

Movement and Exercise Discussion Questions

October 2026

1. What forms of gentle movement have you found helpful? (light walk, chair yoga, PT/OT, pool therapy, gentle stretching, balance activities, etc)
2. How do you decide what types of movement feel right for you on a given day?
3. What are some of your most favorite playful forms of movement?
4. Are there specific websites, YouTube videos, or other sources that you have found beneficial? (Yoga with Adrienne, AARP has many free classes of Tai Chi, Yoga, Qigong, gentle stretching, Acupressure, Meditation, etc.)
5. In what ways has your definition of “movement” changed since living with chronic pain?
6. Which mobility aids and adaptive devices help make movement more attainable?
7. What strategies help you soften your expectations of what you are able to do? (adapting, adjusting, modifying, positive self-talk)
8. Do you make time to celebrate the accomplishments? How?
9. What are some ways you've incorporated gentle movement into your daily routine?
10. What are your favorite props or comfort tools for making gentle movement a regular part of your day? For example pillows, heating pads or just starting out on a soft surface?
11. What helps you feel more confident about being physically active?
12. What kinds of podcasts, playlists, shows, or other things make movement more enjoyable for you?
13. What are some barriers that make movement or exercise difficult for you?
14. What tips or strategies can you share about knowing your limits? (pause, acceptance, self compassion, using aids and devices, etc)
15. How do you adjust your movement or activity on days when your pain is high or your energy is low?
16. How do you balance staying active with allowing yourself adequate rest?

17. How does having a routine help you stay as active as you'd like?
18. How do you set realistic movement or activity goals?
19. Do you break your movement and activity goals into chunks during the day or week?
20. What strategies help you avoid comparing your current abilities to your past abilities or to other people's?
21. Do you keep track or journal about your movements to see progress? If yes, how?
22. What are the most comfortable clothing items that you have found that make gentle movement easier?
23. How do you celebrate progress when improvements are gradual?
24. How do you stay hydrated and properly nourished while doing gentle exercise? (liquid iv, protein bars, water, etc.)
25. How do weather and your environment influence your ability to move?
26. What are some ways movement benefits you beyond physical health, such as enjoyment, connection, or maintaining independence?
27. How have you been able to find balance between daily activities and gentle movement? (more rest on those days, do movements from bed or couch, count a busy day as movement, etc.)
28. If you have pets, how have they helped you with movement?
29. Looking ahead, what is one movement-related goal or activity you hope to continue, adapt, or explore?
30. Describe what signals your body gives you when it's time to stop your gentle movement.
31. What advice about movement have you found personally helpful, and what advice hasn't fit your experience? (Please share personal experiences rather than recommendations.)
32. Do you have any tips for staying on track with gentle movement on a regular basis? (reminders, check lists, etc.)

33. Have you found local or online groups for support or accountability around gentle exercise?
34. Do you have hobbies or interests that include moving your body in easy, gentle ways?
35. How has your relationship with exercise changed since developing chronic pain?