

Movement



WHAT'S GOOD FOR THE BODY IS GOOD FOR THE BRAIN!
MOVEMENT HELPS THE BRAIN GROW AND STAY HEALTHY.
BEING ACTIVE ALSO HELPS US FEEL HAPPIER AND
BOOSTS OUR WELL-BEING.

Discussion Questions

1.

What are your favourite ways to move? (For example: sports, dance, walking.)

2.

What are some of your favourite ways to bring movement into your day/week?

3.

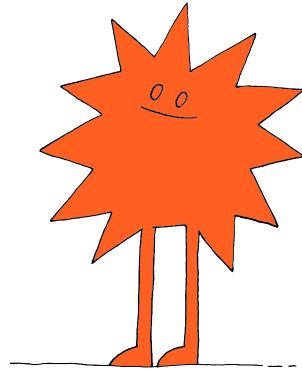
What is one thing you can do to make time to move this week?

Take Action

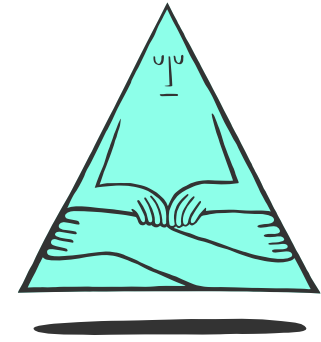
Here are some ways to build activity into your day:



- 1.** Watch less TV and spend less time on social media to make time for more active movement.



- 2.** Go for a walk outside.



- 3.** Try a new virtual workout at home (Zumba, yoga or have a dance party).