







MOVING FORWARD

- Stretch
- Walk the dog
- Go for a walk and listen to music
- Stroll at a park or beach
- Breathe in fresh air and notice all that's around you
- Jump on the trampoline or on the spot
- Dance to your favourite songs
- Ride a bike
- Tidy up your space
- Go up and down the stairs
- Do laps around your house
- Go grocery shopping
- Help cook dinner or bake a dessert
- Fly a kite
- Go for a trail walk or hike
- Ride your scooter or skateboard
- Do some squats or jumping jacks or push-ups or pull-ups
- Lift something heavy
- Play a team sport
- Play

Add me on Insta 
Add me on FB/Meta 
See My Tweets 
Watch on Youtube 

Lindsay-Anne Sealey

Lindsay Sealey, B.A., M.A. Ed.
is an academic strategist
who is passionate about
positively influencing
the lives of learners.

info@boldnewgirls.com

www.BoldNewGirls.com

604.616.6984

Lindsay Sealey
educator | strategist | passionate learner