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VFJ Alternative Challenges

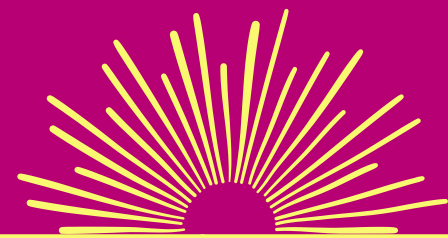


Summer Slowdown

Take a minute. Find your balance.



VFJ Alternative Challenges



DAY	MOVE	PAUSE	RESET
1	10-20 second shake out	Step outside for fresh air	Drink a glass of water
2	Light march on the spot	Sit in the sun for a moment	Open a window for fresh air
3	Gentle shoulder circles	Sit quietly and slow your breathing	Tidy a small space or surface
4	Slow reach up and stretch	Sit in the shade for a moment	Write down one thing on your mind
5	Neck and upper body stretch	Watch the sky for a moment	Put your phone on silent for 5 minutes
6	Ankle & foot release	Sit quietly and notice your surroundings	Change your environment
7	Gentle hip circles	Close your eyes and listen for a moment	Do one small task you have been putting off
8	Slow shoulder shrugs	Stand by an open window for a moment	Splash your face with cool water
9	Posture reset (stand tall)	Feel the warm ground in bare feet	Wash or soak your feet
10	Gentle calf raises	Notice 3 things you can see around you	Make a short to-do list
11	Shoulder blade squeezes	Step outside and notice the temperature	Change the temp around you
12	Slow torso twists	Sit quietly and feel the breeze	Pick a few summer flowers
13	Heel-to-toe rocks	Watch the light change for a moment	Write one simple priority for today
14	Hand & wrist release exercise	Reflect on your week	Do one small positive action
	Summer	Slowdown	

VFJ Alternative Challenges

How To...

No pressure to do all three.

Each day, choose one option based on how you feel.

Take what works, adapt or skip the rest, or make your own.

You can follow it alone or alongside the main challenge.

No tick sheet needed.



VFJ Alternative Challenges

Benefits

**Flexible and
easy to follow**

**No equipment
or special prep**

**Supports mental
wellbeing**

**Boosts lifestyle
ballance**

**Easy to dip in &
out when needed**

**Designed to fit
around real life**

**Keeps life varied
& engaging**

**Designed to build
helpful habits**

**Can be done with
other challenges**

**Helps improve your
ganeral mood**

**Offers structure
without pressure**

**Makes healthy habits
feel more achievable**

**Helps you feel in
control of your day**

**Helps you feel in
control of your day**



VFJ Alternative Challenges

Summer Slowdown



A calming wellbeing challenge encouraging you to slow down, reset, and enjoy small mindful moments.

VFJ Alternative Challenges

DAY 1

Move: 10–20 second shake out

Pause: Step outside for fresh air

Reset: Drink a glass of water

14 Day Summer Slowdown

VFJ Alternative Challenges



DAY 2

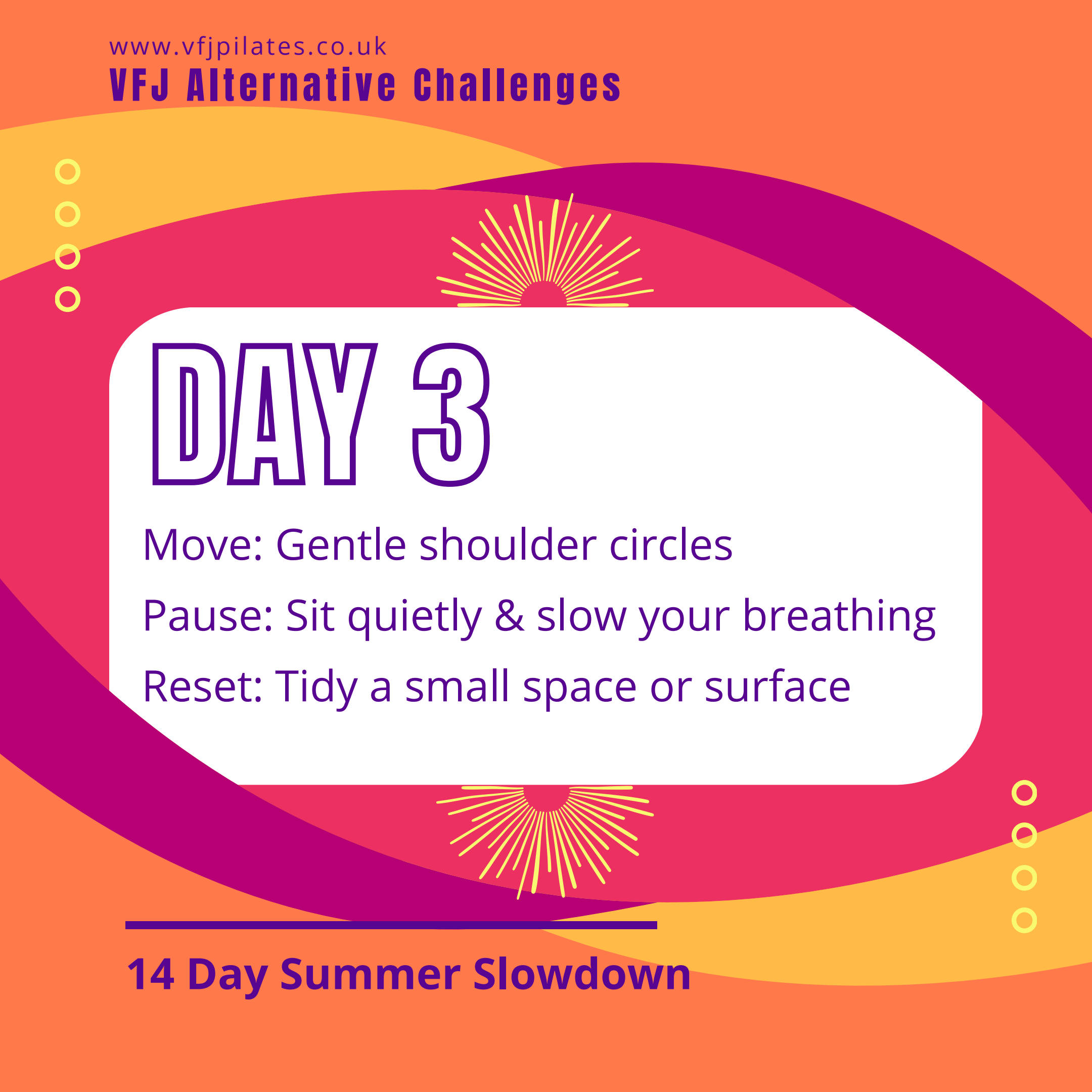
Move: Light march on the spot

Pause: Sit in the sun

Reset: Open a window for fresh air\



14 Day Summer Slowdown



DAY 3

Move: Gentle shoulder circles

Pause: Sit quietly & slow your breathing

Reset: Tidy a small space or surface

14 Day Summer Slowdown

VFJ Alternative Challenges



DAY 4

Move: Slow reach up and stretch

Pause: Sit in the shade

Reset: Write down one thing on your mind

14 Day Summer Slowdown

VFJ Alternative Challenges

DAY 5

Move: Neck and upper body stretch

Pause: Watch the sky

Reset: Put your phone on silent 5 mins

14 Day Summer Slowdown

VFJ Alternative Challenges

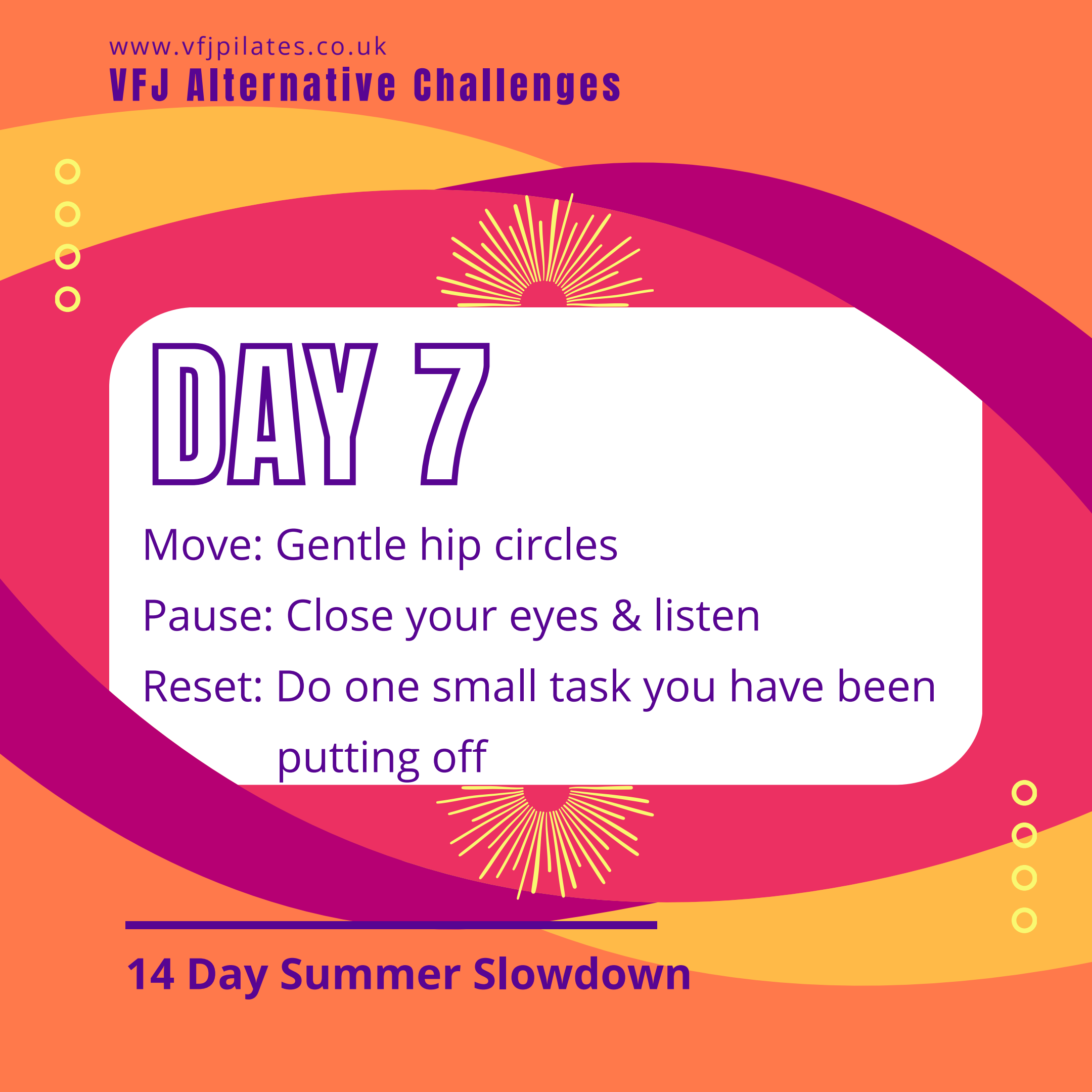
DAY 6

Move: Ankle & foot release

Pause: Sit quietly & notice your feelings

Reset: Change your environment

14 Day Summer Slowdown



DAY 7

Move: Gentle hip circles

Pause: Close your eyes & listen

Reset: Do one small task you have been
putting off

14 Day Summer Slowdown

VFJ Alternative Challenges



DAY 8

Move: Slow shoulder shrugs

Pause: Stand by an open window

Reset: Splash your face with cool water



14 Day Summer Slowdown

VFJ Alternative Challenges

DAY 9

Move: Posture reset (stand tall)

Pause: Feel the ground with bare feet

Reset: Wash or soak your feet

14 Day Summer Slowdown

VFJ Alternative Challenges



DAY 10

Move: Gentle calf raises

Pause: Notice 3 things you can see

Reset: Make a short to-do list



14 Day Summer Slowdown



DAY 11

Move: Shoulder blade squeezes

Pause: Step outside & notice the temp

Reset: Change the temp around you

14 Day Summer Slowdown

VFJ Alternative Challenges



DAY 12

Move: Slow torso twists

Pause: Sit quietly & feel the breeze

Reset: Pick a few summer flowers



14 Day Summer Slowdown

VFJ Alternative Challenges

DAY 13

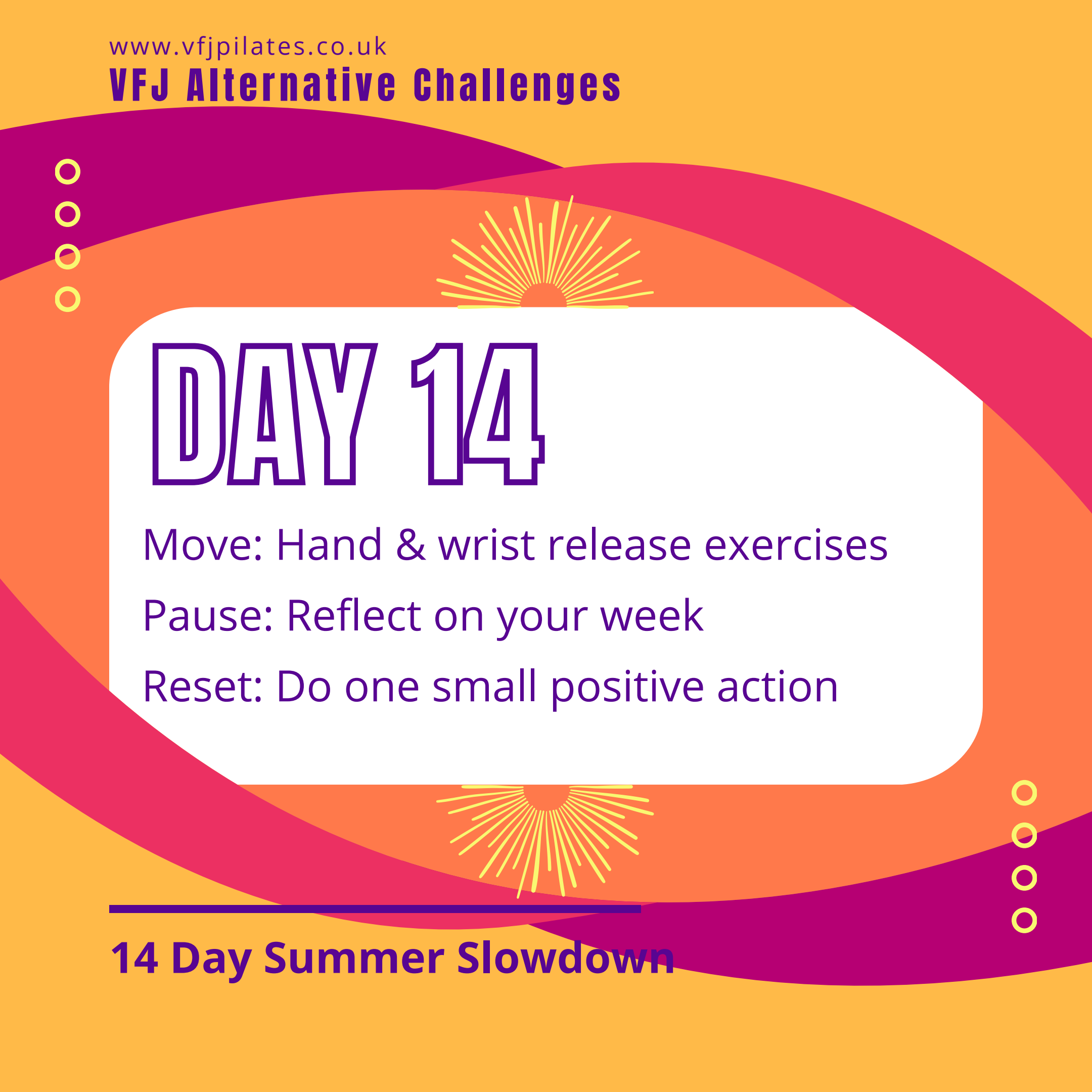
Move: Heel-to-toe rocks

Pause: Watch the light change for a mo

Reset: Write one simple priority for today

14 Day Summer Slowdown

VFJ Alternative Challenges



DAY 14

Move: Hand & wrist release exercises

Pause: Reflect on your week

Reset: Do one small positive action

14 Day Summer Slowdown



WELL DONE

Summer Slowdown Sorted.
Take it at your own pace
and keep it simple.



14 Day Summer Slowdown