

Get Moving

With the world warming up and the snow melting, it's time to de-hibernate and recommit to moving our bodies. A great family activity, improving our physical literacy encourages us to motivate one another, keep each other committed, and push ourselves to learn new things.

Storytime: Over March break, I decided to do something physical with my kids each day. This is how I learned that they don't really understand push-ups, crunches, squats, or arm lifts. Now I'm on a mission to improve their physical literacy while I push myself to get in better shape.



Moving well means being *physically literate*. In a nutshell, there are four parts to physical literacy:

- Motivation and confidence - looking forward to being physically active and knowing that you can move and improve
- Physical competence - this is NOT the ability to do a lot of things. It means being able to learn and deal with changes in how hard and how long you exercise
- Knowledge and understanding - knowing and understanding why it's important to be active and how to stay safe in a variety of situations
- Incorporating physical activities into life - taking responsibility for regular exercise in your life, choosing to be active!

Improvement is possible at any age and at any fitness level. And it's not difficult! You simply must challenge yourself, whatever your level, and push yourself (slowly!) past your comfort level. This is what makes fitness a great family activity! It's important to have someone in your corner, cheering you on, and encouraging you to go the extra bit.

So take longer walks, go for that yoga class, try using light weights, and have some fun! It has to be better than shoveling snow, right?