	In Circle
Monday				■
Tuesday				■
Wednesday				■
Thursday				■
Friday				■
Saturday				■
Sunday				■

Total days moved: Most joyful movement: Shared in Circle? ■ Yes ■ No

SECTION 08

Reflection & next steps

Use this page to reflect on your movement journey. There are no right answers — only honest ones. Come back every few weeks.

1 What type of movement felt most natural and enjoyable?

2 What got in the way, and what would I do differently next time?

3 How did movement affect my mood, energy, or sleep?

4 What movement goal do I want to set for the next two weeks?

5 Who could I invite to move with me?



Continue your journey with ThriveWell

Take the readiness quiz

thrivewellhealthsolutions.com — get your personalized movement strategy.

Join the Circle community

Share your commitment, check in weekly, and grow with your sisters.

Explore the other 4 pillars

Mind & Spirit. Nourish. Connect. Legacy & Purpose.

Download all 5 pillar guides

Each pillar has its own guide, quiz, tracker, and strategies.

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