

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI


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The Movement Menu

Quick options when you've already read the signal

This is for the moment when you've asked yourself the question Chapter 51 in the book "Your Possible Home" lands on (do I need to calm my system or energize it right now?) and you want a few real options without thinking too hard. Pick something. Do it. That counts.

When you need ignition

The day inertia, fog, or low mood is the problem.

- One song of kitchen dancing
- Twenty squats next to the counter
- Ten jumping jacks, then ten more
- A minute of running in place
- A brisk five-minute walk to the end of the block and back
- Push-ups against the kitchen counter or a wall
- Picking up a child or a heavy bag and walking with it
- Two flights of stairs at full pace

When you need to calm down

The day your system is already running hot.

- A slow walk with no podcast
- Five minutes of stretching on the floor
- Legs up the wall for ten minutes
- Slow breathing while you do gentle mobility (cat-cow, child's pose, shoulder rolls)
- A standing forward fold, hanging heavy
- Light stretching while dinner finishes cooking
- A bath or warm shower, then lying down for a few minutes

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- Walking outside without a destination

When you want to build steady strength

The slow work that adds up over years.

- Squats (bodyweight, or holding a child or grocery bag)
- Lunges across the kitchen or hallway
- Push-ups (floor, counter, or wall, whichever lets you do real reps)
- Carrying weight: groceries, laundry, kids, anything heavy
- Resistance band rows or presses while the kettle heats
- Step-ups on a sturdy chair or low bench
- Dips off the side of the coffee table or a sturdy chair
- Planks held for as long as feels honest

The five-minute principle

If you have five minutes, you have time. The movements in this menu are organized so that any one of them, done once, counts as answering the signal. You don't need a full workout. You need to pattern-interrupt. That's all.

Setting up your environment

The point Michelle makes in the chapter is the practical key: continuity beats optimization. Movement happens when the environment invites it, not when it requires a full transition.

A few small setups that make a real difference:

- A yoga mat or basket near the couch with a band, light weights, or a foam roller
- A pull-up bar in a doorway
- Sneakers by the door, ready to go
- A water bottle filled the night before
- One song queued up that you can't help but move to

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When the friction is low, you'll move more. When the friction is high, you won't. That's the whole game.

One sentence to remember

Read what your body needs. Answer with what you have.

That's the chapter, and that's the menu. Keep this somewhere you can see it on the days when reading the signal is easy but choosing the response feels like one decision too many.

Optional: A Movement Reflection Prompt

If you want to think it through with AI on a day when even the menu feels like too much, here's one prompt to keep handy.

I want to move my body today, but I don't want to overdo it. Help me choose a type of movement based on:

• How I feel physically • How much time I have • Whether I want calm or energy

Keep the suggestions simple and realistic.

That's the only AI tool this chapter needs. The reading of the signal is yours to do. AI just helps you pick.