

10. MOVING INTELLIGENTLY

After this challenge, you'll figure out how being physically active can help you in many other areas of your life. Whether it's about feeling more energetic, improving your mood, or just having fun, you'll have a clearer idea of how being active is important for you personally.

CHALLENGES

#1.

(20
minutes)



Physical activity can also help you achieve other goals. What is your biggest desire right now? This could be about physical fitness, but it could also be related to your work, studies, mental health, or emotional wellbeing.

Focus on the present moment: What do you really want at this point in your life? Make sure it's something that is completely personal to you.

For example:

- I want to improve my endurance so I can handle the challenges at work.
- I want to be able to focus better.
- I want to trust my body more.
- I want to boost my energy and sleep quality.

#2.

(20
minutes)



What skills do you need to reach your desire? Think about the skills that could help you achieve your personal goal. These can be emotional, mental or physical skills.

Here are some examples:



Be active

Be well



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Emotional Skills:

- Self-confidence: Trusting your abilities and possibilities.
- Sensitivity: The ability to perceive emotions and feelings in yourself and others.
- Assertiveness: Standing up for your own interests in a respectful, non-offensive way.
- Relaxation: The ability to settle down and relax, especially under stress.
- Self-control: Staying calm when you're tempted to act negatively.
- Stress management: Handling pressure without letting it overwhelm you.
- Expressing yourself: Sharing your feelings and emotions with others.

Mental Skills:

- Attention: Staying focused on a task or subject for an extended time.
- Creativity: Thinking outside the box and finding new solutions.
- Working memory: Remembering important information over time.
- Flexibility: Adapting to new situations or changes in plans.
- Realistic self-image: Understanding and valuing your strengths and weaknesses.

Physical Skills:

- Muscle strength: Being able to exert physical force.
- Flexibility: Performing movements with a full range of motion.
- Endurance: Withstanding prolonged physical or mental activity without getting tired.
- Coordination: The ability to use your muscles together to move smoothly.
- Reaction speed: Quickly responding to situations, both mentally or physically.

Which physical activity could help you develop these skills?

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Think about a physical activity that will help you build the skills you need for your personal goal.

Here are a few examples of how specific activities could help:

- **Stamina/Endurance:** If you want to improve your stamina for work or school challenges, try activities like running or cycling.
- **Rhythm, Coordination, Balance:** If you're aiming for a more balanced lifestyle, slacking, parkour or dancing could help with coordination and balance.
- **Discipline and Self-Expression:** If you want to stand up for yourself and express your emotions, martial arts could help build balance, power, and discipline.

#3.

(10 days)



Try to do the activity you've chosen four times over the next 10 days. This will help you work on building the skills you need to reach your personal goal.

Make sure to stay consistent, and focus on how the activity helps you improve!

"Moving and physical activity make our brain more creative. According to research, our creative thinking even improves by 60% if we go for a walk!"



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Be well



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