



EVOLUTION OF WELLNESS

Your Movement and Wellness Assessment

Prepared for Jordan | Written Movement and Wellness Assessment Sample

Hi Jordan,

Thanks for sharing where things stand. Two years off is a long time, but it is not a deficit you need to make up for all at once. What matters now is starting in a way you will actually keep doing, and your questions already point in the right direction.

Is Walking Enough to Start?

Yes, and it is more than enough. Given a desk job and two years of inactivity, walking is exactly the right entry point rather than a compromise. Start with 15 to 20 minutes, most days of the week, at a pace where you could hold a conversation but would rather not. That effort level rebuilds your aerobic base without creating the soreness that makes people quit in week two. After about three to four weeks of consistent walking, you can begin layering in light strength work without walking losing its place in your routine.

What Should You Stretch Before Bed?

Given the lower back tightness from a desk job, focus on the hip flexors and hamstrings rather than the lower back itself directly. Tight hip flexors from prolonged sitting pull on the pelvis and are a common hidden contributor to lower back discomfort. A simple kneeling hip flexor stretch, held for 30 to 45 seconds per side, and a seated hamstring stretch of similar duration, done before bed, will do more for your back over time than stretching the lower back muscles directly.

How Do You Build Up Without Getting Hurt?

The instinct after time off is to make up for lost time. Resist it. A safe progression adds no more than about 10 percent more time or intensity per week. Concretely: if week one is 15 minutes of walking, week two might be 17, not 30. Once walking feels easy for a full week, that is your signal to add rather than a fixed calendar date. Pain that lingers beyond a day after activity is your body telling you to hold at the current level for another week before progressing, not a sign to stop entirely.

Start with the walks. Add the stretching tonight, it costs you five minutes and directly addresses what you told me is bothering you. Let the strength work wait until walking feels automatic. That order matters more than any single exercise choice.

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