The Non-Negotiable Minimum

A one-week tool for Engage Your Body

When the physical piece is neglected, everything else in your life costs more effort and delivers less result. Your work, your relationships, your spiritual focus. That's not a metaphor. That's physiology. And most of us don't lose our capacity in one dramatic collapse. We surrender it a little at a time, because somewhere along the way we bought the idea that slowing down is just what you do at our age.

The research is clear on one thing: consistency beats heroics. Roughly two hours a week, kept up for months, does more for your body and your brain than any burst of January enthusiasm. So this week we're not going for impressive. We're going for a floor you will not drop below.

Step one: Set your floor.

Write the smallest amount of movement you will do every day this week no matter what happens. A ten-minute walk. Twenty push-ups. A short bodyweight circuit before the shower. Make it small enough that a bad day can't beat it.

My floor is

Step two: Take the plank test.

One of those "how fit are you for your age" articles says someone in their sixties should hold a plank for about twenty seconds and someone in their forties for around forty-five. I've spent enough years on both sides of forty to tell you most people have a lot more in them than that. They've just never been asked for it. Hold a plank on day one and time it. Do it again on day seven. The number matters less than the direction.

Day 1 plank	Day 7 plank

Step three: Hit the floor every day.

	What I did	Minutes	Floor met?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

You don't just want to make it to the fourth quarter. You want to still be running plays when you get there.