



My Movement Menu

What type of movement feels right to you?

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

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

Biking / Roller skating / Rollerblading / Jumping on a trampoline / Jump rope / Hula-Hooping / Yoga / AcroYoga (combo of acrobatics + Thai massage + yoga) / Dance / Chopping wood / Cartwheels / Zumba / S Factor / Nia / Jogging / Hiking / Swimming / Sex / Gardening / Pilates / Walking / Skateboarding / Rock climbing / Horseback riding / Surfing / Tennis / Basketball / Soccer / Golf / Fencing / Playing tag with kids / Frisbee / Martial arts / Stair hopping / Cleaning / Skiing / Snowboarding / Weight lifting / Jazzercise / Carrying children / Archery / TRX / Cardio Barre / Acrobatics / Circus arts

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 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! HAVE FUN!