

**Movement is Important**  
**so is asking your body what kind of movement you need**  
**today**

**It's easy to slip into default mode with all the things  
you feel like you should do. But how can we  
integrate movement into our lives in a way that  
adds to it, not just becomes another thing we check  
off the to do list?**



# What kind of movement is your body craving?

This can change day to day based on a variety of factors

## How can we best adapt and meet those needs?



**If I set a goal of walking 5 miles per day and can't meet that one day, this may set me up to feel like a failure, or to lose motivation**

**How can I let movement be the goal, not the outcome, and set myself up for success?**

