



Chapter Two Movement

Reflection

1. If you were able to move your body every day in whatever way you choose, without fear of time, monetary, or physical constraints, what would it look like?

2. List three things that your body has told you this week:

a)

b)

c)

3. What is a positive thought about moving your body that you can continue or add to your day?



4. If you could thank your body for its ability to move, what would you say?

Impact Work

Now say the thank you from above, out loud. Repeat it several times.

1. Name one new activity that you can add this week to your movement:

2. Picture yourself as over the age of 75, any age you like. What does your movement activity look like for today? And for ten years from this age?

If you could improve on your physical ability, what specifically would it be?

How will you reach this goal, specifically?

