

My Movement Menu

What movement would you like to add to this list? Think outside the box.

What movement did you love to do as a kid? What movement would be fun to do with others? What is something that you've never tried that you've always wanted to try?

This is an invitation to play and have a pleasurable experience in your body while contributing to your health and aliveness.

What kind of movement is right for you?

A movement menu is a list of inspiring movement options for different types of energy levels, time restraints and fitness. When you have an inspiring menu of options for movement ready and easily in view (like your refrigerator), you are far more likely to get moving.

So, what type of movement does your body want to do today? Let it come from your body and not from your head. The movement should be pleasurable and remember – all movement counts! Even if it's just 5 minutes. Have fun!

1. Biking
2. Rollerskating
3. Rollerblading
4. Jumping on a trampoline
5. Jump rope
6. Hula hooping
7. Yoga
8. Dance
9. Chopping wood
10. Cartwheels
11. Zumba
12. S Factor
13. Nia
14. Jogging or sprinting
15. Hiking
16. Swimming
17. Gardening
18. Pilates
19. Walking
20. Skateboarding
21. Rockclimbing
22. Horseback riding
23. Surfing
24. Tennis



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25. Basketball
26. Soccer
27. Golf
28. Fencing
29. Play tag with kids
30. Frisbee
31. Martial arts
32. Stair hopping
33. Clean
34. Martial arts
35. Skiing
36. Snowboarding
37. Jogging/Running
38. Lifting weights
39. Jazzercise
40. Carrying children
41. Archery
42. TRX
43. Cardio Barre
44. Acrobatics/Circus arts
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46. Acrobatics/Circus arts

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