

What are my goals for a Movement Practice?

Potential Goals for a Movement Practice

- | | |
|--|--|
| <input type="checkbox"/> Increase Range of motion | <input type="checkbox"/> Build muscle |
| <input type="checkbox"/> Weight loss | <input type="checkbox"/> Increase energy |
| <input type="checkbox"/> Fight fatigue | <input type="checkbox"/> Maintain independence (core strength) |
| <input type="checkbox"/> Deal with depression | <input type="checkbox"/> Have fun |
| <input type="checkbox"/> Broaden social network | <input type="checkbox"/> Learn more about my body/body mechanics/anatomy |
| <input type="checkbox"/> Not to fall (balance, proprioception) | <input type="checkbox"/> Deal with incontinence |
| <input type="checkbox"/> Improve hand dexterity | <input type="checkbox"/> Feel less stiff |
| <input type="checkbox"/> Better motility | <input type="checkbox"/> Breathe more deeply |
| <input type="checkbox"/> Decrease anxiety | <input type="checkbox"/> Mitigate physical pain |
| <input type="checkbox"/> Boost neurochemicals/hormones | <input type="checkbox"/> Improve digestion |
| <input type="checkbox"/> Improve sleep | <input type="checkbox"/> Relax |
| <input type="checkbox"/> Feel grounded | <input type="checkbox"/> Mindfulness |
| <input type="checkbox"/> Brain fitness | <input type="checkbox"/> Increase/decrease appetite |
| <input type="checkbox"/> Vitality | <input type="checkbox"/> Handle household tasks |

Maybe you have goals not listed above?

For successful Goal Setting, there are Five Principles:




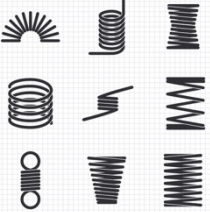
1. **Commitment:** How attached are you? Do you feel you have the ability to achieve it?
2. **Clarity:** Is your goal clear, precise, and how can it be measured?
3. **Challenge:** Does your goal have enough challenge yet is still feasible for you to achieve?
4. **Complexity:** How much time are you allowing to achieve your goal? Do you have the right skills, time, and support to achieve the goal?
5. **Feedback:** What type of feedback – internal and external – will you need to progress toward your goal?

SMART Goals

- Are your goals **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-Specific?

My Movement Practice

Types of Exercise

			
<p>Balance Proximal muscles/core for stability Multi-sensory</p>	<p>Strength High resistance, low reps</p>	<p>Endurance Cardiovascular Low resistance, high reps</p>	<p>Flexibility Stretching Passive Range of Motion</p>

Given your goals, what's the Best FITT for you?

<p>⇒ Frequency ⇒ Intensity ⇒ Time ⇒ Type</p>						<p>Sat, May 1</p>
<p>Sun, May 2</p>	<p>Mon, May 3</p>	<p>Tues, May 4</p>	<p>Wed, May 5</p>	<p>Thurs, May 6</p>	<p>Fri, May 7</p>	<p>Sat, May 8</p>
<p>Sun, May 9</p>	<p>Mon, May 10</p>	<p>Tues, May 11</p>	<p>Wed, May 12</p>	<p>Thurs, May 13</p>	<p>Fri, May 14</p>	<p>Sat, May 15</p>
<p>Sun, May 16</p>	<p>Mon, May 17</p>	<p>Tues, May 18</p>	<p>Wed, May 19</p>	<p>Thurs, May 20</p>	<p>Fri, May 21</p>	<p>Sat, May 22</p>
<p>Sun, May 23</p>	<p>Mon, May 24</p>	<p>Tues, May 25</p>	<p>Wed, May 26</p>	<p>Thurs, May 27</p>	<p>Fri, May 28</p>	<p>Sat, May 29</p>