



Exploring Your Movement Over Time

The suggestion here is to draw a timeline where you consider how active you have been throughout different stages of your life. You can start whenever feels right ~ this might be as a child, or if that feels like a lot to cope with, choose a later date. This could be marked by an event such as moving house, getting a dog, starting a job, or anything else.

Here's some prompts to spend time with at each stage:

- how were you active? e.g walking to shops, gym, dance classes, gardening, caring role, etc.
- how did you feel about exercise/movement?
- was this something you had to work at for it to happen e.g. taking time out of a busy schedule; or was it forced on you, e.g. PE at school; or did you feel like opportunity was created e.g. PE at school.
- was it an 'add on' or part of your regular routine?
- how did you feel about your body?
- how did you feel spending time for yourself/being active?
- what did you think and feel about fitness and health?
- did other people's treatment or attitudes influence your desire to be active?
- what have been the strongest influences on how active you are?
- and now . . . ?



Images of adult skateboarder, child on tyre swing in park, 4 adults posing for photo in swimming pool