



LEARNING & IMPROVING TOGETHER

Gains in Confidence & Competence

RESOURCE FOR
PHYSICAL ACTIVITY INSTRUCTORS



Small Improvements Can Change How Movement Feels

AN INSPIRATIONAL BEGINNING

When people think about improvement, they often think about doing more:

- lifting more weight
- moving faster
- exercising longer
- increasing repetitions
- achieving bigger goals

But movement improvement is not always about doing more. Sometimes improvement comes from moving differently.

A small adjustment in how we stand, walk, sit, balance, reach, breathe, or align our bodies can completely change how movement feels.

Sometimes:

- less tension feels better
- smoother movement feels better
- better posture feels better
- improved balance feels better
- easier breathing feels better
- more efficient movement feels better

Many people are surprised to discover that improving movement quality often improves movement enjoyment.

We begin to feel:

- more comfortable
- more capable
- more confident
- more aligned
- less restricted

We may even discover movements that once felt difficult begin to feel easier.



Small Improvements Can Change How Movement Feels

AN INSPIRATIONAL BEGINNING

Learning and improving is not limited to children, athletes, or young adults.

It can happen at any age.

One participant in our research learned to better articulate her feet and improve the quality of her gait at the age of one hundred.

Think about that.

At an age when many people assume learning has stopped, she was continuing to discover new possibilities in movement.

The lesson is powerful:

We are never too old to learn.

We are never too experienced to improve.

We are never finished discovering new ways to move.

Learning often begins by becoming curious.

Instead of asking:

"Can I do more?"

we might ask:

"How does this feel?"

or

"What happens if I make a small adjustment?"

Sometimes the greatest improvements come from slowing down enough to notice.



Instructor Activities

TO EXPLORE LEARNING & IMPROVING TOGETHER

1 Teach Quality Before Quantity

Ask yourself:

Am I measuring success only by how much people do?

Or also by:

- how they move
- how movement feels
- how comfortable they appear
- how efficiently they move

Challenge

Spend part of today's session focusing on quality rather than quantity.



Instructor Activities

TO EXPLORE LEARNING & IMPROVING TOGETHER

2

The "How Did That Feel?" Challenge

After teaching a movement, ask:

"How did that feel?"

instead of:

"Could you do it?"

Reflection

What does this reveal about movement experience?

Instructor Activities

TO EXPLORE LEARNING & IMPROVING TOGETHER

3 Help Participants Notice Improvements

Look for changes in:

- posture
- alignment
- balance
- coordination
- confidence
- ease

Examples:

- ✓ "That movement looks smoother."
- ✓ "Your posture changed."
- ✓ "You seem more comfortable."
- ✓ "That appears easier for you now."
- ✓ "You look more balanced."



Instructor Activities

TO EXPLORE LEARNING & IMPROVING TOGETHER

4

Normalize Lifelong Learning

Share examples that demonstrate learning can happen at any age.

Remind participants:

Improvement does not have an age limit.

Reflection

How might this influence motivation?

Instructor Activities

TO EXPLORE LEARNING & IMPROVING TOGETHER

5 Notice What You Praise

Do participants only hear:

✓ "Good job doing more."

Or do they also hear:

✓ "That looked more comfortable."

✓ "You found a better way."

✓ "Your movement looked smoother."

✓ "I can see greater ease."

✓ "That alignment seems to be helping."

✓ "You look more confident."



InterActive For Life

REMINDER

Key Takeaway

Improvement is not always about doing more.

Sometimes improvement is about moving in a way that feels better.

When movement quality improves:

- movement often feels easier
- confidence grows
- comfort increases
- participation becomes more enjoyable

The goal is not perfection.

The goal is discovering movements that help us feel our best.

InterActive for Life Reminder

NOTICE. ADJUST. IMPROVE.

Move with curiosity.

Pay attention to quality.

Celebrate small changes.

Learn from others.

Keep discovering better ways to move.

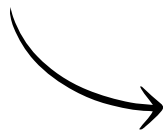
Sometimes feeling better is the most meaningful measure of progress.





Curious for more?

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



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