

Find Your Ways to Move

When setting exercise goals, reflect on the big picture. Can you move your body in ways that help reach your life's goals? Look for ideas to exercise your way. What inspires you to exercise and move your body?

Take a yoga, qigong, or martial arts class.

Add more movement during your day by getting off the bus one stop early. Have weekly family dance parties.

Join an adaptive sports program for persons with physical disabilities.

Work out at the gym or start a walking program. Join a cycling club or take swimming classes.

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