

# Moving My Body



Listening to your body means, working with it, strengthening it, and building stamina, balance and flexibility. Moving your body encourages health. While you may have limitations, give some thought to how it feels to be able to move your body.

I enjoy Moving My Body by doing ...

My biggest challenge in Moving My Body is...

I want to Move My Body so I can do more...

I would like to take action with Moving My Body by doing...

I need support in order to...