

Simple explanations from others, as to what **‘Meaningful Movement’** means to them.



- ☑ **Fun Activities:** It’s about doing movements you enjoy, like dancing, sports, or even walking with friends.
- ☑ **Feeling Good:** It helps you feel better in both your body and mind.
- ☑ **Personal Goals:** You can set your own goals, like improving your skills or just staying active.
- ☑ **Social Time:** It’s a great way to spend time with friends and make new connections.
- ☑ **Everyday Movements:** It can include simple things, like stretching, playing games, or walking your dog—whatever feels good for you!