

## Movement and exercise

# Movement That Respects My Body and Circumstances

Adults | 10 to 15 minutes

Movement can have different meanings: getting somewhere, participating with others, enjoying an activity, or completing daily tasks. Your preferences, disability, pain, health guidance, and access all matter. This page supports a conversation rather than setting a required amount or intensity.

Choose an activity that interests you or a daily task you want support with. Do not test your limits or override existing advice.

**Start with meaning and access**

Name why the activity matters and what makes participation easier or harder, including cost, transport, environment, equipment, fatigue, or safety.

**Prepare an appropriate question**

If health concerns affect participation, ask a qualified professional what adaptations fit your situation. A next step may be obtaining information or assistance rather than increasing activity.

**1. What movement or daily activity would I like to explore, and why?****2. What health guidance, symptoms, or limitations need to be considered?****3. What access barrier or adaptation matters most?****4. What question or practical request would help me choose an appropriate next step?****Clinical use and adaptation**

Do not prescribe intensity, progression, calorie targets, or movement as compensation for eating. Consider eating-disorder concerns, pain, disability, pregnancy, and post-exertional worsening. New or alarming symptoms require appropriate assessment; rest remains a legitimate need.