

How do you like to move?

Use these prompts to learn more about how you enjoy movement and what motivates you to stay well...

- When I was younger, I used to like moving by...

- I like to take care of my body by...

- Next time I feel unmotivated to exercise, I'll...

- By moving more and staying fit, I'll be able to... / I'll feel more...

- Even if I don't like it at first, movement usually makes me feel...

- I usually have the most energy to move my body in the...

- It helps to say kind and encouraging words to myself like...

- If I don't meet my exercise goals, I'll try again and...

