



My Midlife Movement Starting Point™

Notice what feels steady, what feels challenging and where one small step could help.



Choose the answer that feels most like you today. This is a starting point, not a test.

1 Everyday Movement



- ☐ I move comfortably through most daily activities.
- ☐ Some activities feel harder than they used to.
- ☐ I often avoid movement because of discomfort, fatigue or uncertainty.

2 Strength



- ☐ I do strength-building movement at least twice most weeks.
- ☐ I do some strength work, but not consistently.
- ☐ I am not currently doing strength-building movement.

3 Balance



- ☐ I feel steady walking, turning and using stairs.
- ☐ I sometimes feel less steady than I would like.
- ☐ I worry about losing my balance or falling.

4 Mobility



- ☐ I can reach, bend, turn and get up with relative ease.
- ☐ Stiffness limits some movements.
- ☐ Mobility changes regularly interfere with daily life.

5 Recovery



- ☐ I usually recover well after activity.
- ☐ I sometimes need extra time or lighter movement.
- ☐ Soreness, fatigue or pain often makes it difficult to continue.

Choose One Starting Priority

- ☐ Move more often
 ☐ Begin strength training
 ☐ Build balance
 ☐ Improve mobility
 ☐ Support recovery

One small step I can take this week: _____

What would make it easier: _____



Gentle Reminder

Begin where you are. Consistency grows from a starting point that feels manageable.

Martine's Midlife Wellness Tip

Choose the area that would make everyday life feel easier, not the one you think you should choose.



When to Ask for Guidance

Speak with a healthcare professional if movement causes chest pain, faintness, severe shortness of breath, new weakness, or persistent or worsening pain.