

Everyday Movement Patterns™

The movements you practice during strength training can make familiar tasks feel steadier, easier and more controlled.

 You already use these patterns throughout your day. Strength training gives you a chance to practice them with intention.

1

Sit or Squat

Practice:
Chair sit-to-stand
or supported squat



Everyday life:
Getting up from
a chair or lowering
to a seat



 Cue: Press through your feet and stand tall.

2

Hinge

Practice:
Wall hip hinge or
dumbbell deadlift



Everyday life:
Picking up a basket
or reaching into
a low cabinet



 Cue: Send your hips back and keep the object close.

3

Push

Practice:
Wall push-up or
dumbbell press



Everyday life:
Pushing open a
heavy door or
moving an object
away



 Cue: Keep the movement smooth and controlled.

4

Pull

Practice:
Resistance-band or
supported dumbbell row



Everyday life:
Pulling a door,
drawer or object
toward you



 Cue: Draw your elbows back without shrugging.

5

Step

Practice:
Supported step-up or
split stance



Everyday life:
Climbing stairs,
stepping onto a curb
or getting into a car



 Cue: Use support while building confidence.

6

Carry

Practice:
Suitcase carry or
farmer carry



Everyday life:
Carrying groceries,
luggage or a
laundry basket



 Cue: Stand tall and keep the load manageable.

Practice the Pattern, Not Perfection

1



Learn it
without added
weight.

2



Use support
when needed.

3



Add resistance
gradually.

4



Notice whether
daily tasks feel
easier.

A More Comfortable Daily Task May Begin With



Stable
footing



A clear
path



The load close
to your body



Enough time
to move without
rushing



The daily task I would like to make easier: _____

The movement pattern that may help: _____

How I can practice it: _____



Gentle Reminder

Daily strength is not about performing every task perfectly. It is about having more options and confidence.



Martine's Midlife Wellness Tip

Choose one everyday task that feels harder than it used to. Practice the matching movement pattern twice this week.



When to Ask for Guidance

Seek professional guidance if a daily task causes persistent pain, numbness, new weakness, loss of balance or difficulty using an arm or leg.

