



MOVEMENT POSSIBILITIES

I Can ...

RESOURCE FOR
PHYSICAL ACTIVITY PARTICIPANTS



An Invitation to Explore Your Movement Story

MOTIVATED TO MOVE?

What role does movement play in your life? Is it something you think about or pay attention to? It is easy to associate movement with energetic physical activity such as a fitness class, climbing stairs, going for a long walk or run, or playing a sport. But if we consider some of the more subtle ways we move in everyday life, from picking up a glass, getting up from a couch, waving to a friend or opening our arms to give and receive a big hug, we may notice that movement possibility is omnipresent.

Take a moment and think about one of the subtle ways you moved today, perhaps it was pouring a glass of water, opening a door for a friend or something else. What is your moving moment?

Now, re-live that moment through a perspective of curiosity. What muscles and body parts does it depend on? What degree of coordination is required? Can you remember the **first time you learned to perform that action?** Think about that moment now. How old were you? How long did it take you to refine that movement? Did you get support, help or praise from someone else?

Thanks to advancements in technology, a home movie from the 1970s, featuring a little boy taking his first steps, is available in [digital format](#). Here we see initial trepidation morph into joy. His mother is kneeling beside him with a square of chocolate in her outstretched hand. He sits down after his first couple of attempts, and it almost looks like he will stop trying. But when his focus shifts from falling to grasping the chocolate, a sheer delight spreads across his entire being. He turns to see his walker by the wall and then beams from ear-to-ear when he realizes he is standing all by himself!



It is easy to lose touch with the delight we feel when we do something for the first time. Walking, as well as other adapted modes of transportation, from rolling to biking or even driving, has the potential to fall into the 'taken for granted' realm. Once we complete our learning phase, we tend to stop celebrating the miraculous ways we can move. It's only when we experience that movement once more, after some sort of injury or setback, that feelings of gratitude spring forth.

The following excerpt expresses how Carmen, a participant in our research study, experienced joy in the everyday act of walking. For her, this moment came after she experienced an injury that required several weeks of bedrest and many months of rehabilitation.

I had quite a long walk from our bedroom to our kitchen. I used to walk and hang on to the walls and then, one morning, I was able to get out of bed and walk, not touching anything, all on my own, to the kitchen....it was euphoric! Now I can go walk down the ocean. I can walk anywhere I want. It is a real high, you know, because you can do something you thought you'd never be able to do again!

Carmen's joy is contagious and may be viewed in the "[Joy in Active Aging](#)" YouTube video.



A challenge we make take on after learning about Carmen's experience:

Can we connect to the sheer joy and delight in everyday movement before we have a setback, injury or issue with movement function? What might help us experience this joy?

Participant Activities

TO INSPIRE MOVEMENT POSSIBILITIES

1

Trying Something New

Think of a time when you tried something new in everyday life:

- What inspired you? Reflect on your level of confidence.
- What helped you feel ready?
- What kind of support (if any) did you experience from others?

Participant Activities

TO INSPIRE MOVEMENT POSSIBILITIES

2 **Becoming Aware of Everyday Actions**

a) Make a list of all the little things you did today that involved some sort of movement*. No movement is too small! It could include walking, reaching, brushing teeth, lifting bags, etc. Aim to create a list of at least 20 actions.

b) Interview a friend and ask them to describe all the little things they did that day that were active (no action is too small).

***Ideas for Everyday Actions:**

Grab, Lift, Reach, Push, Pull, Carry, Throw, Catch, Hold, Drop, Bend, Stretch, Twist, Turn, Spin, Swing, Kick, Step, Walk, Run, Jog, Hop, Jump, Skip, Climb, Crawl, Crouch, Kneel, Stand, Sit, Balance, Shake, Wave, Slide, Roll, Toss, Tap, Press, Squeeze.

Participant Activities

TO INSPIRE MOVEMENT POSSIBILITIES

3 Being Grateful

Balancing our focus on future goals with a strong sense of gratitude for what we can do in the here-and-now is essential for feeling good in everyday life. Revisit the list you made in **question 2a** and say the following mantra out loud.

For example: "I feel good when I: [From question 2a, insert actions, one at a time]"

"I feel good when I: "

"I feel good when I: "

"I feel good when I: "

"I feel good when I: "

"I feel good when I: "

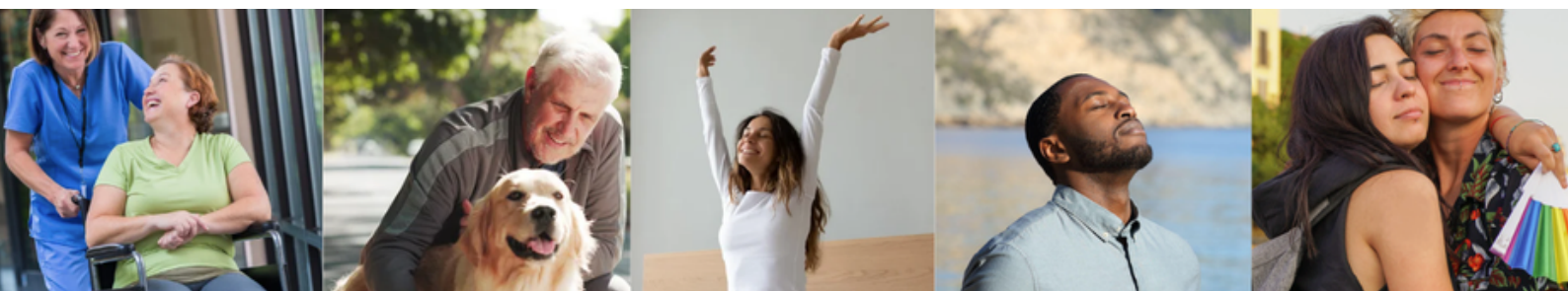
"I feel good when I: "

"I feel good when I: "

"I feel good when I: "

"I feel good when I: "

"I feel good when I: "



DREAM

New Possibilities for **PARTICIPANTS & LEADERS**

Sit down with a friend or a wellness professional and make a list of activities you would like to experience but have not yet tried. No action is too small or too silly. At the same time, no action is too big or grandiose. Think of this as an attitude-opening exercise that engages your imagination. Thinking you can do something is the first step!

Begin by writing down your Dream Goals in the first Column. Write down anything. It could be belly dancing, skydiving, waterskiing, hiking... anything that makes you smile when you think of doing it. It could be something you've always wanted to do but never prioritized.

Next, [with the assistance of a wellness professional*](#), write down a list of actions that will help you experience this activity that you can do right now (column 2) and actions you will have to learn (column 3).

**Make sure that the person who helps you formulate your action plan is a certified health professional.*



New Possibilities for

PARTICIPANTS & LEADERS

Dream Goals & Activities*	Related Actions I CAN do NOW	Related Actions I can't do... YET

**Whether you achieve the outcome or not is secondary to the positive emotions that surface when you imagine doing something that uplifts you.*





Curious for more?

- [Quick tips for physical activity facilitators](#)
- [Complete the InterActive for Life Inventory](#)



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Prepared by: Catalina Belalcazar

