My Movement Menu

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. Acro yoga (A combination of acrobatics, thai massage + yoga)
9. Dance
10. Chopping wood
11. Cartwheels
12. Zumba
13. S Factor
14. Nia
15. Jogging or sprinting
16. Hiking
17. Swimming
18. Sex!
19. Gardening
20. Pilates
21. Walking
22. Skateboarding
23. Rockclimbing
24. Horseback riding
25. Surfing
26. Tennis
27. Basketball
28. Soccer
29. Golf
30. Fencing
31. Play tag with kids
32. Frisbee
33. Martial arts
34. Stair hopping
35. Clean
36. Martial arts
37. Skiing
38. Snowboarding
39. Jogging/Running
40. Lifting weights
41. Jazzercise
42. Carrying children
43. Archery
44. TRX
45. Cardio Barre
46. Acrobatics/Circus arts

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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.

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