

MAKING MOVEMENT HAPPEN

ADHD Friendly Exercise Strategies



Reconnect with your Why-Often

Reflect on how movement benefits your focus, emotion regulation and ability to show up *in other* areas of life. Write down your insights about your intent.

"Movement is how I get my mind back."



Shrink the Task

All or nothing thinking isn't helpful. Create short periods of movement-now. Focus on something over nothing.

"I don't need to finish a workout-I just need to start moving."



Make a Movement Menu

We all need routines for getting back into routine. Create a list of 3-5 quick, energizing movements as an "emergency" fallback.



Tie it to Something You Already Do

Anchor movement to another habit to reduce planning and make it easier to remember. *i.e. After I make coffee...*



Schedule It Like it Matters - Because it Does

Honor the time as non-negotiable brain maintenance. Block your calendar, name your workout, and protect it.

"I show up better for others when I've moved my body."



Create Gentle Accountability

Provide just enough structure-Plan movement at the start of the week. Track your wins and share progress with a friend, coach, or app.