

## Action Plan for Incorporating Movement

| What are my plans for incorporating more movement into my daily life?    |                 |              |
|--|-----------------|--------------|
| Recommendations  | Presently Doing | Strive to Do |
| Find ways to add movement to each day.                                   |                 |              |
| Walk thirty-five to forty minutes daily at three to four miles per hour. |                 |              |
| Establish a running or jogging ritual.                                   |                 |              |
| Exercise major muscle groups daily.                                      |                 |              |
| Practice yoga.   |                 |              |
| Integrate aerobic activities into my life.                               |                 |              |
| Incorporate student movement into my lessons.                            |                 |              |
| Allow students to use flexible seating in class.                         |                 |              |
| <b>Goals and Notes:</b>  |                 |              |
|  |                 |              |