Longevity in Action

keep moving

Movement Challenge

*You may want to record your results in the space provided below.*

**30-Second Chair Stand:** # Repetitions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Single Leg Balance:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Seconds

**Two-Minute March:** # Marches \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Longevity in action   
keep moving

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Word or Phrase to Sum Up the Day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions you may want to consider for this journal entry:**

“What do I want for myself?”

“What step will I take to get there?”

**Consider how you would complete these statements:**

“I want to be \_\_\_\_\_\_\_\_\_\_\_\_.”

“I want to feel \_\_\_\_\_\_\_\_\_\_\_.”

**Journal Entry**

*“Movement is a medicine for creating change in a person’s physical, emotional and mental states.”*

- Carol Welch

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