



Move and Play

Somewhere along the growing up spectrum, moving and playing took a back seat to meetings and deadlines. Far too many people today are not only missing out, but have lost the love of moving and playing. Citing body aches and pains, time constraints, family issues or a myriad of other reasons, adults have stopped moving and gotten stuck! We all know the quote, "All work, (no movement), and no play make Jack a dull person!"

Take some time to consider how you were as a child. What did you enjoy playing? Were you a wiz on the monkey bars? Did you have a mean hit on tetherball? Did everyone want you on their dodgeball team because no one could hit you because of your speed and agility? Were you artistic and danced? Rough and played football? Did you love the teamwork of basketball or the independence of swimming? Did you go out to play daily? Have fun?

- What was your favorite physical activity as a child?
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- When did you stop participating in that?

- Why did you stop?

- What is your desire level to return to that?

- What about any activity?

- What barriers do you perceive to have now that is stopping you from engaging or limiting your movement?

- How do you feel when you have moved for fun? Danced to your favorite song or even mowed the grass?

- What play activities do you participate in? For example, card games, board games, trivia, crossword puzzles.

- If none, what barriers do you perceive stopping you from engaging in play activities that stimulate your brain?

- What one activity can you do to make you move for fun like a kid again a few times per day?
